

Lyme Disease — Tick-Borne Diseases

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Lyme disease is an infection caused by the Borrelia bacteria, which is transmitted to humans through the bite of infected ticks in the Northeast & Midwest. These ticks are very small, about the size of a sesame seed.

Lyme symptoms have 3 stages:

1. Localized with a bull's eye rash & flu-like symptoms.
2. Disseminated - skin problems, joint inflammation & nervous system issues occurring weeks or months after initial infection.
3. Persistent - more involvement of joints, nervous system and heart.

Antibiotics are the primary treatment for Lyme disease, often needed for 3-6 weeks; however, we encourage you to incorporate herbs and supplements in your treatment plan as well. Supplements are an excellent tool to support the body that the underlying infection has impacted. They also help optimize your body's functioning while working to kill the infection and repair the immune system.

Products to consider:

- *For strengthening the immune system:*
 - **Zinc** - stimulates "killer" T cells that search out and destroy virus
 - **Elderberry D3fense** - strengthens immune system & aids cell function
 - **Thim J** - helps immune and adds antioxidants
 - **Probiotic Eleven** - improve digestive function, add good microbes to keep the bad in check
- *For fighting the contagions & combating Lyme disease:*
 - **Silver Shield** -1-3 oz daily, immune enhancer & inhibits growth of bacteria
 - **Una D'Gato** - anti-bacterial & anti-inflammatory
 - **Pau D'Arco** - anti-bacterial, anti-parasitic
 - **Artemisia Combination** - helps body fight infections
 - **Olive Leaf** - inhibits growth of bacteria & viruses
- *To reduce inflammation and prevent joint damage:*
 - **IF Relief, Relief Formula** or **Turmeric/Curcumin** - antioxidants for reducing inflammation
 - **Everflex** - helps prevent damage to joints
- *Other suggestions:* Eat wisely, drink plenty of water, avoid chemicals, exercise (stretches or walk, but listen to your body and avoid fatigue).

*Please contact us for specific dosage as this depends on the seriousness of the infection.

Important: This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

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