



A Step By Step Process for Healing for Lyme and Other Chronic Illnesses by Kellie Koedel

Healing your body from chronic anything is a journey. I call it whole healing, in that you are healing the whole thing, every part, from every aspect. This journey took me about five years once I realized I needed it. Don't rush it or put timelines on yourself. This is the order that worked for me and it was achievable. Some steps take longer than others. Don't try to take on too much at once. You will change the way you live, forever. Deciding to beat chronic illness is not easy, but with a lot of dedication and hard work, *it can be done*.

This is my attempt to make this process as easy as possible. **This is meant to be accomplished in order** and is by priority. I included check boxes so you can track your progress. It is ok to start other things before entirely completing a previous step, but please know, things like cleaning up your diet prior to detoxing will make it more effective. Otherwise, you're just continuing to dump more toxins in. It would be like washing your car, then driving to the snow.

Categories for healing:

- Diet and Personal Products
- Sleep
- Exercise
- Detox
- Hope and Mental Illness
- Vitamins, Supplements, Adrenals and Hormones

Phase 1: Diet and Personal Products

In my opinion if you change nothing else, the most important thing to fix is what you eat. You constantly add food, nutrients, their inherent vitamins, toxins or poisons into your body every single day. Healthy nutritious foods make your body's ability to fight invaders easier. Toxic food creates just another hurdle to overcome before real healing can begin. Do yourself a favor and get serious about your diet! If you cheat, you are only cheating yourself.

As my doctor once said, you're either pregnant or you're not, you're either gluten free or you're not!

- Stop the sugar!** Sugar hides in lots of packaged and processed foods. Check protein bars, condiments, soups, sodas, even fruit has a ton of sugar. Sugar causes inflammation for everyone. The less sugar you consume, the stronger your immune system will be.

Once you figure out where the sugar is hiding in your diet, take time to research replacements with less sugar content.

- ❑ **Stop fast and processed foods.** Stop buying things in boxes as much as you can. I haven't had fast food in ten years. If I need a snack on the road, I stop at a grocery store and often end up with produce, yum carrots! If you must eat processed foods, find ones that are safe. Lots of "healthy, all natural" bars have tons of sugars and lectins. If you can't pronounce ingredients, you probably don't want them in your body. I have safe brands I trust and, in a pinch, I will buy their processed items.
- ❑ **Allergies:** Figure out what your food allergies are. Do a food allergy test and test your thyroid. Stop eating anything you are allergic to. Completely. All it does is cause inflammation and create something else for your already over worked immune system to fix. Everybody reacts differently to food. Don't follow a fad because your neighbor does. Figure out what is right for your body.

There are three ways to test food allergies:

1. Elimination diets are free, but slow. Stop eating things then as you reintroduce them into your diet one at a time see if you have an adverse reaction. Add one food group every 3 days.
 2. You can do an antibody test. These are usually around \$200 for a basic panel of a variety of foods. The biggest issue with this is if you haven't consumed the food recently, your blood may not have detectable levels of antibodies to identify an allergy. Something you have been not eating could be missed.
 3. More expensive allergy tests are available that actually drop your blood into vials of different food types. Whether you've eaten it or not, you will know if you are allergic. These are often close to \$800.
- ❑ **Thyroid:** Do a full thyroid panel blood test with your doctor. Test regular thyroid makers AND thyroid antibodies. These antibodies are the first identifier of a problem. Before your regular markers are affected, thyroid antibodies will throw the flag a problem is coming. While it's still early enough to fix. If you have thyroid problems, cut out gluten. Whether your allergy tests say to or not. A damaged thyroid does not do well with gluten
 - ❑ **Diet:** Start reading and find some "diets" you can get on board with. This is not a fad or temporary, this will be your new way of eating, for life. My two personal favorites are Plant Paradox, by Steven Gundry and Bulletproof Diet, by Dave Asprey. They teach you the types of foods to eat, and avoid. And how to properly cook them. Slowly adjust your grocery habits and cooking methods to adopt this new way of life. This took me several years to fully incorporate. It was very overwhelming at first, but now is easy. I know what I can and can't eat and have plenty of delicious recipes and snacks that are easy. This will likely be the longest part of the process as it is all day, every single day. If you want to heal, you need a good diet.

A few quick notes. Buy as much organic as you can. Pesticides are toxins. If you put them in your body, something has to take them out.

Meat is good for most humans. About 10% can live a healthy vegetarian lifestyle, the rest cannot. Eat quality meat, raised right without added hormones. Grass fed, pasture raised. It's worth the extra money! And happier animals too, yay!

Not found in these books, but a big tip... don't eat sushi. I know, this was hard for me too. Coming up we will talk about worms. Sushi has parasites. Our damaged bodies don't properly kill them. After months of worms pouring out of my body, I happily gave up my spicy tuna rolls.

Note: for those who think this is too hard. I had never been on a diet in my entire life, until at 34, per my doctor's recommendation and surgery 2 weeks away, I went cold turkey on gluten and dairy. I used to eat pizza and burgers and chicken fingers weekly, with cookies almost daily. Oh, alcohol too. I grew up "cooking" eggs in the microwave. If anyone had told me 5 years ago I would have cooked every meal I ate for 10+ months,

thanks covid, I would have assumed I'd die. If I can do it, you can too. The first time I left the doctor's office determined to cut out gluten, I called my best friend on the way to the grocery store, to ask, "What is a gluten?" I had absolutely no idea how to monitor or investigate my food. It is one of the hardest things I have ever done. I figured it out, you can too. Oh, and, I never ever cheat!

- ❑ **Alcohol:** Stop drinking booze!! I know this is hard. I took entirely way too long to do this. And when I had brain fog, drinking was the only thing that felt good. The only time I now crave alcohol is when I'm brain foggy from either accidentally eating something, I am allergic to or not getting enough sleep. Your body is already on overdrive fighting literally for your life. Don't make your detox system work harder, intentionally. (The few times I do still drink, I always take binders before bed).
- ❑ **Personal Products:** Just like food, the products you use daily enter your body. Products are something you "consume." Deodorant, lotion, laundry detergent, make up, shampoo, soap, it's all stuff that gets absorbed into you. Make sure it is clean.

Think Dirty and **EWG.org** both have great apps you can download to your phone and scan products. They will then list the toxin load. They are also both searchable for products that would be clean. This is how I found my makeup remover, dishwasher detergent and chap stick. I searched in the search bar and looked up the least toxic suggestions on amazon until I found an affordable one.

Stink on Netflix is a very eye opening documentary about this. I now wash clothes I buy before wearing them. (In toxic-free detergent)

Phase 2: Sleep

Sleep is your body's natural time to heal. It is very common for those of us who are sick to push ourselves to keep up, especially during holidays, vacation etc. But pushing your body too hard will just wear you down more. When I was really sick, I'd sleep 10-12 hours at night plus a 2 hour nap during the day. Now I need a good 9 hours for my body to feel good. Matthew Walker's book *Why We Sleep* is excellent. You need to slow down. Your body is fighting 24/7. Also, many brain issues arise with Lyme. Sleep is when your brain detoxes. Please do not cheat yourself. Make adjustments in your life that allow your body to rest and sleep as often and as much as it needs to.

- ❑ **Sleeping Pills:** Be careful with sleeping pills. They turn your brain off similarly to alcohol and in that state, it doesn't cleanse properly. If you take sleep medication regularly, you are cheating yourself of a good restorative and repairing night's sleep. Don't make a habit of it.
- ❑ **Alcohol:** Let's talk alcohol again. Just one drink at night affects your sleep significantly. I recommend finding a replacement for an evening drink with dinner. Don't do it. It isn't worth it. Not even one.
- ❑ **Activities:** What you do during the day can affect sleep. Exercise or challenging yourself mentally will help make you tired at night. So, if you can't sleep, maybe your body is telling you it is ready for more challenge during your waking hours. Your brain uses significant calories to think, so reading or other brain stimulation if exercise isn't an option will help you sleep.
- ❑ **Time in the Sun:** EZ water is created by the brain and used by the glymphatic system to cleanse the brain at night. The great thing is, it is free. Our current lifestyles have made it less normal in our lives. Every day, shoot for before noon but anytime is fine, try to spend 20 minutes outside without sunglasses. UV light (excess is

not good for you) creates EZ water in the brain. I walk my dog without glasses now. Windows have treatments specifically to block UV indoors, so make sure you are getting this exposure. Do not stare at the sun. Just being outside without sunglasses, while reading, drinking coffee or walking will give your body the fuel it needs to produce this important cleansing substance and help heal and detox your brain when you sleep.

- ❑ **Blue Light Exposure:** Get rid of white LEDs and CFLs (compact fluorescents) in your bedroom and other rooms used late night. Light can affect circadian rhythm, blue suppresses melatonin which encourages serotonin (the wake-up chemical). Those of us with damage to our brains are more susceptible than others. I have been a professional in the lighting industry for 15 years and am an electrical engineer. I have studied light and spectrum extensively. Both LED and CFL have a significant portion of blue light in their spectrum, even though it looks white, regardless of warm or cool white, both are very blue. Just 4 minutes of exposure is enough to suppress melatonin and make your brain and body think it's morning time.

Some blue exposure is good until about 2 hours before bedtime. (otherwise, your brain will want to sleep at 6p during winter, so some blue is good) I put CFL in my kitchen. (Most LED emits bad blue, which over time can cause macular degeneration, so I personally avoid LED. Fluorescent lights usually have more flicker which some of us are susceptible to. Figure out which is better for you). I turn off my kitchen lights about 2 hours before bed. I transition to incandescent and halogen only and I am ready to sleep by bed time. For your bedroom, it is best to use night stand lamps rather than above head. Cavemen had fire light from below them, even the angle the light hits your eye is an indicator to your brain for time of day. If you need a night light in the bathroom, use amber or red, but none is best.

I even wear red glasses for an hour before I go to sleep. This helps keep melatonin going if I accidentally turn on the kitchen lights or if I'm watching TV and allows me to sleep through the night. TV is less damaging than room lights, because TV is not projecting on you, but all blue is bad. Light is something we all interact with every day. Learn how it affects you and fix your environment as best you can. I sleep in pitch black, I even put electrical tape on the fire alarm dot in my room.

- ❑ **Reduce Phone EMFs:** Reduce EMF (Electro Magnetic Frequency) which comes from anything emitting or receiving a signal or any electronic device. EMF will impact your ability to sleep, especially at night. Bacteria, viruses and parasites are hyper active when EMF is present. Good to reduce during the day too, but at night is especially important.

Put your phone on airplane mode and remove it from the bedroom (your partner's too, if you have one). Even in airplane mode, the phone receives signal.

Buy an EMF blocking case, or make one. I have a video on Lymestream showing how I made the case I use with RF blocking fabric. If in this case, then it is ok to have in your room.

Home cordless phones and wireless baby monitors are the two largest sources of EMF from home items. Get rid of both. If you need a home phone, get a corded one. And use wired monitors.

- ❑ **WiFi:** Use a plug timer for your wifi router and have it shut off at night during sleep hours.
- ❑ **Reduce Other EMFs:** Do not have a "wired" house. Smart lights, plugs, doorbells, cameras etc all contribute to EMF.

You can make a faraday cage for about \$10 for your smart meter on the exterior of your home. Then on the inside wall where it is located, hang RF blocking fabric. You can hide the fabric behind a picture.

Phase 3: Exercise

Exercise is your body's natural detox system. When you sweat, toxins are leaving your body. Make sure to shower afterward so they don't reabsorb. Other toxins process internally via your lymph system, liver, kidneys etc. Exercise also facilitates autophagy which is your body's recycling system for dead or injured cells. Every time you exercise you get toxins and dead cells out and make room for all the strong, healthy new cells powered by all the good food you're now eating, to replace the weak and dead ones.

Exercise is extremely important. Just don't push it and hurt yourself. Take it slow.

- ❑ **Get moving!** I don't care what you do or what your limitations are, everyone can do something unless you are seriously stuck in bed. Even if you can only walk for 5 mins, do it. Try to do 6 tomorrow. If you are stuck in bed, start with contracting your muscles and hold it for 20 seconds, 10 times. This will keep muscles engaged.
- ❑ **Start with light weight lifting.** Larger muscles, like legs, glutes and back are the most bang for your buck. Light weight is fine.

I have posted some chronic illness exercise videos for free at 6ymestream.com. These are the exercises I do three times a week. I even showed you what equipment you can buy to make a home gym. I didn't have the energy to go to a gym and work out, so I put it in my basement. If I only had 5 mins of energy, I wanted every moment of it to be useful. I posted my work out that got me skiing again. I also posted entry level stretches and exercises to rehabilitate if you are trying to start after being immobile in bed for months. It worked for me. It can for you too.

I was a two-sport college athlete and runner for 20 years. Then Lyme left me primarily in bed, barely able to move, tired, with no stamina for years. As a trained athlete who became significantly disabled, I was able to develop a workout that I could do and gain strength. Please check it out at Lymestream.com and get started!

Note: If you get dizzy or light headed when you work out, it is likely you are toxic (see next phase) detoxing will help reduce this effect. You are releasing toxins too fast for your liver to keep up. Maybe your detox pathways are clogged, mine were.

Phase 4: Detox

Detoxing can take years and will be a life-long process. Our environments are now more toxic than ever. Most processed foods and tons of products are full of chemicals our bodies have never been exposed to before. Humans have been around a very long time; it is not until the past several decades we have had so much artificial stuff circulating in our blood. Get rid of it! Your damaged kidneys and liver can use the help.

- ❑ **Start Slow:** Start a regular mild detoxing practice. Just like taking vitamins (we will get there) detoxing needs to be ongoing, because you are constantly being exposed to chemicals. I usually do this 2-3 times a week. There are several options. These should be taken on an empty stomach. 90 mins after food, then take "purgers and binders" then another 90 minutes you can eat. Water throughout is ok.

Types of binders include: Activated charcoal, chlorella, bentonite clay etc. Too many binders too frequently will cause constipation (you can take magnesium in the evening to offset). Expelling waste is how toxins leave. Constipation just allows them to reabsorb, so make sure you don't create a backup. Constipation can also lead to hemorrhoids and fissures.

Types of purgers include: glutathione, cilantro tincture, exercise etc.

I posted a **Why Detox Is Important** video at Lymestream.com. Check it out for a more detailed explanation of how this works.

Experiment to find the right dosage for you. If you're really sick, be sure to go slow. Don't power through. Releasing toxins too fast will do you no good and likely make you sicker. This mild detox is like collecting the trash and putting it into the garbage can. Too quickly will just cause it to overflow.

- ❑ **Support the Liver:** Take liver supplements regularly, daily. Especially a couple hours after a mild detox. I prefer something with milk thistle and dandelion root. This replaces your liver bile. It is basically like replacing the trash bag in the garbage can so it can be filled up again.
- ❑ **Other Detox Strategies:** More intense ways to purge toxins include ion foot baths, infrared sauna, exercise. If you decide to do a more aggressive toxin purge, be sure to combine with some kind of binder. Otherwise, you just release toxins into your blood stream and they reabsorb causing havoc elsewhere. *tip – If you notice you are dizzy when you exercise try taking a binder when you are done, then don't eat for 90 minutes.
- ❑ **Testing:** Detoxing can get very intense depending how sick you are. Test for things like mold, metals and parasites. If you have any of these, the detox gets complex and even more necessary. You can get this stuff out of your body. I had all three. It wasn't fun or easy, but they are gone and I feel great.

Mold: You can test for mold in your home, office or car using an ERMI test. There are several available for at home use for \$150-\$400. There are also professionals who will test your home for several thousand.

You can test for mold in your body using mycotoxin urine testing or blood inflammation markers. Surviving-mold.com is a great resource for blood test info. Urine tests are available with Great Plain and Real Time labs.

Heavy Metals: Metals testing is best with hair. Chelation is a very involved process that lasts months and can be extremely damaging if done wrong. If you test for or suspect metals, I recommend working with a doctor to detox. Metals binders also bind to good metals in the body so it is extremely important to replenish essential minerals while chelating. This balance is intricate.

Parasites: I had worms. It is very hard to test for worms, I did two stool tests that came back negative then had worms pouring out of me for 4 months, up to 18" long. It was gross!! But thank goodness they are not in me anymore! The most noticeable symptom of worms is they are nocturnal and keep you up at night. I used to wake up for hours in the middle of the night, exhausted, but wide awake. As worms die, they sputter eggs for new worms, along with all kinds of metals and molds and gunk they had inside them. So, if you are killing worms, it is important to also clean up any byproduct they release. There are protocols like **Microbe Formulas** that do all of this together in a preplanned group of supplements and tell you when to take what to make it easy.

Detoxing if you have any of these serious issues will make you sicker before you get better. Dr Neil Nathan's book Toxic is an excellent resource for more info and what to expect. Don't push too hard, it will do nothing but make you sicker.

Phase 5: Hope and Mental Illness

Lyme is both the best and worst thing that ever happened to me. Read that again. I mean it. I am grateful for the perspective I now have. Lyme saved my soul and gave purpose to my life.

I know it seems silly but it is absolutely necessary to believe you can do this. Hopefully by now, you have adopted some of the principles above and I hope you are starting to feel a little better and see some fruits of your efforts. It's time to hunker down and know you can win. You will win. You are fighting for your life. 100%. When you win, you get your life back. Failure isn't an option. 100% in, TODAY!! Just do it!

I had brain fog regularly and almost no memory for years. It is now improving significantly and noticeably. I was also misdiagnosed depressed due to Lyme affecting my brain.

- ❑ Joe Dispenza's book **Breaking the Habit of Being Yourself** allowed me to direct and get serious and specific about my goals. It helped me identify what I was fighting for. Pretty darn amazing, that once you really believe something can happen, you find a way to make it. With or without a book, start imagining your life without Lyme.
- ❑ I also worked with an energy therapist to help guide me in this process. She taught me to love myself. To realize that I deserve to be better. And that I can win. She did, back in the 80s. And now, I have too. It changed her entire life course, as it has mine. I can't wait to hear what transformations some of you choose to make once you're better!
- ❑ **The End of Mental Illness** by Daniel Amen was very eye opening. He shows brain (SPECT) scans of patients' brains with actual damage from Lyme, mold and a host of other causes. Reading his book has practical suggestions to implement to help heal brain tissue. When the brain is damaged, inflammation occurs which often then results in mental illness symptoms. Your brain can heal and you can get better.

Phase 6: Vitamins, Supplements, Adrenals and Hormones

Now that we've cleaned up, we can start figuring out what our body needs. Imagine a hoarder living in a beautiful mansion. They wouldn't even be able to see their beautiful home's architecture until they got the junk out. Now that the junk is gone (phases 1-3) we can start decorating. What do you need to make your body beautiful?

Everybody is different. I cannot stress that enough. I highly recommend you find a qualified professional to help you run some tests to see what your body is lacking. You and I can eat the same meal and yet absorb completely different amounts of the nutrients it contains. Some supplements will be temporary, some will be lifelong. It depends what is damaged and how badly and if it can be repaired.

- ❑ **Testing.** You can do blood tests that identify which specific nutrients your body needs and is lacking. Then find supplements to help.
- ❑ **Hormones:** Do a full hormone panel and work with a doctor to replenish. If you have mold, metals or an infection like Lyme, it is likely the glands responsible for producing and managing things like hormones are damaged. Ladies: you need testosterone too. I take bio identical testosterone as prescribed by my doctor in the amount my body needs which we discovered by testing. I feel terrible when I forget to take it. Starting hormones at the age of 36 was a game changer in my fight against Lyme. Testosterone is very important for immune function. I also take estrogen and progesterone and DHEA. Because my body needs it. You need to test (don't guess) and figure out what you need.
- ❑ **Adrenal testing is also very important.** Don't rely on cortisol blood tests. Do a saliva test throughout the day to determine your levels. There are tons of types of adrenal support depending on what is wrong specifically. Don't guess. If you get tired in the middle of the day or lack oomph in the morning, you are likely adrenal deficient.

❑ **MTHFR gene deficiency testing.** About 50% of adults do not methylate properly. I honestly have never known anyone with chronic illness who has been tested and doesn't have a gene variant affecting their methylation. This is very common and affects every process in your body. Please work with a doctor to fix, mine was easy to supplement. If you have done 23andme or ancestry testing, you can log in, download your raw data and use geneticgenie.org or nutrahacker.com to determine this and other health related gene information that may be crucial to your health. For contract reasons, this data is not provided in the reports from the testing company. But with your raw data downloaded, you can get this information.

Conclusion:

This is a long journey. These tests take time, adding new regimens and habits take time. Sometimes you won't get it right on the first try or you'll forget things (especially if you have Lyme brain). Be patient. Know this will likely take literally years to figure out and even then, there will be new things to learn.

Lymefriends.com and **Lymestream.com** will be here to help as much as we can along the way. We will post new info as we go. We are all on this healing journey together.

Be well!! — Kellie