

correctly and appropriately. There are numerous schools of thought within homeopathy, some of which are more useful than others, and some of which treat certain conditions better than others. If homeopathy is applied properly it can single-handedly turn a disease around.

In the case of Lyme Disease, homeopathy is often not enough to eradicate the infection completely even if applied appropriately. However, it can be a very useful treatment and can even take people most of the way “out of the woods.”

Homeopathy can help activate dormant layers of infection and even push out deeper layers to rife machine accessible disease forms (i.e. from cyst form to spirochete form).

One of the homeopathic practitioners most adept at treating Lyme Disease patients is Dr. Lynne Walker. She has achieved astounding results with Lyme Disease patients (even chronic sufferers who failed antibiotic therapy). Dr. Lynne Walker is able to care for long-distance patients via phone appointments. She can be reached at

Dr. Lynne Walker
1-800-578-4104

Many people find Dr. Walker’s homeopathic treatments work even after other homeopathic doctors are unable to produce results.

✓ **WHY IS THIS TREATMENT COMPATIBLE WITH RIFE MACHINE THERAPY?** Homeopathy is among the most effective of rife machine-compatible therapies because it directly stimulates the immune system *without* creating a chemically or mechanically hostile environment which would activate the spirochetal defense mechanism. Homeopathy should be researched and considered by all Lyme Disease sufferers and Dr. Lynn Walker is one of the best homeopathic health care practitioners.

MAGNESIUM SUPPLEMENTATION: CRITICAL FOR LYME SUFFERERS

Magnesium is probably the most important nutrient to supplement for people suffering from Lyme Disease.

Many pathogenic microbes capable of establishing infection in the body cause a depletion of the body’s stores of iron. Malaria is an example of such a microbe. However, researchers were startled to learn that Lyme Disease is unique in that it uses Mg instead of iron, thus depleting the body’s supply of Mg. The result is typically a mild to severe magnesium deficiency syndrome in most or all Lyme Disease sufferers.

Many physicians and health care advisors believe that withholding Mg from the diet is appropriate to starve the bacteria. Intentional reduction of Mg intake to starve the bacteria is an invalid approach to treating Lyme Disease. See Chapter 2 for a discussion of why this approach is irrational.

The rational course of action is to increase Mg intake in order to restore the body’s healthy and optimal Mg levels. Increasing intake of Mg causes three prominent Lyme-related events in the body:

1. Dormant layers of the disease (cyst-form organisms) will activate to retrieve the Mg which is available in the blood stream due to supplementation. This results in cyst form organisms converting to spirochetes. Rife machine treatment sessions will typically be more productive (more herx reactions and improvement) during Mg supplementation. Most people notice deeper or more productive herx reactions while supplementing Mg.

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Therefore, Mg supplementation is a method by which unpeeling the layers of the onion can be accelerated.

2. The immune system is restored to its optimal functionality with the elimination of Mg deficiency. This results in the occurrence of herx reactions (even without anti-Lyme therapies) because the immune system is able to fight the infection more effectively. The herx reactions that result from Mg supplementation truly are productive herx reactions because they are a result of the immune system itself engaging in the battle against Lyme Disease. The immune system is the body's most effective weapon against Lyme Disease, more effective by far than rifle machines.
3. Restoration of Mg levels can also result in a dramatic decrease of Lyme Disease symptoms because many common Lyme Disease symptoms are actually caused by Mg deficiency itself. Examples of Mg deficiency symptoms (which overlap with Lyme Disease symptoms) are: cramping, muscle/joint problems, muscle twitching, tremors, depression, bipolar disorder, short term memory loss, heart dysfunction, appetite problems, vision problems, inflammation, and even syndromes which involve immune system dysfunction. No amount of rifle machine therapy, antibiotics, herbs, exercise or lifestyle changes will help a person who has a severe Mg deficiency created by the Lyme Disease infection! Only Mg supplementation can help Mg deficiency.

For these reasons Mg is one of the most important nutrients for Lyme Disease sufferers to supplement. As a matter of fact, most Lyme Disease sufferers who are doing everything right in other parts of a comprehensive Lyme Disease program will eventually reach a plateau in their improvement if Mg deficiency is not addressed.

In addition to the above reasons for supplementing Mg, researchers have found that Mg is a powerful infection fighter.

Mg as an infection fighter was first documented by a French surgeon, Prof. Pierre Delbet, MD. He was looking for a way to cleanse the wounds of soldiers because he found that traditionally used antiseptics sometimes damaged tissues and even catalyzed infection growth rates. He tested many substances and found that magnesium chloride solution was superior. It was harmless for tissues, and carried the bonus of greatly increasing leukocyte activity and phagocytosis (destruction of microbes).

Professor Delbet also experimented with internal use of magnesium chloride and found it to be an impressive immune system stimulator. He noted that phagocytosis increased by more than 300% in some cases. This increased rate of pathogenic microbe destruction was a result of magnesium's ability to increase native immune system response in the body! These findings opened the door for additional research which eventually found magnesium (especially magnesium chloride) to be extremely beneficial in many other health conditions, such as colitis, gall bladder problems, Parkinson's Disease, tremors and muscle cramps, acne, eczema, psoriasis, warts, itching skin, impotence, prostatic hypertrophy, cerebral and circulatory problems, asthma, hay fever, urticaria and anaphylactic reactions.

Dr. Valletta patented the idea of using magnesium as an infection fighter in U.S. patent #6,248,368.

The benefits of magnesium merit the writing of a whole different book, and books *have* been written.

Magnesium is an excellent supplement for any health condition but is specifically useful in treating Lyme Disease.

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Which type of magnesium is best for Lyme Disease sufferers and what is the dosage?

Magnesium chloride has the best track record as an absorbable form of magnesium and is ideal for modulating and strengthening the immune system against infection.

Additional forms of magnesium each offer additional advantages and synergism, so many Lyme Disease sufferers take several forms of magnesium, including , citrate, glycinate, taurinate, succinate, and several others. Most of these forms of magnesium can be purchased from a local health food store or any large online supplement store. Magnesium chloride can be purchased from <http://www.nutricology.com>.

An additional form of magnesium known as magnesium oxide reportedly contains oxygen attached to the magnesium atom which, when introduced into the body, will release magnesium and singlet oxygen. Homozon is a product that contains magnesium oxide. See the sections on ozone and oxygen to better understand the benefit of magnesium oxide.

Frequent dosing of magnesium throughout the day (i.e., 2-8 doses per day) helps keep magnesium in the blood and has been found to be beneficial. It is difficult to overdose on magnesium via oral supplementation because if too much is taken, the only adverse event is diarrhea and loose stools as the body fails to absorb excess amounts. Many Lyme Disease sufferers take as much magnesium as possible without creating uncomfortable loose stools and diarrhea. Loose stools caused by magnesium are not necessarily a negative effect, especially during cleansing programs if a person has a tendency toward constipation.

Because increasing magnesium levels in the body can cause significant herx reactions as the immune system is strengthened and activated, the dose of magnesium should be

started low and worked up. You may find it difficult to believe that simply supplementing magnesium can cause herx reactions, but it can!

For more information and/or support on the use of magnesium, visit the Lyme-and-rife e-group.

✓ **WHY IS THIS TREATMENT COMPATIBLE WITH RIFE MACHINE THERAPY?** Magnesium (and other mineral) supplementation is highly compatible with rife machine therapy. Although magnesium can cause herx reactions similar to antibiotic herx reactions, magnesium actually has the opposite effect of antibiotics. Antibiotics suppress the infection and drive it deeper, while magnesium supplementation draws out the infection from dormancy and renders rife machine treatments more effective, as well as stimulates the immune system to better fight the infection

MERCURY POISONING: COMPANION OF CHRONIC LYME DISEASE

Although not everyone with Lyme Disease has mercury toxicity, evidence has repeatedly shown that having Lyme Disease increases the likelihood of becoming mercury toxic. This is the case even when a significant mercury exposure is not present. Thus, chronic Lyme Disease sufferers often have mercury toxicity to some degree.

Mercury is one of the most harmful toxins on the planet and is a catalyst to infections. Mercury is directly immunosuppressive. It is one of the most common, dangerous toxins to accumulate in the body, although modern conventional medicine has not acknowledged it yet. Mercury poisoning is a BIG problem, not a small problem. Once mercury is in the body it is very difficult to remove because it binds very strongly to human tissues.