



**LYME AND TICKBORNE  
INFECTIONS: ADDITIONAL  
RESOURCES AND THERAPEUTIC  
LIFESTYLE INTERVENTIONS**



## COMPLEMENTARY THERAPY

Lyme disease and other tickborne infections are complex diseases that require multidimensional treatments of the whole person, rather than just the infection.

Infectious agents can cause a number of systemic and inflammatory symptoms and co-morbid conditions through depletion of the body's natural antioxidant and immune defenses.

Treating the infection is the first step in most cases, but supporting the body's ability to detoxify and excrete waste and toxins is also critical to providing patients with a foundation on which to fully recover and heal, eventually.

This guide is a complement to primary interventions like antibiotic or intravenous tickborne disease therapies.

## COMMON PROTOCOLS

These protocols may provide some guidance on supporting systemic recovery, detoxification, and rebuilding healthy immune responses over time. Please refer to the links given for more information.\*

### 1. Cowden Protocol

(<http://cowden-protocol.com>)

### 2. Buhner Protocol

(<http://buhnerhealinglyme.com/the-protocols/>)

### 3. Shoemaker Protocol

(<https://www.survivingmold.com/treatment/step-by-step>)

### 4. Byron White Protocol

(<https://www.gordonmedical.com/introduction-to-the-byron-white-formulas-and-their-use-in-lyme-disease/> )

### 5. Zhang protocol

(<http://whatislyme.com/dr-zhang-protocol/>)

### 6. Dr. Klinghardt protocol

(<https://klinghardtinstitute.com/category/lyme-disease>)

*\*Vibrant does not promote or endorse any particular protocol or system of treatment; please consult with a knowledgeable and qualified healthcare provider about the appropriateness and safety of these protocols*



### Additional Resources

To find a Lyme doctor, consult [www.lymedisease.org/](http://www.lymedisease.org/)



## NATURAL LIFESTYLE AND SUPPORTIVE THERAPIES FOR TREATMENT AND RECOVERY

During and after the treatment phase, patients will need to support body systems that aid in detoxification and excretion of harmful substances.

These processes can be supported through diet and lifestyle changes that enhance antioxidant levels, cellular mitochondrial function, and detoxification through dermatological (sweat), renal, and biliary excretion pathways.

### 1. Eat to Improve Immune Function

- ✓ Consume a high intake of high-antioxidant foods (fruits and vegetables, some nuts and seeds, grains and legumes on a case-by-case basis)
- ✓ Look for darkly pigmented plants and eat the rainbow each day
- ✓ Consume probiotic-rich foods if digestion is adequate
- ✓ Avoid excess alcohol
- ✓ Avoid processed/packaged food
- ✓ Avoid high sugar food and drinks
- ✓ Consider elimination of gluten and dairy if GI symptoms are present

### 2. Supplements to Help Improve Cellular Function and Detoxification

- ✓ Vitamin C
- ✓ Vitamin D
- ✓ Zinc/minerals/trace minerals
- ✓ Glutathione-enhancing nutrients
- ✓ N-acetylcysteine and L-glutamine
- ✓ Liposomal glutathione
- ✓ IV glutathione
- ✓ CoQ10
- ✓ Medicinal mushrooms
- ✓ B complex; consider status of cellular methylation
- ✓ Omega-3 fatty acids
- ✓ Turmeric and/or curcumin
- ✓ Probiotics, if appropriate and based on evaluation of microbial diversity and balance



Testing intracellular and extracellular levels of antioxidants and other critical nutrients can provide insight into the functional capabilities of cells and whether toxicity or exposure to environmental toxins, such as heavy metals, has occurred

Consider **Vibrant Micronutrients** for intra- and extracellular testing of micronutrients and Heavy Metals to assess cellular health

### 3. Get Enough Rest and Manage Emotional Stress

- Yoga enhances circulation while reducing physical and emotional stress, and promotes a sense of calm and well-being
- Meditation provides stress relief, a sense of calm, and may aid in establishing a better mind-body connection to aid in the healing process
- Self care activity such as massages and sauna therapy also aid in detoxification through promoting circulation and lymphatic flow, which may increase excretion of toxins at a greater rate

### 4. Reduce Mold and Parasite Exposure That May Delay or Reduce Efficacy of Treatments for Tickborne Diseases

- Reduce inflammation from exposure to harmful microorganisms
  - Activated charcoal and bentonite clay are able to *adsorb* toxins in the GI tract and prevent absorption into the body
- Keep the immune system strong through the use of regular immune-boosting nutrients and a high antioxidant intake of plant-based foods
- Consider viral, mold, and parasite testing to screen for common co-infections of tickborne diseases that often take hold while the immune system is suppressed
- Evaluate cellular toxicity levels and test for heavy metals