

Natural Health News

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EVERGREEN SPA & WELLNESS
ELY, MN



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STORE HOURS:

Tuesday – Saturday
9 am-5 pm

**CLOSED SUNDAYS
& MONDAYS**

SPA HOURS:

By Appointment

TICK & LYME DISEASE PREVENTION

Spring has finally reached the Northland and as everyone is anxiously preparing to spend a lot of time outdoors after a long winter, I would like to arm you with some good and sound advice to prevent tick-borne diseases such as Lyme disease. Recent research debunks several commonly held beliefs about the transmission of tick-borne diseases. In fact, any tick of any size can carry Lyme and/or other co-infections. Most recent studies have also shown that ANY biting insect (mosquitoes, horse flies, deer flies, spiders, fleas, wasps and mites) may also carry these diseases. Also, the conception that a tick has to be attached for 24 hours to inject the bacteria is completely outdated. There are studies that show that an attachment of 15 minutes can result in a serious infection. Many people do not even know that they were bitten by a tick. A blood transfusion with Lyme-infected blood may transmit the disease to the recipient. Some specialist medical researchers believe that Lyme, or other tick-borne diseases, can be sexually transmitted, although there has never been any research to confirm or deny it. Lyme spirochetes have been found in many bodily fluids. It can also cross the placenta into the fetus when the mother is infected with the bacteria. Estimates show that ONLY one out of every ten Lyme cases is reported. Lyme disease and the co-infections can be misdiagnosed because their symptoms mimic other diseases. Furthermore, less than half the people who are infected with Lyme disease have a classic bullseye rash. Lyme disease and co-infections can attack any system in the body. Some of the first symptoms mimic the flu, such as fatigue, headache, achiness, chills, fever and stiff neck. A partial list of other symptoms can include pain in joints/muscles, neurological problems (migraines, light-headedness, brain fog, poor short-term memory, ringing in ears), gastrointestinal issues (constipation, diarrhea, bladder dysfunction), reproductive problems (testicular/pelvic pain, menstrual irregularity, loss of libido), mood swings, depression, irritability and many other symptoms. These symptoms often mimic other diseases like lupus, Chron's disease, multiple sclerosis, chronic fatigue syndrome, Alzheimer's, arthritis, etc. Lyme disease symptoms may come and go and be replaced by different symptoms. Time is of the essence if you have been bitten by a tick. The tick should be removed by pulling it slowly straight out with fine-pointed tweezers as close to the skin as possible. Do not grasp, squeeze or twist the body of the tick; it will inject the bacteria into your bloodstream. Do not use oils, petroleum jelly, alcohol or any other substance to remove the tick; it can make the tick vomit the bacteria into the bloodstream. Aggravating the tick may cause the infected fluids to enter the wound site. If the tick is deeply embedded, go to the clinic. Do not kill ticks by pinching them between your fingernails. The infected fluids may get under your fingernails and into your bloodstream. You can use antiseptic or tea tree oil on the site of the tick bite after the tick is removed. Wash your hands thoroughly with soap and water after handling a tick and disinfect the tweezers. Most importantly, perform frequent tick checks on yourself, children and pets. Wear light colored clothing so you can see the ticks better. Tuck shirt into pants and pants into socks to make it more difficult for the tick to crawl under your clothing and onto your skin. Apply natural insect repellent and incorporate lots of fresh garlic in your diet or supplement with garlic pills. Do a full body check on yourself, your kids and your animals every time you get back from the woods or grassy areas. It is most important to keep your immune system healthy to ward off a tick-borne infection. Since everyone is different, nutritional supplementation will vary from person to person. To find out your specific nutritional needs, please give me a call at: 218-365-2288 to set up an appointment for nutrition response testing.

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The blood tests currently used to detect the presence of the *Borrelia burgdorferi* bacteria (Lyme disease) are the enzyme-linked immunosorbent assay (ELISA) and the Western blot test. Research has shown there are 10 different strains of Lyme disease in the United States, and many of them do not test positive on the traditional tests. Most commercial tests designed to detect chronic infections are based on measuring your immune reaction—the presence of antibodies—to the invading microbe. However, one of the primary cells that get infected with Lyme spirochetes are the white blood cells themselves, which is a total game-changer. If your white blood cells are infected, they lose the ability to produce antibodies. Therefore it is relatively common to get a negative test result. In order to diagnose Lyme disease properly with one of the accepted commercial tests, the Lyme disease has to be first treated enough for the patient to be able to produce an appropriate immune response to be detected. This explains why commercial labs and hospitals are notorious in under-diagnosing Lyme disease. IGeneX Lab in Palo Alto has a more advanced and accurate testing technique which is also able to detect any co-infections such as Babesia, Anaplasmosis, and Bartonella—just to name a few. IGeneX tests provide the most complete and accurate results for diagnostic purposes and tests for more species than any other lab (www.igenex.com). Lyme disease is much more prevalent now than it was in the past. It is suspected that the exposure to electromagnetic fields in the home and the microwave coming in from the cellphone radiation are driving the virulence of these microbes and makes them aggressive and illness producing. Some researchers suspect that the global warming may play a role in it as well as man-made elements. Antibiotic treatment started promptly and continued long enough seems to cure 90% of Lyme patients. Sometimes during treatment the Lyme bacteria goes into a “cyst” form where it is not recognized by the immune system and is unable to be affected by antibiotics. When the treatment is stopped, or the immune system is suppressed, the bacteria can revert to its normal state and cause symptoms again. Many bacteria, including the Lyme bacteria, can form “biofilms,” which protect them from treatment. Lyme disease is a very complex disease but can be treated successfully with anti-microbial herbs, wholefood nutrition and homeopathic remedies. **Ledum** is a homeopathic remedy and a highly effective defense against tick-borne diseases from a tick bite. It is safe for all animals and people. You want to take it as soon as you can after a tick bite. Doing so will drastically minimize your chance of getting any illness or infection after a bite. For humans: Dissolve 1 pellet of Ledum 30c under your tongue twice a day for 2 days following a tick bite. For animals: Give the same dose of Ledum 200c. If your pet spits the pellet out, you can dilute the pellet in 4 oz. of distilled water. Once the pellet has dissolved, shake briskly and give 1/4 teaspoon on the tongue. Keep the water in the refrigerator and discard it after the second day.

Here are some resources to keep yourself informed:

www.ilads.org www.lymepa.org/Basics

www.lymediseaseassociation.org



‘Under Our Skin’ is an amazing, eye-opening documentary of tick borne diseases. You may watch the movie on NetFlix via streaming, order it via your local library or purchase it online at: www.underourskin.com

Recommended Books

Healing Lyme: Natural Healing & Prevention of Lyme Boreliosis and Its Co-infections by Stephen Buhner

Insights into Lyme Disease Treatment by Connie Strasheim

HOMEMADE TICK SPRAY RECIPE

Mix 1 tablespoon Vodka or Witch Hazel with 40 drops Rose Geranium essential oil in a glass spray bottle. Add 1/3 cup distilled water and shake vigorously for a couple minutes.

To use:

Spray on your clothes and/or your skin. You can even spray it on your pets to keep them tick free! Reapply when the scent starts to dissipate. Store out of sunlight. Keeps for 6 months.



“If you watch how nature deals with adversity, continually renewing itself, you can’t help but learn.”

Organic Roots  Bistro

SPRING HOURS:

TUESDAY through SATURDAY 9 AM—5 PM
Closed Sunday & Monday