

# LYME BORRELIOSIS (LYME DISEASE) PROTOCOL

Used by Wm. Lee Cowden, MD

**Causes:** Borrelia burgdorferi bacterial infection and usually one or more of the following microbial infections; Erlichia, Babesia, Bartonella, Mycoplasma, Coxiella, etc. Heavy metal toxicity (usually mercury) plus pesticides, herbicides, petroleum byproducts and plastics make the patient more susceptible to these toxins.

## For the first 3 days do only the following:

Mix the following 4 products together in at least a ½ cup (4 oz./120ml) of water and take 3 times daily immediately before mealtimes (whether eating a meal or not): **BURBUR-** 10 drops, **AMANTILLA-** 10 drops, **PINELLA-** 10 drops and **TRACE MINERALS-** 15 drops. Continue this for the entire protocol unless the patient feels fairly well. If so, then the noontime dose can be eliminated.

Then add the following.....

Mix the following 3 products together in at least a ½ cup (4 oz./120ml) of water and take twice daily 30 min before breakfast and supper: **PARSLEY DETOX-** 10 drops, **TRACE MINERALS-** 15 drops and **CUMANDA** - start with one drop adding a drop with every dose until reaching 30 drops. It should take approximately 15 days to reach the full dose of 30 drops. At the same time take **CARNIVORA-** 4 capsules. If a dose of Carnivora is missed it can be taken at bedtime when the other products are taken.

Mix the following 2 products together in at least a ½ cup (4 oz./120ml) and take twice daily after mealtimes (whether eating a meal or not): **ADRENAL SUPPORT-** 20 drops and **BURBUR DETOX-** 10 drops. If feeling toxic (headache, muscle ache, nausea, joint ache, etc) take 10 drops of Burbur or Parsley in water or under the tongue every 10 min. until feeling better and then resume the protocol.

Take 2-6 capsules twice daily of **MAGNESIUM MALATE** (only if kidney failure is not present) with the liquid products before or after meals. Start with 2 capsules twice daily increasing the dose until bowels move at least 2 times a day.

On day 18 of the protocol add the following products mixed together in at least a ½ cup (4 oz./120ml) and take once daily at bedtime: **SAMENTO-** 20 drops, **PARSLEY DETOX-** 10 drops, **AMANTILLA-** 15 drops and **TRACE MINERALS-** 15 drops. **Every 3<sup>rd</sup> night** take **ALGAS-** 10 drops mixed with the Samento, Parsley-Detox, Amantilla and Trace Minerals.

After two months on full dose of Cumanda, start taking **QUINA** in place of Cumanda. Then, alternate between Cumanda and Quina every two weeks for 4 months (some patients require only 2 months of rotating therapy, but it may be more prudent to rotate for 4 months). Take Cumanda for 12 ½ days stopping for 36 hours then, continue with the Quina for 12 ½ days, stopping for 36 hours. Then, restart with Cumanda for 12 ½ days, etc. Most patients with chronic, third stage Lyme Disease require four to six months of alternating treatment but never less than two months.

If the patients suspects that a sensitivity or apparent resistance develops to either Cumanda, Quina or Samento, **BANDEROL** can be substituted for any of these products.

For pain: **CONDURA**- 20 drops as needed placed under tongue and held for at least 2 minutes before swallowing and apply topically on the site of pain using the number of drops necessary to cover affected area. May be repeated every 10-15 min. as needed.

For Depression: **AVEA**- 15 drops three times daily 15 min. after mealtimes. If the patient becomes suicidal, take Avea-15 drops and Pinella-10 drops every hour.

For Insomnia: **AMANTILLA**- 15-30 drops 15 min. before bedtime, can be repeated every 30 min. until patient falls asleep and if the patient wakes up at night. Amantilla can also be taken every 15 min. for extreme anxiety or panic attacks.

**Also recommended:** **Drink 3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis), **Avoid common food allergens**- all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute Nutramedix STEVIA) Take **Proteolytic enzymes (such as Carnivora)**- 4 capsules two times daily- 30 minutes before food with water. Proteolytic enzymes can be taken at the same time as Cumanda, Quina, Samento, Banderol. **Consider having silver (mercury) dental amalgams replaced with composites by a biological dentist.** **Chlorella** (if sensitive to Chlorella substitute with Spirulina)- build up to 1500 mg daily before the mercury amalgams are removed and continue for 3-4 months after the amalgams are removed. After all dental amalgams are removed, **DMSA**- 100-300 mg depending on kidney function, age and body weight can be added every 3<sup>rd</sup> night for 2-3 months with 10 drops of Algas and 1500 mg of Chlorella or Spirulina.

## **IMPORTANT INFORMATION**

The dosages recommended in this protocol are for an average size adult that weighs between 120-170 pounds (55-77 kilos). Adjust the dosage according to weight; ie. a patient that weighs 30 pounds would take one-fourth of the recommended dose.

Unless the protocol specifies that products can be taken exactly at the same moment, it is best to separate the products by at least 10-15 minutes so that one does not clash with another.

Unless otherwise specified mix all Nutramedix remedies with at least ½ cup (4oz. / 120ml) of water and wait at least 1-2 minutes before drinking. The products are most effective when taken in water. The products can be taken directly in the mouth without water, but this should only be done when water is not available.