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## A Natural Path to Treating Lyme Disease

The Reality of  
Lyme Disease  
Infectiousness

by Dr. Scott  
Saunders, M.D.

Nutrition for  
Recovery

by Amanda Box



# CONTENTS

The Reality of Lyme Disease Infectiousness  
*page 4*

---

Healing Lyme Disease with Foods  
*page 10*

---

A Natural Path to Treating Lyme Disease  
*page 13*

---

Natural Insect Repellents  
*page 18*

---

Finding Home When Suffering  
From Lyme Disease  
*page 21*

---

Progressive Healing of Lyme Disease  
*page 25*



# THE REALITY OF LYME DISEASE INFECTIOUSNESS



by Dr. Scott  
Saunders, M.D.

## *Building a Strong Immune System*

“You’re number 80,” the middle-aged woman said mournfully as she walked in.

“You’re exaggerating.” I stated matter-of-factly.

“No,” she replied, “I’m counting!”

For the previous seven years Jane had been to 79 doctors for an illness that nobody could figure out. She was having chest pain and difficulty breathing, but nobody could find anything wrong with her heart or lungs. Nothing turned up on blood tests, x-rays, and other investigations. She continued to get worse over time, including fatigue, weakness, and joint pains. We finally determined that she was suffering from a very elusive infection – Lyme disease.

## **Lyme Disease Discovery**

The story of how Lyme disease was discovered is fascinating. Lyme disease was unknown until 1973 when a group of people became ill with a mysterious disease in Lyme, Connecticut. Due to the persistence of mothers of several sick children, an investigation was conducted. The disease was named “Lyme disease.” At the time, it was considered a tick-borne disease. However, the exact cause was unknown until 1981 when the spirochete organism was found in ticks in Colorado. Dr. Willy Burgdorf was studying another illness caused by ticks when the bacteria for Lyme, called spirochetes, were found.

“In two-thirds of untreated people, spirochetes and host will live amicably together until the patient dies of other causes, in about a third, however, the organism will continue to act upon the host to cause a variety of mischief.”[1]

These exact words could be used to describe Lyme disease today. The “variety of mischief” means it could infect any organ or tissue, causing any sort of problem.

Indeed, Lyme disease could be “The Great Imitator” of the 21st Century!

## A Stealthy Disease

There seem to be multiple Even though Lyme disease was only recognized 40 years ago, new discoveries found the Lyme bacteria in a fossilized tick from the Dominican Republic, indicating that it existed before humans walked the Earth.[2] The oldest known human to have Lyme disease was a mummified body found in a glacier in the Italian Alps that may be as old as 5300 years![3]

## Lyme Disease Symptoms

The symptoms of Lyme disease are as variable as the people who have it. It is a slippery condition to diagnose because nothing defines it, except a known tick bite. Subsequently, the tick bite produces a rash known as erythema chronicum migrans (EM) days to weeks later.

These rashes typically look like a “target,” but are actually highly variable. The CDC states that up to a third of people with Lyme disease never get, or see, a rash. In some cases rashes may spread beyond the original bite, and persist for years.

## Other common symptoms include:

(3 to 30 days after tick bite)

- Fever
- Chills
- Headache
- Fatigue
- Muscle and joint aches
- Swollen lymph nodes

## Later Signs and Symptoms

(Weeks to years after tick bite)

- Severe headaches and neck stiffness
- Additional EM rashes on other areas of the body

- Severe fatigue
- Arthritis with severe joint pain and swelling, particularly the knees and other large joints
- Facial or Bell’s palsy (loss of muscle tone or droop on one or both sides of the face)
- Intermittent pain in tendons, muscles, joints, and bones
- Heart palpitations or an irregular heart beat (Lyme myocarditis)
- Episodes of dizziness or shortness of breath
- Inflammation of the brain and spinal cord
- Nerve pain
- Shooting pains, numbness, or tingling in the hands or feet
- Problems with short-term memory[4]

## Lyme Disease Testing

Jane had visited so many doctors who weren’t able to find a diagnosis because there is no accurate way to know if she had Lyme disease. The tests for Lyme look for antibodies, but the organism doesn’t always produce antibodies. Many people have little or no immune response to the presence of the spirochete. If you test positive, there is a good chance you have it. However, if you test negative, that doesn’t rule it out. Twenty years ago doctors were told that in order to have Lyme disease four criteria had to be met:

1. The patient had to be in the Northeastern United States
2. The tick had to be attached for more than 36 hours
3. There had to be an EM rash
4. There had to be a positive blood test

It turns out that as more research is done, some people with Lyme disease may have only two, one, or even none of these. Unfortunately, most doctors still only know these four criteria, and fail to recognize many cases of Lyme disease.

## Lyme Disease is Increasing in Numbers

In January 2014 Lymedisease.org reported, “Last summer the Centers for Disease

Control and Prevention (CDC) announced that Lyme disease is much more common than previously thought, with over 300,000 new cases diagnosed each year in the United States. That makes Lyme disease almost twice as common as breast cancer and six times more common than HIV/AIDS.”[5]

We’re not sure that there are that many black-legged tick bites every year! In spite of this, the CDC continues to assert that the disease can only be acquired by ticks. Clearly, these numbers are much greater than can be explained by only tick bites.

### **Lyme Disease Transmission**

It is important to know how Lyme disease is transmitted to avoid the illness. Avoiding ticks, as they seem to be the primary carrier and vector of the disease, is clearly the place to start. However, the organism is found in body fluids of all types so it could be transmitted from person to person.

We know that the Lyme organism can be passed in mice through blood transfusion. [6] Also, 100% of women with Lyme disease tested positive for the spirochete in their vaginal secretions, but not all of the men had it in semen samples.[7] Thus, it is possible that, in spite of the official CDC statement that Lyme disease only comes from ticks, it may be acquired in all the same ways blood-borne infections are spread. This may also explain why the increase in Lyme disease has become much more than an increase in tick bites.

The best way to avoid Lyme disease is to remain chaste, and avoid blood products – all the same ways we were told to avoid HIV, for example.

### **Co-infections**

For those who have had a tick bite, there are other tick-borne diseases that may be

associated with Lyme disease. Rickettsia, Bartonella, Babesia, and Anaplasma are all organisms that are also transmitted by ticks. Since a single tick may have more than one of these, the bite could transmit more than one infection. Those who test positive for Lyme disease should also be tested for these infections. Although, the treatment for Anaplasmosis is the same as for Lyme disease so it may not be essential. Babesia, however, is a parasite that requires different treatment so it would be important to know about this.

### **Lyme Disease Treatment**

There are two important parts to treatment of Lyme disease.

1. Kill the organism
2. Support the immune system

Number one is the primary treatment by medical doctors and other professionals. It consists of three antibiotics to which the organism is known to be sensitive:

- Doxycycline
- Amoxicillin
- Cefuroxime

This treatment is continued for about four weeks, and has been considered curative. In other words, it was previously thought that once treatment was completed, the infection was cured.

However, several studies have indicated that the spirochete is still present, but in a different form.[8] Treatment just makes it dormant for a time. Killing the organism is more difficult than previously thought.

This organism is capable of transforming into a cyst when it feels its life is threatened. While in cyst form, Borrelia obtains immunity from antibiotics. Ultimately, the

organism hides the way many viruses and bacteria do. When conditions within its host become more favorable, it will transform back into its spirochetal form.

Thus, the second part of treatment is probably the most important. Just like with syphilis, there are probably two-thirds of people who have been infected by the *Borellia burgdorferii* organism who don't contract Lyme disease because their immune system keeps it at bay. The way to "cure" the infection, then, is to have an intact immune system.

### How to Maintain a *Great Immune System*

There are ways to keep your immune system functioning at peak effectiveness. The immune system is controlled primarily in the brain. So anything that diminishes brain function can have a devastating effect on the immune system. Most don't consider that the brain controls each part of the immune function:

- Cells called macrophages are controlled directly through the vagus (cranial) nerve to the spleen[9]
- Cytokines that cause inflammation are generally controlled and balanced by the brain[10]
- The brain controls the lymph system that carries immune cells.[11]

So, besides caring for our immune system, we also need to consider our brain function. Since they are interconnected, the treatment is the same as with any chronic disease.

### Avoid Toxins

Toxins that decrease energy function or damage tissues often affect the brain first, leading to behavior and cognitive problems. By far, the majority of toxins are from food. While warned about the chemicals around

**LATER Signs and Symptoms of LYME DISEASE**  
(Weeks to years after tick bite)

- Severe headaches
- Neck stiffness
- Additional rashes
- Severe fatigue
- Arthritis
- Facial or Bell's palsy
- Intermittent pain in muscles, joints, and bones
- Heart palpitations
- Dizziness
- Shortness of breath
- Inflammation of the brain and spinal cord
- Nerve pain
- Shooting pains, numbness, or tingling in the hands or feet
- Problems with short-term memory

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**Lyme Disease Transmission**  
*It's not what you think!*

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**Lyme disease not only comes from ticks, but may be acquired in all the same ways *blood-borne infections* are spread.**

d us, what we willingly and purposefully put in our own mouths do the most brain damage:

- Sugar
- Artificial sweeteners
- Alcohol
- Too many calories
- Remove Inflammation

Chronic inflammation creates universal cell damage. This is partly from our normal energy production. But inflammation also results from infections, nutrient imbalances, drugs, medications, and other toxins. Reducing inflammation will mean avoiding things to which you are sensitive. Some people have reactions to food, for example, like chocolate, milk, eggs, or wheat. If we eat things we are sensitive to, then we create more inflammation.

### **Adequate Nutrition**

If there are deficiencies in nutrients, the immune system is often the first part of the body affected. Numerous mental and neurologic illnesses are known or thought to have an immune component.

The brain is exquisitely sensitive to nutrient supply. The blood-brain barrier lets nutrients slip into the blood vessels and keep out unwanted invaders like bacteria and virus. But when something is missing, it simply slows the brain function in ways that depend on so many factors of the individual. The effect of certain foods on brain development, mood disorders, thinking, disease states and aging is clear.

Nutrients should come from high-nutrient-and-low-calorie foods such as greens, nuts, fruit, vegetables, meat, and fish, and not from chemical nutrient pills.

### **Stress Reduction**

It cannot be over-emphasized how much of an impact stress has on the immune system.

Stress can have a devastating effect over time. Since all change causes stress, it is impossible for us to live and not have any stress. So, instead of trying to avoid stress, we should be flexible, and accepting of changes in our lives.

### **Emotional Peace**

I asked a Lyme disease specialist how much of the illness is emotional. Her immediate answer: "80%."

Our emotional state is what determines how our bodies function. It is essential that we forgive all hurts we have experienced from others. We must express gratitude for everything we have, for everyone we know, and for everything we experience.

Our passions need to be taught to respond appropriately.

- We tell our emotions what is appropriate, and what is not.
- We act only on those feelings that improve and promote growth.
- We avoid all those feelings that hurt or destroy.

Over time, this brings peace – and improved function of the immune system.

### **Hormone Balance**

It is more common for women during pre- or post-menopause to have a suppressed immune response. Commonly, women who have been exposed to the Lyme organism in youth, have no symptoms – even through several pregnancies – until they start into menopause. This may be because of the emotional support offered by their hormones to the brain.

Men are also more susceptible to immune, and brain, dysfunction if they don't have good hormone balance. This mostly happens when their testosterone is being

made into estrogen, and they don't have enough progesterone to balance it.

Hormone balance is improved by good nutrition and a diminished stress response. Some people need treatment with hormones, herbs, or supplements.

Isn't it interesting that all of the same things we already know to take good care of our bodies are the same things to prevent and treat Lyme disease?

- Eat high-nutrient-and-low-calorie foods
- Avoid toxins – especially in your food
- Exercise regularly
- Decrease stress
- Balance hormones
- Avoid inflammation
- Forgive everyone of everything
- Love
- Be chaste
- Be thankful for everything

These are the mainstays of all health. As Mahatma Gandhi said, "Health is the first wealth."

### **The Future of Lyme Disease**

It is obvious that we have not heard the end of this disease. It is growing rapidly. As more people are infected, more people are exposed

- but don't know it. It has the potential to become a bigger epidemic than any other disease. Lyme disease may spread through body fluids, from casual or intimate contact, or blood products since they are not tested for this disease. The CDC is not using the most current research, and isn't warning the country or world about the reality of its infectiousness. The best way to manage Lyme disease is to treat it the same way we were taught to avoid HIV, or any other blood-borne disease... and keep our immune system optimal.

There are very few doctors who are educated on the diagnosis and treatment of Lyme disease. They are called, "Lyme Literate Doctors." If you suspect Lyme disease, it is important that you seek out a professional who is current on this disease. Since most medical schools are using 20-year-old information, most doctors are unaware of its existence, and have no way to help with either diagnosis or treatment.

Jane is still being treated for Lyme, but she has improved a great deal in six months. She took antibiotics for several months, and is working on her immune function in many different ways, as described above. She is able to exercise without palpitations or shortness of breath. As she improves, she is learning a great deal about herself, and the world around her.

Sources: [1] <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1272769/?page=3> [2] <http://oregonstate.edu/ua/ncs/archives/2014/may/amber-discovery-indicates-lyme-disease-older-human-race> [3] [https://en.wikipedia.org/wiki/Lyme\\_disease#cite\\_note-ngautopsy-202](https://en.wikipedia.org/wiki/Lyme_disease#cite_note-ngautopsy-202) [4] [http://www.cdc.gov/lyme/signs\\_symptoms/](http://www.cdc.gov/lyme/signs_symptoms/) [5] <https://www.lymedisease.org/lyme-sexual-transmission-2/> [6] [http://www.ncbi.nlm.nih.gov/pubmed/16995409?ordinalpos=3&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_DefaultReportPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/pubmed/16995409?ordinalpos=3&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum) [7] <http://www.onlineprnews.com/news/454866-1390261507-lyme-disease-may-be-sexually-transmitted-study-suggests.html> [8] <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2346637/> [9] <http://www.sciencedaily.com/releases/2008/07/080721173748.htm> [10] <http://www.cytokines-and-depression.com/chapter3.html> [11] <http://articles.mercola.com/sites/articles/archive/2015/06/25/brain-immune-system-connection.aspx>



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Take A  
Bite out  
of Lyme

by Jessica Sanders

## *Healing Lyme Disease With Foods*

**F**or those suffering from Lyme disease, what you eat can have a huge impact on your body, causing inflammation and a depressed immune system. Luckily, diet is something that's within your control, and if you eat the right foods, you may see some of your most uncomfortable symptoms disappear.

Lyme disease, you need to build a strong immune system, minimize inflammation and limit your intake of gluten. Here's how you can achieve all these goals with a few simple diet modifications and some recipes to try at home.

### **Build a Strong Immune System**

A healthy immune system is critical for Lyme disease patients because the bacteria that cause the disease have the ability to stop the immune system from launching a proper defense, according to research done at the University of California, Davis.

While tests in the UC Davis study were done on animals, researchers concluded that this finding could answer the question of why Lyme disease patients are so vulnerable to multiple infections from the same strain of bacteria.

In order to stop multiple infections from happening, it's important to focus on building your immune system, which will have a better chance at stopping the bacteria from infecting you again and again.

The role of nutrition is central not so much in the actual bug killing, but in the underlying strength and resilience of your health. Add the following foods to your shopping list to start building a healthier immune system:

#### **Sweet Potato—High in Vitamin A**

Vitamin A has been found to improve immune responses in animals, as well as children.

#### **Sockeye Salmon—High in Vitamin D**

Vitamin D works to improve and maintain neuromuscular and immune function.

#### **Reduce Inflammation**

Most inflammation symptoms related to Lyme disease are a cause of "inflammatory cytokines," according to Dr. Bill Rawls. Luckily, diet can make improve the

pain and inflammation you feel.

An anti-inflammatory diet heals the joint pain, swelling, fatigue, brain fog and headaches, and unhealthy cell function associated with Lyme disease.

Giving your body what it needs to fight inflammation includes eating:

#### **Flaxseed—High in Omega 3**

When broken down in the body, omega 3 works to reduce inflammation. Always buy ground flaxseed; whole flaxseeds don't absorb as well in the body.

#### **Spinach—Vitamin E**

Not only is spinach loaded with omega 3s, but it's also high in Vitamin E and B vitamins, all of which reduce inflammation in various ways within your body.

#### **Limit Your Intake of Gluten**

A large portion of the U.S. population is gluten intolerant, even if they don't know it yet, because the human body has a hard time breaking down wheat. For some people, sprouted wheat is okay, because the sprouting process breaks down enzymes that are difficult to for our bodies to digest.

However, those suffering from Lyme disease are best to avoid gluten altogether. Fortunately, this is easier to do than you might think.

There are many gluten-free products on the market, and a variety of delicious foods that can replace your usual gluten go-tos. Here are a few gluten free options to stock up on:

#### **Food for Life Brown Rice**

The texture and taste are better when toasted. Top with nut butter for a gluten free breakfast.

#### **Brown Rice**

Brown rice is naturally gluten free, and

versatile. Add it to stir-fry or make it as a side for your chicken and vegetables.

### Explore Asian bean noodles

These noodles are made with bean flour, so not only are they gluten free, but they're high in fiber and protein. They taste like whatever they're paired with, so you can make them with all your favorite noodle sauces including marinara and peanut.

With all these foods in your kitchen, it's time to make a delicious meal. Try these two recipes to implement the Lyme diet in your everyday life.

### Roasted Sweet Potato Salad

#### Ingredients:

- 2 sweet potatoes, diced
- 1-2 tablespoons EVOO oil
- 2 large sweet red peppers
- 1/2 lb fresh spinach, roughly chopped
- White balsamic vinegar
- Salt and pepper to taste
- Pepper

#### Directions:

**Sweet Potatoes:** Preheat the oven to 450 degrees. Toss the sweet potatoes with the oil and gravy herbs. Spread on a greased baking sheet. Roast for 20 minutes - check the potatoes for doneness, gently stir, and return to oven. Repeat this process every five minutes for about 15 more minutes (total roasting time should be anywhere from 30-45 minutes). Turn up the heat to 475 and roast for a final 5-10 minutes to really brown them nice and pretty. When they're done, they should be visibly browned and relatively "dry" to the touch so that once you loosen them you can shake the pan and they slide back and forth easily.

**Red bell peppers:** Grill red peppers over medium heat for 10-15 minutes or until the

skins blister, turning frequently. Immediately place peppers in a large bowl; cover and let stand for 15 minutes. Cut into slices.

**Assembly:** Place roasted sweet potatoes and grilled red peppers over a bed of spinach and sprinkle with white balsamic vinegar.

Serve this as side dish or add goat cheese and grilled chicken for a satisfying lunch.

### Flax Seed Toast

#### Ingredients

- 2 slices gluten free bread
- 1 tablespoon almond butter
- 1 tablespoon organic jam
- 1 tablespoon ground flaxseed

#### Directions

Toast your bread and top each one with half of the almond butter, jam and ground flaxseed. Enjoy this for breakfast or a hearty snack.

While the Lyme disease may feel impossible to cure, diet is something that's within your control. With the right foods you can reduce major symptoms, such as inflammation and depressed immune system. Avoid highly pro-inflammatory foods like gluten, in favor of good fats like ground flaxseed. Add salmon and sweet potato to your weekly shopping list and you'll begin to feel relief.

Healing is Possible. All you need is the right guidance, right foods and the information and support from *Home Cures That Work*.



# A Natural Path to Treating Lyme Disease

by Amanda Box, N.D.

## *Dissolve Borrelia Bacteria Biofilms Holistically*

I remember when I spotted that dreaded bullseye rash. It appeared out of nowhere on my upper arm. My mind immediately began to race. What if I have Lyme disease? I didn't even see a tick! What am I going to do to get rid of this? Should I get an antibiotic from the doctor or try to treat it on my own?

As my thoughts began to swirl, I remembered the people I have met who suffer with Lyme disease. I wouldn't wish their struggle on anyone.

One lady in particular, Mary, suffered so severely with its effects on her brain that she struggled to articulate her words. She knew she had Lyme disease based on her

symptoms. Yet, the tests from her doctor's office were repeatedly negative. She came to me looking for a natural cure. Unfortunately at the time, I had little experience with Lyme disease and didn't have much to offer.

Months later, I ran into Mary. Her eyes were bright as she shared how she had found a doctor in Nebraska who specialized in treating Lyme disease naturally. She was noticeably sharper and she happily shared with me the regimen the doctor had put her on. I took mental notes and later researched the supplements her doctor had prescribed. I mention many of these in this article.

Each year, more than 30,000 cases of Lyme disease are reported to the CDC! However, a new estimate suggests that the total number of people diagnosed with Lyme disease is around 10 times higher![1] Unfortunately, just those diagnosed with Lyme comprise these numbers. Thousands of people contract Lyme disease each year but go undiagnosed. This is because their Lyme disease symptoms

so closely mimic other diseases, such as:

- MS
- Arthritis
- Fibromyalgia
- Chronic fatigue

Because of Lyme's ability to "disguise" itself as other conditions, diagnosing Lyme disease based on symptoms can often be difficult. Symptoms that can help identify Lyme disease include:

- Chronically swollen lymph nodes
- Fever
- Joint pain and swelling
- Muscle weakness
- Difficulty thinking and concentrating
- Changes in heart rhythm
- Neurological impairment

The bacteria behind Lyme disease is called *Borrelia burgdorferi*. It is actually a cousin to the bacteria that causes syphilis. *Borrelia's* corkscrew shape also allows it to hide in different body tissues. This makes testing for Lyme disease tricky! If the bacteria are hiding in the tissues, antibodies may not show up in the Western blot Lyme test! Some alternative medical doctors recommend a lab called Igenex because they test for additional outer surface proteins. This form of testing better detects Lyme when standard blood tests cannot. Igenex labs also tests for co-infections such as Babesia and Ehrlichia, which can often accompany Lyme disease. It is also a misconception that Lyme is only spread by ticks and is identified by a bullseye rash. More than half of those with Lyme never had a bullseye rash! Lyme disease can also spread via fleas, mosquitoes, mites, and sexual contact![2] This is why identifying the symptoms as early as possible is crucial in treating Lyme. If you suspect for any reason you may have Lyme disease, even if you never saw a tick or bullseye rash, then immediately get tested!

Early treatment provides the best results and prevents severe damage to the body.

## Preventing Lyme Disease

It is very important to take proper precautions to avoid contracting Lyme disease. This formerly "East coast" disease has now spread across the United States and affects those in the Midwest and the West coast.

Typical precautions include:

- Wearing clothes that cover the body.
- Using bug sprays containing DEET. However, DEET is extremely toxic. I urge you to handle DEET with caution. It is known to irritate the eyes and in intense doses may induce neurological damage.[3] People who use DEET daily have reported suffering symptoms including rashes, dizziness, difficulty concentrating and headaches. [4] It should only be sprayed on top of your clothing and never directly on your skin. It is also important that you do not inhale the fumes from the bug spray when using it

Before you get desperate and spray on commercial DEET bug spray, take some time to consider the better alternative; a natural bug repellent that smells wonderful, is effective, and takes only minutes to whip up. One natural alternative is rose geranium essential oil, which is 100% safe to use! Ticks use their sense of smell to locate their next victim. This process of finding a host is called questing. They stick their front legs up in the air, which contain Haller's organs. These organs can detect their future host by smell, temperature, movement and carbon dioxide. Ticks know when a person is approaching because it is essential to their survival. They don't land on you by happenstance. Luckily, ticks are turned off by the scent of rose geranium oil! Just dab a drop behind your kneecaps, on your wrists and behind your ears. You can also dilute it in

a spray bottle and spray it on your clothes and body. Just follow the recipe below for a safe and effective tick repellent!



#### Directions:

1. Add all the ingredients into a small spray bottle.
2. Shake well before using.
3. Spray on skin. Note: Natural bug repellent will need to be reapplied every few hours for maximum effectiveness.
4. This spray is also safe for pets.

Another fantastic natural tick repellent is food grade diatomaceous earth (DE). This all natural fossil shell powder is a mechanical insecticide. Mechanical insecticides kill insects by a physical action not a chemical one. Diatomaceous earth contains microscopic razor sharp edges that penetrate a tick's

exoskeleton. This causes the ticks to dry up and die. Don't worry; the microscopic razor edges are of no harm to humans or animals. In fact, as I will discuss later, DE can be taken internally to treat Lyme disease!

Sprinkle food grade DE on your yard using a seed spreader on the lowest setting. Be sure to apply it when there is no rain in the forecast for several days. The rain will wash the diatomaceous earth away. By allowing it to sit on the grass for a couple days, DE gets a chance to make contact with the ticks and do its work.

I have personally witnessed the power of diatomaceous earth. A few summers ago the ticks were so bad that my dogs had several ticks on them each day. Once I sprinkled DE on the yard, they didn't have another tick! It made me a believer and now I use it every year!

#### Natural Treatment of Lyme Disease

Those diagnosed with Lyme disease have probably been treated with long term antibiotic use. Short-term antibiotics work well when prescribed at the first sighting of a bullseye rash.

However, long-term antibiotic use comes with a list of side effects and promotes antibiotic resistance. Persistent antibiotic use may include the following side effects:

- C-diff infection
- Yeast infection
- Nausea/diarrhea
- Lowered immunity

Long term antibiotic use can also trigger an autoimmune response, which makes the disease even harder to reverse! Not only will you need to treat Lyme disease in these cases, but the accompanying autoimmune reactions!

## **The Achilles Heel of Borrelia Bacteria**

Lyme has the innate ability to self protect by secreting exopolysaccharides and exoproteins. These create an armored shell called a biofilm (or cyst) that is difficult to penetrate.

Biofilms are made of a mucus like substance, fibrin and minerals such as calcium, magnesium and iron. This protective biofilm makes killing Borrelia bacteria very difficult. Several all natural supplements can break down these biofilms and help to eradicate Lyme bacteria. Dissolve biofilms holistically with the following protocols.

### **Apple Cider Vinegar (ACV)**

The natural acidity of apple cider strips away important minerals from biofilm leaving it weak and easily broken apart.

**Dosage:** Take 2 teaspoons ACV a day mixed in a glass of water.

### **Milk Thistle and Dandelion**

These two herbs increase bile production, as well as thin the bile. This is important because bile acids break up biofilm.

**Dosage:** 600-1000 mg a day of milk thistle

**Dosage:** 500-1000 mg of dandelion

### **Proteolytic Enzymes**

Proteolytic enzymes essentially eat away at biofilm. However, they can only break apart biofilm when taken on an empty stomach. Proteolytic enzymes contain enzymes such as protease, papain, and pepsidase. If you take these enzymes with food, they will only help you digest your food and do nothing to break up the biofilm.

**Dosage:** Follow the directions on the bottle but take on an empty stomach!!

There are also several natural supplements which help kill the Lyme bacteria. Once the biofilms are broken, the Lyme is left vulnerable to the immune system and natural bacteria eradicating supplements.

## **Astragalus**

Chinese medicine has used astragalus for bacteria similar to syphilis for centuries. Astragalus drives Lyme bacteria out of the lymph nodes, making the Lyme more susceptible to be destroyed.

**Dosage:** 1000 mg a day

## **Diatomaceous Earth**

DE is quite hard. On the hardness scale where diamonds are a 9, diatomaceous earth is a 7. This is very important because these millions of tiny hard and sharp diatomaceous earth cylinders pass through the small and large intestines to “scrub” the walls.

DE also acts as a toxin/parasite/bacterial/endotoxins/viral/ magnet. It absorbs toxins such as Lyme as they are excreted along with bile into the digestive track. DE slashes the Lyme bacteria into pieces with their sharp edges to be eliminated from the intestines and prevents it from being absorbed back into the blood.

**Dosage:** Start out with 1 tbsp a day in a glass of water. Can increase two 2x/day.

## **Colloidal Silver**

Colloidal silver is an all natural antibiotic, antifungal and antiviral. It works through the process of oxidation. It interferes with bacteria’s metabolism, and increases the production of reactive oxygen. This damages the cell’s membranes and DNA.

Silver holds the secret for its ability to kill bacteria. Colloidal silver makes the bacteria’s cell membrane permeable

Interestingly, studies have shown that colloidal silver also increases the effectiveness of antibiotics by up to one thousand times!

leaving it susceptible to be eradicated. The net result of silver's onslaught is bacteria with severely damaged defenses.

Therefore, if you have been prescribed an antibiotic to treat Lyme disease, then it would greatly benefit you to add colloidal silver.

Mary's doctor specifically recommended Mesosilver to treat her Lyme disease.

**Dosage:** 1-2 tbsp colloidal silver a day on an empty stomach

### **Vitamin C**

Vitamin C, specifically given through IV form, has great benefits for those suffering from Lyme disease. Vitamin C radically enhances the immune system. It has the ability to increase white blood cell function allowing the body to attack Lyme disease more effectively. It also contains strong antioxidant components that help decrease Lyme disease symptoms such as pain and inflammation.

Many practitioners across the country now offer IV vitamin C therapy. If this is not an option, I recommend the fat soluble form of vitamin C called ascorbyl palmitate.

**Dosage:** 1000 mg ascorbyl palmitate 3x a day to start. Can be increased to 2000 mg 3 x a day.

As for my bullseye rash, I opted to take the antibiotic Doxycycline. It is very effective as a treatment for early Lyme disease and I did not want to take any chances. I encourage you not to take chances either! If you spot the bullseye rash, or have flu-like symptoms after seeing a tick on your body, please go to the doctor immediately. Natural cures are wonderful. However, antibiotics have their place and curing early Lyme disease is one of them!

However, if you have been battling Lyme for years, I recommend the supplements mentioned in this article. They helped Mary to begin to feel normal again and improve her symptoms. They can do the same for you as well!

Lastly, take steps to prevent Lyme in the first place by using geranium essential oil as a natural, effective repellent!

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Sources: [1] <http://www.cdc.gov/media/releases/2013/p0819-lyme-disease.html> [2] <https://www.lymedisease.org/lyme-sexual-transmission-2/> [3] Abdel-Rahman et al 2001, ATSDR 2004, Corbel et al. 2009 [4] ATSDR 2004

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# Natural Insect Repellents

by Rob Fischer

## *Avoid Ticks and Mosquitos with Essential Oils*

**H**aving grown up in rural Minnesota, my brothers and I loved the outdoors and spent copious amounts of time in the wild as kids. One of our favorite haunts was a multi-acre field that we simply referred to as “The Weeds.” One day after spending a whole day exploring The Weeds, we had an experience that still gives me the heebiejeebies to think about!

My younger brother slept in the bunk below me. Not long after the lights went out, I could hear him scratching and squirming. Finally, he called out for Mom and Dad. They came in, turned on the light and threw back the covers. My brother’s body was crawling with ticks!

Seeing all those ticks, I vaulted off the top bunk onto the floor and began a frenzied search for ticks on me in all the cracks and crevices! Fortunately, in spite of the tick infestation, neither of us contracted Lyme disease. But the 300,000 Americans diagnosed with Lyme disease each year aren’t so lucky.[1]

Of course, Minnesota is also known as the land of 10,000 mosquito hatcheries—er, I mean, lakes. And in the Boundary Waters area of northern Minnesota I’ve seen swarms of mosquitoes as dense as clouds. I swear they could carry away a small child!

No doubt you too like to enjoy the out-of-doors to some extent, even if it’s sitting on your deck or patio, or enjoying a stroll through a park or wooded area. If so, how do we enjoy nature and yet avoid ticks, mosquitoes and other such vermin?

Let me provide a few strategies for avoiding ticks and mosquitoes altogether. Then we’ll look at some ways to repel them when they’re unavoidable.

### 3 Strategies for Avoiding Ticks and Mosquitoes

#### 1. Know their season.

Both ticks and mosquitoes thrive in cool, wet, and humid areas and times of the year. Generally speaking, spring is their breeding and hatching time, so plan around their schedule to avoid them. On the other hand, expect to have to contend with them if you go hiking, or spend time outdoors in the spring.

#### 2. Know their habitat.

These critters love brush, tall grass, and swampy areas. Shun places like those when you can or be prepared to do battle with these insects. By the way, ticks don't fall or jump on you from trees. They climb up onto grass and shrubs and cling to your pant leg when you brush by.

#### 3. Know their hosts.

If you have pets that roam the out-of-doors where there are ticks, the ticks will likely hitchhike into your home on them. Check your pets over for ticks to make sure that they're not bringing in unwanted guests.

#### How to Repel Ticks and Mosquitoes

Ticks and mosquitoes are attracted to us by the CO2 and lactic acid that we give off when breathing and sweating. In order to repel these bugs, we're attempting to cloak our scent with something they won't recognize or don't like. The longer that scent lingers, the longer we'll enjoy protection from those vermin.

DEET (diethyltoluamide) is the most popular insect repellent available in the US today. Nearly a third of Americans reach for insect repellent with DEET each year. You'll find a wide variety of insect repellents containing anywhere from 20 to 100 percent DEET.

But while DEET is considered one of the most

effective repellents, it's a known neurotoxin. Between the years 1961 and 2002, there have been eight known deaths due to DEET exposure. Other DEET side effects include:[2]

- Rashes
- Skin or mucous membrane irritation
- Numb or burning lips
- Dizziness
- Disorientation
- Difficulty concentrating
- Headache
- Nausea
- Memory loss
- Muscle weakness and fatigue
- Shortness of breath
- Muscle and joint pain
- Tremors
- Seizures

Permethrin is another common chemical found in many insect repellents. Permethrin is also a neurotoxin and deemed carcinogenic by the EPA. Both DEET and permethrin are also hard on the environment.

Thankfully, in recent years, a number of more natural insect repellents have arrived on the market. In June 2006 Consumer Reports announced that after conducting their own tests, they found Repel Lemon Eucalyptus to be the best non-DEET mosquito repellent.[4] As the name indicates, the essential oil lemon



eucalyptus is the active ingredient in this repellent.

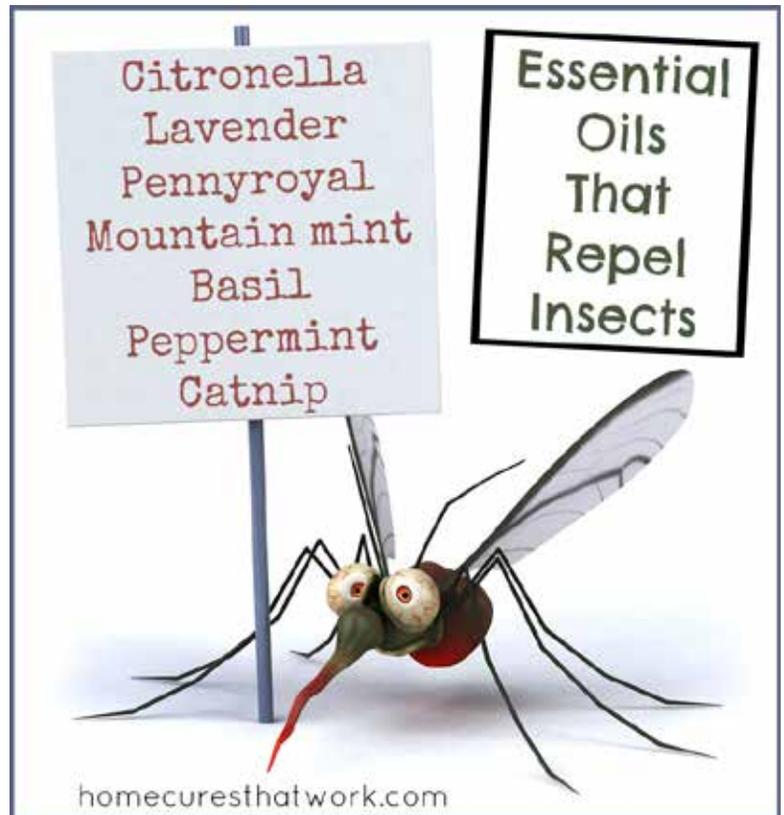
In another study, the United States Department of Agriculture ranked Bite Blocker number two in effectiveness after Repel.[5] Bite Blocker is touted as the “safest product on the market that works.”[6] Its active ingredients include: coconut oil, soybean oil, purified water, geranium oil, glycerin, lecithin, and vanillin.

Many other essential oils have been used the world over to repel insects. Some of the more common insect-repelling essential oils are:

- Citronella
- Lavender
- Pennyroyal
- Mountain mint
- Basil
- Peppermint
- Catnip

If you'd like to mix your own natural

insect repellent, check out Amanda's article, *A Natural Path to Treating Lyme Disease*, for a great recipe that you'll love and the bugs will hate! Or try mixing your own blend of essential oils with a carrier oil. Perhaps you'll create the magic potion that wards off those pesky ticks and mosquitoes!



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Rob Fischer has been writing professionally for over 35 years. His experience includes writing curricula, study guides, articles, blogs, newsletters, manuals, workbooks, training courses, workshops, and books. Rob has written for numerous churches, for Burlington Northern Railroad, Kaiser Aluminum, and Barton Publishing. He has also trained managers in effective business writing. Rob holds two Master's degrees, both focused heavily on writing. Rob has published eleven books and serves as an editor and ghostwriter for other authors.

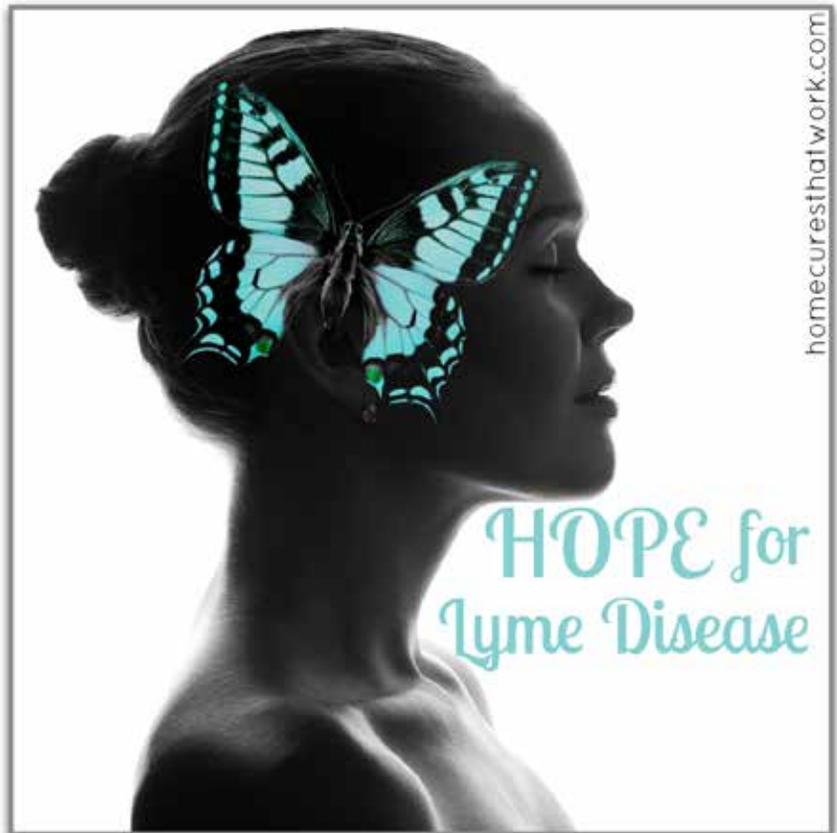
# 5 Ways to Develop Positive Thoughts and Words for Physical Health and Emotional Well-being

by Rob Fischer

Imagine the frustration and hopelessness of the woman described in Dr. Saunders' article. She had already visited 79 doctors and still had no diagnosis, much less relief from her pain and suffering!

Perhaps you (or a loved one) find yourself in a similar situation. In this article, we seek to give you hope.

People who suffer from a chronic illness like Lyme disease quickly discover that battling their illness is as much a battle of the mind as it is the immune system. The medical community has long since recognized the connection between our thoughts and the health of our bodies.[1] When we're sick, it's very easy to fall into a pattern of negative thinking and negative self-talk. We find ourselves saying or thinking things like: "I'll never get better!" Or, "Every day it's



the same old thing." Or, "I feel terrible." Or, "I can't go on like this." Or, "Nothing is working."

There may be a legitimate thread of truth in some of those thoughts or words, but when we rehearse them over and over again, we unwittingly establish patterns that are hard to break. We become habitually negative and thereby resign ourselves to a life of misery by our thoughts and language even though we might be getting better. These patterns begin to control our lives and our destiny.

We've all heard the grumblings of an old grouch, "It may be sunny and warm today, but you just watch. Tomorrow will be cold and stormy!" Such an outlook becomes a self-fulfilling prophecy. We set ourselves up for a "bad day." And when the bad day comes, we morosely "rejoice" knowing that we were right!

I'm not suggesting that we naively put on a Pollyanna-like attitude that everything is okay

and ignore stark reality. What I am saying is that our thoughts and words are very powerful tools. We can either use our words and thoughts to help us cope with suffering and assist us on our way to recovery, or to make our lives and those around us more miserable.

## **A Prescription for Hope**

Below are five suggestions for developing positive thoughts and words. You'll be amazed at the powerful impact these can have on your physical health and emotional well-being.

### **1. Find something to look forward to.**

Make plans. Those who believe they are about to die make no plans. So make plans. These plans don't have to be anything grandiose. They may be as simple as planning to get your hair done today, or spending time with your grandchildren tomorrow, or calling a friend to go out for coffee. Simply make plans, look forward to them and carry them out.

### **2. Find something to laugh at.**

Laughter truly is the best medicine. Rent a classic comedy like National Lampoon's Christmas Vacation or some other goofy movie. But be sure to watch it with someone else. The comedy quotient rises exponentially when we experience something funny with others. Don't deny yourself this pleasure!

### **3. Find something to be grateful for.**

Some old sage once wrote, "I complained because I had no shoes until I met a man who had no feet." As bad as your situation may be, you'll find others much worse off. What do you have that you can be thankful for? Who is in your life that you're grateful for? Tell them how thankful you are for them. Express your gratitude to God for the things He has given you.

### **4. Find someone whose presence you can enjoy.**

Typically, when we are feeling sorry for

ourselves, we crawl off into a corner and mope like a dying animal. Don't give in to that tendency. Spend time with those you love and who love you. You don't even have to do anything profound together other than simply enjoy one another's company. But beware of negative language! No one likes to hang around people who are negative all the time.

### **5. Find hope and joy in God.**

Someone very close to me has suffered from an incurable chronic disease for nearly 20 years. His illness cost him a career he loved and indescribable physical, financial and emotional agony. But in spite of his pain and suffering, he has found peace, hope and joy in trusting God. This man is one of the most joyful, positive people I know—in spite of his illness. People constantly seek him out to discover his "secret." But he'll tell you that it is no secret, simply a daily reliance on God's grace and love to keep him going.[2]

### **Find Hope and Joy in God**

How do you find hope and joy in God? Begin by reading His Word, the Bible. The Psalms are powerful in this respect because so many of them are written out of the groanings of an individual experiencing suffering. Psalm 40 or 42 offer a great examples of what I'm talking about. As you read the Psalms, you'll often find yourself thinking, "The writer is expressing the very things I've been feeling!"

Then, after reading from the Bible, spend time in prayer with God. Prayer is simply conversation with God. The "Lord's Prayer" in Matthew 6:9-13 offers us a great pattern to follow. In that prayer we take time to:

- Acknowledge and declare who God is
- Express our longing for Him and His rule in our lives and on earth
- Request His provision in our lives, showing that we look to Him and

- rely on Him for everything
- Confess our sins, assuring Him that as He forgives us, so we forgive others who have wronged us
  - Express our desire to live rightly and seek His protection from the evil one

A few years ago, I wrote a short, fictitious account of two men that graphically illustrates what we're talking about here. I hope you enjoy it and take it to heart.

### **A Parable of Two Men**

*For 40 years God led Israel through the barren wilderness of the Middle East. In spite of their repeated grumbings and rebellion, God continued to love, lead and provide for His people. Even when they were unfaithful to Him, He remained faithful to them. In all those years, God sustained this massive company of people by miraculously providing them with manna. Manna was a food substance that God caused to appear on the ground each morning. The people of Israel gathered manna as their staple food through all those 40 years.*

*In year 39 of Israel's wandering in the wilderness two men woke up one morning. One man got up, put on his outer garment and lifted the flap over the door of his tent to step out into the desert morning. As he ducked under the tent flap it dumped a load of sand down his neck. He cursed under his breath and angrily shook out his clothes muttering, "I am sick and tired of this infernal sand! I've got sand in my bed, sand in my hair, sand in my food! Everywhere there's sand! I hate this life of constant moving and upheaval. And guess what's for breakfast? Manna—again!"*

*This man's mood was no private matter, but spread unmercifully like cancer to his wife and children. With his incessant bitterness, anger and complaints he poisoned the minds and attitudes of his family and friends. His poison*

*took its toll on his relationships replacing intimacy with isolation, trust with suspicion and love with self-centeredness. This man truly lived out the miserable life he envisioned for himself. By making much of himself and his circumstances, he lived as though God were puny and others insignificant.*

*Across the vast camp of the Israelites that same morning another man awoke. This man's circumstances were in no wise different than the first man. But as this man stepped out of his tent that morning shaking the sand from his clothes, he stood up and filled his lungs with the fresh, cool desert air. He looked to the east watching the glory of the sun as it began to dispel the night. He thought to himself that the sunrise was but a tiny reflection of the magnificent glory of its Creator.*

*He expectantly looked out over the hillsides around their camp and saw the familiar blanket of manna in the receding shadows. Suddenly he was overwhelmed with a sense of God's presence, faithfulness and love for him and his family. Without inhibition he raised his hands and looked up into the sky and worshipped out loud, "Thank you, my God, my King, my Shepherd! Thank you for another "manna-day", a day in which you show yourself faithful and loving toward me and your people. Thank you for providing for us, O gracious Lord!"*

*This man's mood was no private matter either, but spread to others like the warmth of the rising sun. His humble gratitude made him a delight to be around! His family and friends found his faith and joy contagious, so that they too gave God glory. By making much of God, he saw more of God and His greatness and love. And by experiencing God's love, he could not help but love others around him on whom God had also poured out His love.*

Which man are you?[3]

Whether you're suffering from Lyme disease or some other chronic illness, you may not have a choice in the fact that you're suffering, but you definitely have a choice in how you respond to your suffering. I encourage you to find hope in God and to establish patterns of positive thinking and speaking in your life.

Your thoughts and words are powerful weapons to assist you in your battle against your illness. Practice using these weapons and learn to wield them well!

Sources:[1] Mayo Clinic, "Positive Thinking: Stop Negative Self-Talk to Reduce Stress," March 4, 2014, <http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950>. [2] Mark Fischer, *When Your Soul Enters the Iron: Finding God to Be Enough when the Pain Doesn't Go Away* (Spokane, WA: Mark Fischer, 2011). [3] Rob Fischer, *28:19—The Skills for Disciple-Making* (Spokane, WA: Fischer Publishing, 2015), pp. 37-39.

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# Progressive Healing of Lyme Disease



A True Story from Bethel Church

*February.23.10*

**T**hree years ago, after Carolyn had her second child, every system in her body started collapsing and, within a year, she almost died.

A half dozen doctors could not figure out what was wrong. She was losing four pounds a week and having severe neurological symptoms. She'd have seizures and couldn't think straight (although she had been a psychologist prior to the onset of her illness). She was in so much pain. Her GI system collapsed and she couldn't digest food. Doctors found out a year into the symptoms that she had chronic Lyme disease. After almost two years of "radical treatments" to address the Lyme, she recently has been awakened to the spiritual roots of her disease. Around the time that she was pregnant, she went into a dark season spiritually. She held resentment and unforgiveness toward many people and had a great deal of fear as well.

Five months ago, she began to be able to trust God again. For two years, she resisted seeking God for her healing. Consumed with the illness, she would spend hours a day researching Lyme and talking to others who had it. One day, she was going to her computer to do research about Lyme, and the Holy Spirit said to her, "You are worshiping Lyme." She froze and was absolutely convicted by the truth she had just heard. She then sent a mass e-mail to people whom she corresponded with who had Lyme and said, "I care about you. I'm not abandoning you, but you probably won't hear from me for a while because I am going to go to God."

She got on her knees and prayed honestly for the first time since she was ill. She confessed to God that she was afraid He didn't want good things for her and that if she put Him in charge of her healing, he would let her down. She repented and asked God to please heal her spiritually and take her on a journey of revealing himself to her. As she prayed frantically, she heard Him say, "Be quiet." She started up again and then heard Him say,

“Be still.” Then she quieted herself with awe. Then she heard him say, “You are healed.”

In that moment, though her symptoms were still present, she knew she was healed. She trusted the promise from God of healing as TRUTH and the symptoms she still had as a lie—the façade the enemy tries to use to get her to disbelieve truth. She became convicted that her healing would come as she came to know and walk with the Lord. She is walking this out by faith as He shows her who He is.

She’s made quantum leaps since that day. After God told her she was healed, she said to Him, “What should I do now?” He said to read the burning bush, Cain and Abel and Lazarus. She knew the stories but not enough to know how relevant they would be to her current situation. She knew Moses approached God in the burning bush but she didn’t know God had said, “I hear the cry of the Israelites and I will lead them out of their oppression into the promised land.” The story of Cain made her see that she had bitterness in her heart and a spirit of death and murder that can come from lack of forgiveness. The last was about resurrection and new life.

From that day on, encouraging people started coming into her life. A man her sister works with who is a strong man of God had been praying for her for two years. Right after she prayed, her sister called and said, “Would you be willing to talk to this man who has a lot of faith?” So she talked to him and he was compassionate like Jesus. He prayed for her and her kids. The next day he wrote an email about how he had taken a pre-view class of a two-year course from Bethel Church (the BSSM curriculum). She said, “I wish I could go to that.” She thought it was just for leaders. But he said, “You can.” So she enrolled in that.

She has come a long way. She’s had dramatic symptom reduction. She almost never has

headaches though before she did daily. A lot of very strange neurological symptoms have disappeared or significantly diminished. Her fear is gone. Her bitterness is gone. All her broken relationships are restored.

She’s still walking this healing journey out and trusting that God will take her 100%. This is not a one-time event. I get these results regularly.

Taking several anxiety-busting breaks every day could help you avoid 80% of all medical conditions. That’s the medical profession’s conservative estimate of the toll anxiety and stress takes on you.

How often do you think what you are doing is so urgent and important that you can’t afford to take one minute off, let alone seven? Well, I’ve got news for you. The best time to take an anxiety break is when you think you don’t have the time.

That’s exactly when proactive relaxation breaks are the most productive way to spend your time and reduce stress. Not only will they improve your performance, but you could avoid a nasty hospital stay, or even a premature death as a side effect.

When she was at the Fire Storm led by Kevin Dedmon recently, God touched her. Nowadays, as God works in her, she can feel like something has happened to her immune system and then gradually symptoms will fade away. At that meeting, she knew that something good had happened to her immune system. She was released from neck pain but that comes and goes.

The biggest thing that happened that weekend was healing in her heart with a breakthrough of joy. Also, she experienced more passion and excitement about God’s purpose for her. Finally, she received an impartation. Kevin released an impartation over the group for prophecy

and then he asked them to give the person next to them a word. Instantaneously, Carolyn received a word for the people around her. A lady tapped her on the shoulder and prophesied over her, and she had a word for the lady.

One of the Bethel students staying with her later said, "I think the prophetic is going to be one of your giftings." So the team had her do a prophetic painting and they said there is a powerful explosion of God going on inside her that will bring comfort and healing to her and to others. They used the word "counseling" without knowing that she used to be (and hopes to one day again be) a psychologist.

A student named Holly had so much joy about her and Carolyn watched her and thought, "I want what she has." Carolyn has freedom from fear, peace, and hope but she doesn't have joy yet. So they were doing holy laughter and that is new to her. She was watching that and she felt like the Holy Spirit told her to go to Holly and have Holly put her hand on her heart and release it on her heart. When Holly put her hand on her heart and started to laugh, Carolyn started to laugh, too. She felt like she got healed in her heart emotionally. The Scripture had been in her head for a long time about a merry heart doing good like a medicine. Holly told her to release it to another man who looked stern. Carolyn walked over, introduced herself, put her hand on his heart and she started to laugh.

It was fun talking to Carolyn and hearing about the incredible journey of healing and restoration she is on with the Lord. Others around her, seeing her freedom and the light of the Lord on her, are getting hungry for Jesus. And it's only the beginning....

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