

SIMPLIFIED PROTOCOL FOR LYME DISEASE

From the book "LIBERATING YOURSELF FROM LYME"
by Vir McCoy

***Please note I am not a doctor. Below is what worked for me**

After dealing with chronic Lyme for about 8 years, I have been symptom free for over 15 years. In the acute phase, I did several rounds of antibiotics (up to 6 months, as well as I.V. for 40 days) The antibiotics helped, yet the Lyme would always come back with a vengeance once I stopped taking them. While I do suggest taking antibiotics in the acute phase of the illness under the care of a Lyme literate physician, I have found that herbs and homeopathics work best for the long term. I highly suggest finding a good integrative doctor that understands Lyme, as western medicines alone can often not cure this disease. You will need to use *all* the tools in your kit- and maybe even find some new ones.

Understand that Lyme, *Borelia burgdorferi*, can come with at least 3 co-infections, including Babesia, Bartonella, and Anaplasma, which is also known as Erlichia. All of these particular diseases need to be tested for and treated appropriately. I recommend Igenix Labs in Palo Alto, CA.

Lyme (Borreliia) forms 3 major forms: Adult, cyst, and "L-Form" (that gets into cells). The key is getting at

the cysts (like eggs), as they can lay dormant for a year or more. They also have a slimy “biofilm” around them. Then when they hatch, they can mutate. There is a host of symptomatic information that can be found online.

Parasites compound the issue. Most chronic Lyme sufferers are dealing with parasites especially in the liver and gall-bladder.

This is my main simplified program from my book "Liberating Lyme". There are many protocols and this is what worked for me. Listen to your intuition. Start to go inside and ask the matter “Whats the matter?” Listen for sensory clues. You have to become your own Shaman.

HEALING LYME DISEASE: “Thank it, Bless it, Burn it.”

1. LOVE- This is the most important medicine in your tool chest. Try to think of and feel what you love when you are feeling frustrated or fearful. Trust love.

Generate the feeling of love often by thinking about the things you love. Let that feeling permeate your body. Practice letting go of anything that is not love.

Watching the Sunset and Sunrise while deep breathing.

Dolphin – imagine you are a dolphin and practice undulating the spine.

Sit in silence filling the body with love and feeling into where there is pain. Ask “Whats the matter?” As if you are cradling a baby and looking for subtle cues to see what it needs. Use your sensory perception.

Love the Lyme. What is it teaching you?

As absurd as it sounds Lyme becomes a teacher.
How can you get stronger?

2. FIRE- after you have blessed the Lyme, burn it. Cultivate the feeling of fire in the belly. What has been dampening your fire? Your power? Increase your fire both energetically and physically.

A. ENERGETIC FIRE PRACTICE

Everyday- gaze into a fire or candle. Breathe that fire into your belly or chi center. Do breath of fire or pranayama for 15 minutes 3 times a day. Anger is your fuel. Invite the Lyme into the fire to be “liberated”.

Drumming- get the fire going

Call on spirit animals that are powerful like bear or lion.

See Vir’s Fire-Love exercise

B. EXERCISE – Physical fire

You are going to have to exercise to get the physical fire going. Even if its sit-ups in bed. Lifting weights and yoga are best but do whatever calls you. Exercise is king. Below are most important.

Lifting Weights- gets circulation into the joints

Yoga- opens up the body.

Infra-Red Sauna- after exercise to sweat.

Martial Arts – get the anger out. Protection

3. DIET

To get the Bile and liver moving and to create more fire you need to eat a large amount of fats. Eat both Saturated and Unsaturated but all organic and clean. Ghee, Olive Oil, Milk, Butter, Animal Fat (Lard) etc.

*This is what was very important for me and my body type.

Fats –Animal esp. Porkfat, Butter, Ghee, Coconut

Avocado

Broccoli

Fish Oils

Mustard Greens

Wheatgrass

Seaweeds and or Irish Moss

Raw Smoothie – Kale, parsley, cilantro, avocado, 2 lemons, ginger, tumeric, cucumber, dandelion, mustard greens, green apple, olive oil, water. Put all in a blender or

Vitamixer and drink often.

Soups when digestion is compromised.

DO NOT EAT: Sugar of any kind, including most honey (Melaluca honey is ok, as the medicinal value outweighs the sugar content), fruits and fruit juices, this feeds the Lyme and parasites. Cut out refined carbohydrates especially gluten. What is dampening your fire?

4. IMMUNITY- Make your immune system smart and strong. Lyme creates autoimmunity whereby your immune system has trouble making antibodies to the Lyme as it mutates. In addition to the herbs below work with visualization and meditate on a powerful immune system. You are in command of your army. Eventually your immune system will get a handle on the Lyme.

See your immune system strong by visualizing killer T cells, white blood cells and specialized cells eating the Lyme and other co-infections.

Cat's Claw

Rieshi and Turkey Tail Mushroom powders in hot water. Boil for 5 minutes.

Drink your urine (Yes really). Mid-stream in the morning. This acts as a homeopathic and can help your immune system find the Lyme and create antibodies. Do this especially when on Antibiotics.

5. ANTIMICROBIALS

Stay on the long term antimicrobials. When you have a flare up go to the short term antimicrobials. Then when feeling better go back to cyst busters and long term antimicrobials.

A. LONG TERM ANTIMICROBIALS - CORE PROTOCOL

Stay on these base antimicrobials for the duration of Lyme:

Rieshi and Turkey Tail Mushrooms

Carry around a thermos of the Mushrooms in hot water and take throughout the day (2-3 teaspoons in hot water.) Boil them first for 5 minutes. Chaga is another mushroom you can blend in as well.

Resveretrol (Japanese Knotweed).

Take Resveretrol Daily as well. 500 mg 2 times a day. Get this at any health food store.

Mustard Seed- Eat as much mustard greens and seeds as you can. The seeds are most potent.

Colloidal Silver for a Month, then take a one week break and then back on for a month. Colloidal Silver works well with the Lyme and Bartonella.

Cat's Claw (Una De Gato)- Powerfull immune modulator.

Do month long rounds of Cats Claw tincture taking a

week break then another month etc.

Colloidal Gold and Diamond Gem Essence

For your brain and pineal gland respectively. Lyme hides in the Pineal and Pituitary glands wreaking havoc. If you have brain symptoms take stay on these. You can order these online.

All of the above stay on unless they absolutely don't work for you (what worked for me)

Also for some: *Bee Venom Therapy*- this worked wonders and is very powerful. www.venex.com

B. SHORT TERM ANTIMICROBIALS for acute flareups

Rotate in short term medicines in for flare-ups and acute symptoms. Don't take more than 2 at a time (herbal and western). Look for Synergy and Alchemy among medicines. Take for 2-4 weeks then detoxify. Repeat and rotate in new choices the next flare up you have.

Western: Pick 1-2 antibiotics.

Doxycycline, Minocycline, Zithromax, Ceftin, Ketek, Rifampin, Zithromax, Metronidazole, Tinadazole, Atovaquone (for Babesia) These I found most important. There are many others. Consult with doctor.

OR

Herbal: Pick 1-2

Cats Claw, Nicotiana (Tobacco) Olive Leaf Extract, MMS miracle minerals (Babesia), Garlic, Noni and Mangosteen, Oregano Oil, Monolaurin, Essential Oils.

Vir's Lyme Liberator (Contains Usnea, Nicotiana, Teasel, Reishi and Turkey Tail, Japanese Knotweed (Resveretrol), Yarrow, Red Root and Cats Claw)

The Byron White Formulas (Herbal blends- see online)

Chinese Medicine- helps balance out the body

C. CYST BUSTERS- When feeling better work on getting at the cysts. They have a “biofilm” around them.

Stay on:

Enzymes, especially bromelain based.

Homeopathic cyst busters- Graphites, China and Petroleum (see below and my protocol). Get these at Whole Foods or any health food store.

You can do a round of 1 of the following and rotate in once a month. These get at the cysts as well.

Tinadazole

Metronidazole

Alinia

Grapefruit Seed Extract

High doses of vitamin C

6. HOMEOPATHICS – Find a good homeopath

Homeopathics are especially useful for the cyst phase of Lyme (Graphites and Petroleum). Get these at Whole Foods. Series remedies (one after another) with 30C (Taking 1 for a week 2-3 pellets 3-4x a day for 5-8 days. Rest 2 days and take a new one). This is going to vary for people so find a good homeopath. One correctly placed constitutional (1M) can augment this as well. Below were the homeopathics that were of most benefit for me. Order online or get from local health food store. Do 1 at a time.

Best to start

Ledum Palustre for initial tick bite up to a month after bite.

Aurum Arsenicosum for late stage Lyme.

For Lyme spirochete phase.

Theridion (spider), *Scleroporos* (Lizard), *Syphillinum* (syphillus)

Lachesis (Bushmaster Snake).

For Babesia or parasitic protozoan's

The Snake Venoms- Crotalus, Elaps etc.

For Cyst phase

Grahites (black lead), *Petroleum*, *Snake Venoms* (*Elaps, Crotalus, Naja*) – I recommend staying on Graphites for at least a month then rotate to another here.

Others

Scorpion, Kalmia and Bellis Perennis for joint pain and swelling.

7. SUPPLEMENTS- Try to get your nutrition from food and food sources.

Enzymes and probiotics will help break the biofilm. Take enzymes on waking- then wait 30 minutes and take your antimicrobials.

Get a good *Liquid mineral* supplement high in silica and copper.

Your most important supplements are

Vitamin C- Take 3000mg a day. Great for Lyme Cysts
Calcium and Magnesium but get them from a food source like Bonemeal or clamshells.

Iron, and Iodine are also very important but look for food based sources

Get a good *Seaweed or Irish Moss* for soups.

8. DETOXIFICATION- is key. **At least once a month**

Detoxify with enemas, sweating and herbs especially after a round of antibiotics.

For heavy metals a blend of cardamom, cinammon, mucuna, chlorella, carob and cacao (see Appendix 3) works wonders.

Coffee or wheatgrass enemas are a great way to

detoxify the liver.

Take bitter herbs for the liver such as Milk Thistle, Dandelion, Hops, and others for generating bile.

The Hulda Clark liver flush is also very beneficial for the liver and parasites. See online for directions.

Try a simple salt water flush. 2 teaspoons of salt in a liter of warm water in the a.m.

9. PARASITES –

If you have chronic Lyme an anti-parasite program should be undertaken immediately, especially if there are liver and gall bladder issues. *Eliminating parasites is key in eliminating Lyme.*

In Acute stages western medicines work best then go back to herbs and homeopathics. (Tinadazole, Flagyl, Paramomycin, Ivermectin, Biltricide, Albendazole etc.- consult with a physician). There are many parasite programs in effect so work with one that serves you best. (Salt /Vitamin C protocol, Garlic, Papaya Seeds, Black Walnut, Wormwood, Cloves etc)

Tip: Take your anti parasitic with "bait" I.e. sugar/honey/ warm milk/cheese then wait 10-20 minutes and take your "Bomb" (anti-parasitic). First thing in the morning and before bed.

10. ADVANCED treatments:

Hyberbaric Chamber, Ozone, Apharesis, Kambo, Ayahuasca, and new emerging treatments.

11. PSYCHO SPIRITUAL

I believe that Lyme disease is a "fire" imbalance or literally a loss of power on some level. See the Lyme as your teacher.

In my observations the key organs to heal are the liver and gall bladder. To me the liver acts as our "Fuel/Oil" tank to our system (See the Fire Love excercise). If it is not functioning right it can throw off the system (no fuel for the fire). Parasites and worms seem to be a big issue here as well as gallstones. On an energetic level the liver holds anger, bitterness and frustration. Stuck old unfelt emotions can form as energetic "cords" and enmeshments, that on the physical are "worms" and "parasites". It is important to ask- Who is parasitizing you? Who might you be parasitizing? Clearing these old survival cords are paramount to healing. Watch out for parasitic thinking. Who is talking? Trust love. Have boundaries.

Often under the anger is grief from being "separated" from love. So it is very important to work with the old stuck emotions and ancestral patterns in oneself on the energetic while working on the physical. Work with "de-cording" from unhealthy relationships. Work with moving old grief and forgiveness.

The Gall bladder and Liver will be the most important organ for getting your "Fire" back. Have a daily anger moving practice.

For removing old anger and bitterness, try drumming, lifting weights and "spitting" as if you were spitting out the old bitterness. Try beating pillows, screaming underwater (So no one hears), or a martial arts practice. For grief listen to music or a good movie that can help you get in touch and release old feelings. "Feeling is healing."

"The only pill you need is the fire in your belly"

11. VERY IMPORTANT

While you are Lyme sensitive remove yourself from Sugar, Electromagnetic Pollution, Mold, Isolation, and Stress as much as you can. Work with Ancestral and Family karma. Shamanic ceremonies with sacred plant medicines like Ayahuasca or Iboga can be of benefit here.

12. YOU ARE NOT A DISEASE- Beliefs

Watch the "victim" part that says, "I am sick". Don't believe it. Your body is going through something but the real you is not sick. Be careful of associating yourself as a "Lymie" or someone who is sick all the time. Lyme feeds on fear. Belief changing systems such as EMDR and EFT (Emotional Freedom Technique) can be helpful. Ignore the negative

thoughts.

You can do this. Many have. Stay fierce.

Thank it, Bless it, Burn it.

www.virmccoyhealth.com

Instagram @intuitiveAccess