# Table of Contents

*Foreword by Jon Sterngold, MD* ................................................... 17

*Preface: The Librarians of the Lyme Disease World* ............... 25

*Before You Get Started: Information for the Reader* .............. 35
  - Please Read This First! .............................................................. 35
  - How This Book Is Organized ...................................................... 35
  - Treatment Protocols vs. Individual Treatments—What’s the Difference? ........ 36
  - About Part 1 and Why We Need “How-To” Information ............ 37
  - Lyme Disease Terminology and Lyme Disease Beginners .......... 38
  - What You Can Expect To Get Out Of This Book ..................... 38
  - “Peeling Layers Off the Onion” ................................................... 39
  - Dosages ......................................................................................... 39
  - Should You Listen to Me? ............................................................ 39
  - My Opinion About Lyme Disease Testing, and Testing in General .... 41
  - How This Book Relates to the Past Lyme Disease Books I’ve Written .... 43
  - This Book’s Strengths and Weaknesses ..................................... 44
  - With Lyme Disease, Problem-Solving Skills Beat Book Knowledge .......... 45

**PART 1**

**Designing a Treatment Template**

**CHAPTER 1: Introduction: Taking Small Steps Toward a Cure** ... 51
  - Lyme Disease Treatment: A Work in Progress .......................... 51

**CHAPTER 2: The Lessons of the Last 5 Years: Where We’ve Been and Where We Are Going** .................................................. 55
  - Which Category Do You Fall Into? .............................................. 56
  - The Last 10% of Healing ............................................................. 68
  - The Co-Infections ....................................................................... 71
<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supporting the Body During Recovery</td>
<td>76</td>
</tr>
<tr>
<td>Why is It So Hard to Get Better?</td>
<td>77</td>
</tr>
<tr>
<td>The Rubber Band Principle</td>
<td>79</td>
</tr>
<tr>
<td><strong>Chapter 3: The Antibiotic Rotation Protocol, Revamped and Revisited, with New Principles for Use</strong></td>
<td>85</td>
</tr>
<tr>
<td>Introduction</td>
<td>86</td>
</tr>
<tr>
<td>Basic Concepts Underpinning the Antibiotic Rotation Protocol</td>
<td>88</td>
</tr>
<tr>
<td>Extending the Rotational Protocol Beyond Antimicrobial Therapies</td>
<td>90</td>
</tr>
<tr>
<td>Rotating Supportive Therapies: Further Discussion</td>
<td>93</td>
</tr>
<tr>
<td>How Over-Supplementation Can Retard the Body’s Own Healing Energy</td>
<td>96</td>
</tr>
<tr>
<td>What About Rife Machine Therapy?</td>
<td>103</td>
</tr>
<tr>
<td>Three Ways to Feel Better Fast</td>
<td>105</td>
</tr>
<tr>
<td>Advanced Principles for Using the Antibiotic Rotation Protocol</td>
<td>106</td>
</tr>
<tr>
<td>Final Words on Building Your Treatment Template</td>
<td>122</td>
</tr>
<tr>
<td><strong>PART 2</strong></td>
<td></td>
</tr>
<tr>
<td><strong>The New Treatment Protocols</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Chapter 4: The Paleo Diet for Lyme Disease (and Other Nutrition Hacks)</strong></td>
<td>127</td>
</tr>
<tr>
<td>Why the Paleo Diet?</td>
<td>127</td>
</tr>
<tr>
<td>Fat and Protein: The Foundation of the Paleo Food Pyramid</td>
<td>130</td>
</tr>
<tr>
<td>How Fat and Cholesterol Provide Specific Benefits to People Healing From Lyme Disease</td>
<td>132</td>
</tr>
<tr>
<td>Protein</td>
<td>134</td>
</tr>
<tr>
<td>Whey Protein &amp; Dairy Products</td>
<td>136</td>
</tr>
<tr>
<td>But What About the Vegetables?</td>
<td>138</td>
</tr>
<tr>
<td>Fruit</td>
<td>138</td>
</tr>
<tr>
<td>Carbohydrates: Treating Them as Rocket Fuel</td>
<td>139</td>
</tr>
<tr>
<td>Saying Goodbye to Grains and Gluten</td>
<td>143</td>
</tr>
<tr>
<td>Putting It Into Practice: Meal and Snack Examples</td>
<td>146</td>
</tr>
<tr>
<td>Snack Ideas</td>
<td>148</td>
</tr>
<tr>
<td>The Marvelous Paleo Smoothie</td>
<td>148</td>
</tr>
<tr>
<td>Paleo Hot Chocolate</td>
<td>151</td>
</tr>
</tbody>
</table>
Chapter 5: Adrenal Fatigue, Part I: Physical Symptoms and Physical Treatments

Adrenal Fatigue: A Condition That Affects Body, Mind, and Spirit
Introduction
Symptoms of Adrenal Fatigue
Emotional Symptoms
Treating Adrenal Fatigue
B Vitamins, Vitamin C, and Food Choices
Adaptogenic Herbs
Hormone Supplementation and Glandulars
Tips for Recovery, with a Focus on Lyme Disease
Additional Resources

Chapter 6: Adrenal Fatigue, Part II: A New Worldview—Asking Basic Questions about Life as a Human Being

Moving from the Physical to the Non-Physical
Modern Life and Human Psychology
My Own Journey Out of That Deep, Dark Hole
Choosing Good Role Models
People Pleasing, Perfectionism, and Taking Care of Yourself
Managing Expectations
Choosing Financial Simplicity
Accepting Yourself
The Triangle of Emotional Distress
Help for the Burdened
Camping and the Outdoors: Medicine for the Soul
Essay: A Boring Camping Photo—More Than Meets the Eye?
Epilogue: The Word “Camping”
Binders vs. Systemic Chelators ................................................................. 270
Other Supportive Supplements and Treatments ....................................... 277
Two Phases of Symptomology During KPU Treatment .............................. 278
Which Binders, Chelators, and Detox Supplements Should Be Used? ........ 280
The KPU Nutrients: Should They Be Taken Together or Separately? ........... 282
Copper Supplementation During the KPU Protocol .................................. 282
Side Effects of Arachidonic Acid .............................................................. 283
Do All Lyme Sufferers Have KPU Issues? ............................................... 283
Conclusion .............................................................................................. 284

Chapter 10: Biophotons ............................................................................. 285
The Powerful Immune System: Your Best Weapon in the Battle Against Lyme Disease? ................................................................. 285
What Is Biophoton Therapy? ..................................................................... 287
Is Biophoton Therapy Really a Legitimate Lyme Disease Treatment? ....... 288
What’s Next for Biophoton Therapy? ....................................................... 290

Chapter 11: Tinidazole: New Research on an Old Drug ......................... 291
Recent Study Sheds New Light on Tinidazole .......................................... 293
What If Tinidazole Works for a While, Then Stops Working? .................. 296
What If Tinidazole Appears Not to Work at All? ..................................... 299
Conclusion .............................................................................................. 300
Example of Tinidazole Use, With Consideration of the Above Discussion .... 300

Chapter 12: Chlorine Dioxide ................................................................. 303
Chlorine Dioxide User Reports ............................................................... 309
Bryan Rosner’s Chlorine Dioxide User Report ......................................... 309
Other Chlorine Dioxide User Reports ..................................................... 313
Conclusion .............................................................................................. 316

Chapter 13: Medsonix® ............................................................................ 317
Introduction ............................................................................................ 317
Can Medsonix® Actually Help Activate Dormant Layers of Infection? ....... 321
Other Benefits of Medsonix® Treatment .................................................. 322
When Should This Treatment Be Used? ................................................................. 324
Additional Information .......................................................................................... 325

Chapter 14: Yeast and Candida ................................................................. 327
Don’t Underestimate the Influence of Yeast in Your Current Symptom Picture .. 328
You Can’t Remove Yeast Without Clearing Out Mercury .................................... 328
Helpful Tools for Killing Yeast ............................................................................. 329
Probiotics and Repopulating the Gut With Good Bacteria ................................... 330
Summary ................................................................................................................ 331

Chapter 15: Liver Support ............................................................................ 333
Herbs and Supplements That Support The Liver ................................................ 335

PART 3
The New Individual Treatments

Chapter 16: Introduction to the Individual Treatments .......... 339
What are “Individual” Treatments? ................................................................. 339
Which Treatments Are Included in This Chapter, and Why? ....................... 342
The Right Treatment at the Right Time ......................................................... 343

Chapter 17: The New Individual Treatments ........................................... 345
Neem ................................................................................................................... 345
Alkaline Water .................................................................................................... 347
Immunocal® ....................................................................................................... 348
IgG 2000 DF™ .................................................................................................. 350
Boron and Related Compounds ....................................................................... 351
Double Helix Water® ....................................................................................... 353
Moringa Oleifera ............................................................................................... 353
Liposomal Vitamin C ......................................................................................... 356
Eiro Super Antioxidant Juice ............................................................................ 358
Resistant Microbes® by Herbs of Light ......................................................... 359
Stinging Nettle ................................................................................................. 359
Virapress® ........................................................................................................ 360
PART 4
Parting Words

Chapter 18: Tips for A Faster Recovery

How Lyme Doctors Can Help During the Recovery Process
Keep an Open Mind
Don’t Become Hyper-Focused on Any Particular Infection or Health Problem
What to Expect When Treating Lyme Disease
Find a Healthy Balance Between Living Life and Treating Lyme Disease
Pharmaceutical Antibiotics Can Help You or Hurt You
The Yin and Yang of Lyme Disease Treatment
The Natural Approach to Lyme Disease May Delay Recovery
Keep Your Supplements Organized
There’s No Silver Bullet Lyme Disease Treatment (at least, not yet)
When Infections Are Present, True Progress Won’t Occur Until They Are Addressed
What is Energy Testing?
Focus on Sustainability in your Treatment Program