

Processes and Planning

Finding answers to Lyme is like visiting an Escape Room

There are 100's of possible solutions, but only the correct key, used at the correct time will open a specific lock.

Knowledge allows you to find the correct key you need sooner.

The old way to treat Lyme was - to participate in REGIMEN after Regimen - accumulating 1,000's of dollars in supplements clinging to whatever sounds promising next.

Everyone has a preconceived notion of what works and what healing is.

Unless you have had Lyme you really don't quite understand.

Chronically ill patients eventually surrender to a Whatever it takes mentality

The One thing I can assure you is that there is absolutely a regimen that will solve your Your worst symptoms. When you find the right regimen - change happens very quickly - hours or days instead of weeks and months.

I have performed 1,000's of Regimens - and working to find the correct regimens for each specific symptom is what has increased my Lyme Awareness the most.

Lyme creates - Chaos creates instability -

The body becoming - out of balance scrambling to right the sinking ship.

Becoming acidic and precious minerals are leached from bone and organs- to bring the body back into homeostasis or balance.

Candida runs rampant as side affects of antibiotics pile up.

Air hunger a side affect of antibiotics and caused by candida.

Candida taking over the body limiting oxygen to cells.

New bacterial, viral, and fungal infections compound.

Immune function is compromised.

Putting fires out - makes your body disproportionately allocate precious internal resources.

Including energy, Vitamins, and minerals.

Deficient and disorganized - scrambling to survive until it can't.

Energy use becomes unpredictable - the body is pulled in 100 directions attempting to keep it together until you just collapse with illness.

Fighting for your life in survival mode the body steals stored resources.

(energy, hormones, vitamins and minerals to survive.

Plan around preventing deficiency - and always be aware that it could be causing some of your existing or new symptoms. Some necessary regimens even cause deficiency. Supplement daily to feed your body, maintaining a supply of resources necessary for healing processes.

When contemplating deficiency

Think of the way some drugs like Ecstasy steal dopamine and serotonin from the brain.

Using months of precious mood enhancing hormones in one night.

Consuming all the body's stores - Dopamine and Serotonin levels will be low until they can replenish or catch up. Depression can set in, and withdrawal symptoms occur.

Dopamine, and serotonin are unavailable to even your emotions and feelings out.

The body becomes out of whack, and *constantly on edge*.

Supplement deficiency with minerals, enzymes, probiotics, can give you just enough clarity to find the right answers sooner and maintain a *semblance of lifestyle while conducting regimens*.

I went from Dr. to Dr. Thinking others could heal me.

I was set up with the best of the best Doctors in Pittsburgh and Cleveland Clinic.

I traveled to New York City, Maryland, and Ohio.

I hustled myself into appointments to see the best of the best Doctors who rank tops in every medical category.

It took me years to surrender to the idea that nobody was coming to save me, and that I was going to have to save myself. Beaten into submission I realized that Doctors only provide tools for healing, and that it is up to each one of us individually to use our tools as efficiently as possible.

I had no long term plan

I was just throwing things against the wall and hoping that they would stick.

I learned the hard way that healing is all about the process.

Attempting 100's of different regimens with very little change in my body it was lack of care coordination and long term planning - Bandaid Medicine.

Research and practice are the only way to find the correct regimens at the time in which they are needed.

Identify what you want to accomplish as a process within the body and find the correct regimen that will act like a catalyst. I spent 10,000 hours researching Lyme and each of the 40+ symptoms that it onset within a year, filling stickie notes, stacks of Legal Pads, file folders, file cabinets - regularly assembling the information into repeatable processes. The school of hard knocks.

I became very regimented.

I targeted a symptom and then concentrated on choosing the First best regimen at the correct time to resolve the chosen symptom.

Example:

MOLD- first better here. Take from book - Cleansing chapter

**For more about the specifics of my story please check out my auto biography @
Betterbook.org.**

Each month I would find 3-4 possible treatments regimens and select the best. If the first best doesn't work - try the second, 3rd, or 4th best.

If none work to resolve symptoms - your are on the wrong path.

The more process driven I was - the faster symptoms began to resolve.

Process Process Process process process

The process that helped me the most with Lyme disease is the process of Kill, Dissolve, and Bind.

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Better Balance read from script - and share