

Cleansing Supplements

If your goal is to cleanse.

I will address this foundational process further as we elaborate and review the process Kill, Dissolve, Bind

I regularly use two supplements to **support** my body's ability to cleanse.

I support Liver and Kidney with two Standard Process supplements.

Their supplements are incredibly clean of toxicity, considered FDA food grade, and are fair priced. I use Livaplex to support my Liver, and I always compliment with Renafood for Kidney support.

Food grade means: (They don't interact with my other treatments)

Kill

I was desperate sick and overwhelmed as Lyme and confections were literally eating me alive. A college lacrosse player I was fast and strong. 6 feet tall, weighing 225 pounds and running the 40 yard dash with NFL speed. I outworked everyone I played with and against imposing force on players that defended me, I bulled my way to the goal and shot 80 plus mph with both hands.

3 years later - I had lost 50 pounds of muscle, my physique wasting away. My feet, my legs, and eventually my entire body hardening - becoming calcified.

Muscles and skin were painful to the touch - on a scale of 1-10- my pain level was a 10 daily.

I reluctantly forced myself to get physical treatments 3-4 times per week.

The purpose of the physical treatments was break up the massive knots accumulating all over the body. Massage, chiropractic, Physical Therapy, MFR, Accupuncture.

See Reference at end - for more physical regimens - Physical body work was one of the most important aspects of my healing.

During physical treatments grimmiced in pain, I slid off the table, wiggled, but ultimately needed the help. I did not want to be there. Healers took pity on me and went out of their way to help. Even the slightest pressure felt as if someone was sticking their finger into an open wound. I am sure I was not a pleasure to work on. My feet felt like they had hot pokers stuck into them, ON FIIIRE and they had the texture of a Nestle Crunch bar to the touch.

My joints felt like they were tearing from my body and I became injured easily.

My brain didn't work as I couldn't remember how to function day to day.

Little things like which drawer are my t shirts in. Which drawer are my under shirts in? What drawer are my socks in? I only had 3 drawers and I hadn't changed them in 3 years.

I would shake when holding a pen or glass of water. I had seizures, including one at Christmas mass, and my fascia between muscles and skin twisted, dried, and matted down. My body locked into uncomfortable positions and froze.

Deformed and disfigured by Lyme.

For 10 year year I was crippled and certainly could have Gotten social security Disability payments. I could have settled for a life of pain, but I worked to pay Doctor bills. living Doctors visit to Doctors visit - every visit - \$1,000 for this \$1,000 for that - I was going broke.

Overwhelming - the anxiety was consuming

Imprisoned within my own body liked a caged animal ——

My rage, built, and built - I exploded with ANXIETY -

Dark and violent thoughts filled my mind as I resented healthy people who took their health for granted. Most people disgusted me and I was a breathe of 2 from snapping violently.

I was dying - contemplating suicide and crashing fast.

drowning - I was seeing the best of the best western medicine Doctors in Pittsburgh, Ohio, NYC, but still I was running at maybe 10% capacity - fading fast - I guess I was dying.

Up until age 25 I imposed my will on the world. Now I couldn't walk to the end of the block. forced to constantly react the world became nearly impossible to navigate. I was weeks away from becoming wheel chair bound.

Pulling no punches - another desperate move. I let everyone know I needed help.

Facebook didn't really exist like it does today so I turned to my social network

Contacting everyone in my phone. A friend told me about a naturopath and herbalist who had saved someone from stage 4 cancer.

Reluctantly I took the appointment with the herbalist.

3 days later My life changed drastically-

Black shit came out of my nose for 3 days - going through box after box of tissues.

“One Day Better”

After spending more than \$100,000 on expensive supplements my catalyst for change was a \$13 bottle of pills.

The regimen supplement was SPK from Kroeger herb.

**A Big Win - SPK - was my hope
I got what I needed in the 23rd hour
I couldn't take much more - I was ready to call it quits**

Harnessing every asset I could muster I waged war on the bacteria within me. With a vengeance I focused on KILLing my Lyme daily - Me against you attitude -I couldn't wait to get them out of me. I was DESPERATE, but finally a light at the end of the tunnel. Changed occurred drastically from one day top the next.

I beat back lyme, broke it up, broke it down, dissolved, disintegrated, and bound the toxins that were suffocating me.

Excited by my new lease on life - Things were changing - I couldn't wait to become a day better each day!!!! With obsession every time I took a piss, every time I took a shit, every time I breathed, I knew I was crushing them and knowing that I changed my body so that the disease could not get worse. I became One Day Better each and every day.

Many people will only use antibiotics.

Many only herbals

I used both - I got a die off from Doxycycline and arithromycin, but SPK changed my life

Again - whatever works

Antibiotics are powerful, but they are so powerful that they wreck your gut.

Antibiotics kill Lyme - but in the process also kill all good bacteria.

Antibiotics wreak havoc on your second brain, which is also the control center for your immune system.

You get stuck weakened fighting at 60% or so of immune function due to shortage of resources. This lack of manpower is very real. There is literally a battle going on in there as bacteria and virus are slaughtered daily upon entering the body. From the minute they breathe full of viral, bacterial, fungal. LOAD cross your lips your body is fighting.

Show CLIP of someone else explaining immune system really well.

"Maybe GUT Goddess " "Dr. D"

If using antibiotics you have to rotate antibiotics and then take time off to repair your gut, or you will always be fighting a losing battle.

Each time you restart antibiotics. You will have to start the repair process following the treatment. Kill and repair over and over and over and over

The foundation of all disease is sick intestines

Even when becoming One Day Better and healing. Set backs will occur -

**So be ready as it's not what you see coming the kills you.
Live with awareness alert but not anxious.
Vigor to become "One Day Better" each and every day.**

**More details in attachment PDF
New Section at end - Lyme Supplements**

Lyme Supplements
Billions of your cells have died - there is an entire science around the processes
effogy and atophagy

Killing Lyme parasites is the most understood element of Lyme.
Confections will occur arm yourself with the information needed to kill bacterial, viral, fungal, and yeast infections

Items always in my medicine cabinet:

**Oregano oil, multiple types, VSC, Glutaquick, ———- Candida,
Sinus Ormus silver, Sinu Orega**

I used a lot of Doxycycline _ Doesn't FIT HERE - above is SPK - needs worked in

Lyme will MAKE sure you feel where your personal inherent are. Is it your muscles, heart, lungs, eyes, whatever. Whatever symptoms would have set evolved from genetic weaknesses will onset fast. The symptom would have eventually reared their ugly heads anyway, - eventually with age that is - but Lyme brings on personal symptoms QUICKLY.

Lyme will AGE YOU FAST

**Lyme is a true systemic disease
Restrictions :**

and now that you killed it you still have carcass neurotoxins floating around your body.
Will have to Dissolve 3 step process. Kill, Dissolve, Bind.

**Antibacterial purposes
Tons of experience:**

SPK - This was my Lyme go to. Every time I took this I herxed. I

Oreganol Oil
Lost of supplements that were not targeted to destroy pathogens. No true antibacterial.

Immune support:
Important support for your cells is vital.
YOU have to give your army of cells and defender cells what they need.

Your body instinctively knows what to do if the proper resources are given.
Health is literally just a big chemistry experiment,
pH balance and homeostasis

Just Google

Cats Claw, Stevia,

on and on

Each of these has been proven to have in lab antibacterial effects on bacteria.

Each of these antibacterials is lethal to Lyme in multiple lab experiments.

If they are all lethal to Lyme

Then why don't antibiotics and antibacterials like oregano oil have a 100% success rate?

Why then is there Chronic Lyme?

The answer is constant reinfection

Saturation depth, blood-brain barrier,

Muscles

Organs

The fascia (pictures) become matted down and scarred - Cells are sticky with stagnation.

I lost awareness - the body cuts off awareness to these areas out of self-preservation.

Give names, but don't have to go too far into

Coninfections exist:

With Lyme you have to target Lyme disease spirochetes but also all the coninfections.

Coninfections - just target them in month 3-4

Switch up antibacterials. - whatever works
cycle

Borrelia + babesiosis -

Bartonella and Babesiosis

Maintenance:

While killing Bacteria

In a weakened state Those with chronic lyme become more susceptible to Viral and bacterial infections.

Lasting side effects.

Physical, Mental mood, mental /dementia and Alzheimer's

How do we resolve all?

Killed Lyme, but it left me with Type II diabetes.

This may be something that would have manifested down the road as it runs in my family.

Healed by fasting- regimen after regimen -

Body is made of physiological layers, Layers of organs, muscles, Fascia, criss cross on angles. Hundreds of muscles and all are affected

I no longer have Lyme - but I was left with physical restrictions that inhibited all my movements - Layer after Layer

Cut off oxygen - spread like a fire - scar tissue the restrictions grow.

These scar type areas become deoxygenated, have to be reingaged.

Body is dynamic.

For this reason Lyme was a gift I earned helped me see the world in a different way.

I will always be able to use what I have learned to stave off Type II diabetes.

Lyme disease can be a catalyst for a lifetime of symptoms even when Lyme tests results show negative, and for most people who do not catch it while the bacteria are in the blood stream Lyme disease creates a Lifetime of issues.

You can mope or use your bad luck getting lyme to become activated - be given a gift of seeing the world in a different way - carry your skills forward to Live with more physical and medical freedom as you age.

Use Crowdcuring

After Lyme bacteria and confections are killed Lyme can be still persistent and become chronic because it has both has a physical and chemical aspect.

Lyme bacteria hide in low blood flow areas and joints quietly await a more favorable environment.

Between the Low blood flow caused by Thick Blood causes massive physical restrictions. Inflamed vascular system causes muscle issues and hormone issues like type two diabetes.

The body just cannot get rid of waste, and non essential systems shut down as your body stores piles of bacteria into the most unnecessary areas of the body.

Feet, Legs, groin, hands, arms, stomach, muscles.

Less blood gets to the extremities and the extremities get very, very cold. So cold that it makes you sickened. A constant awareness and feeling damp, chilled to the bone even in summer air condition. With Lyme cold can be very painful.

Lyme bacteria form cysts and hide from antibiotics as less antibiotic reaches low blood flow areas.

To heal and rid your body from Lyme you must dissolve the calcified cysts formed by the Lyme bacteria. Dissolving the cyst hiding places of Lyme bacteria is different than dissolving the neuro-toxic dead carcass of dying Lyme bacteria.

Biofilms are created from Lyme Bacteria Cells dying
Borrelia (B. Burgdoferi) , Bartonella, Babesiosis - The die off of so many bacteria is neurotoxic and forms biofilm sludge.

Lyme Cytokine Storm -Dead bacteria flood the system with large tangible matter. The many accumulated dead bodies are hard to remove. The body kills them and they pile up. This chaos allows many bacteria to live even following a long round of antibiotics.

Loose Surviving bacteria form cysts - loses bacteria hide in the neurotoxic heap of dead bacteria within you and find low blood flow areas like the joints to hide in. When the neurotoxins are broken down into smaller pieces that are easier for the body to remove.

1. Structural and fascial issues - The fascia and muscles are destroyed by Lyme. Muscles become toxic and Fascia becomes stuck. When muscles do not work correctly due to toxicity and fascia becomes dry and stuck movement becomes painful and requires significantly more energy. The ineffectiveness of the muscles and fascia throw the body off for every movement. For every year you are sick you will have to work a year fixing your body following Lyme. Even the smallest fascial and muscle pulls can cause significant joint pain. Shoulder, hip, knee, ankle, elbow, neck, wrist or hand weakness and pain.

2. Hormone issues from toxicity - Lyme causes tremendous toxicity. Toxins disrupt hormone creation and also coat hormone receptors in the brain. They are very hard to remove and can be a primary cause of many Lyme disease symptoms.

3. Deficiency - Fighting Lyme causes the body to steal stored vitamins and minerals and can cause massive deficiency. Lyme destroys the intestines and therefore attempting to replenish lost vitamin and minerals can be hopeless if intestines are not repaired.

4. Lyme Cysts - Lyme bacteria is a smart parasitic infection as it hides by forming calcified cysts within the body. The cysts protect the lyme disease from
Process over and over - Kill then dissolve cysts hiding.
Dissolve the cysts and then kill the Lyme bacteria that escape the cysts.
Receive physical treatments to gain access to hiding Lyme bacteria that have formed cysts within you. Cyst busting treatments- Phlagyl,