

Lyme Disease

Lyme disease is caused by bacteria received from a tick bite. According to Wikipedia signs and symptoms can affect multiple body systems and produce a range of symptoms. Not all patients with Lyme disease will have all symptoms, and many of the symptoms are not specific to Lyme disease but can occur with other diseases as well. The incubation period from infection to the onset of symptoms is usually one to two weeks, but can be much shorter (days) or much longer (months to years). Symptoms most often occur from May through September, because the nymphal stage of the tick is responsible for most cases.

Asymptomatic (no symptoms are evidenced) infection exists, but occurs in less than 7% of infected individuals in the United States. Asymptomatic infection may be much more common among those infected in Europe. The classic sign of early local infection with Lyme disease is a circular, outwardly expanding rash called erythema chronicum migrans (also erythema migrans or EM), which occurs at the site of the tick bite three to thirty days after the tick bite. The rash is red, and may be warm, but is generally painless. Classically, the innermost portion remains dark red and becomes indurated; the outer edge remains red; and the portion in between clears, giving the appearance of a bull's eye. However, partial clearing is uncommon, and the bull's eye pattern more often involves central redness. Erythema migrans is thought to occur in about 80% of infected patients. Patients can also experience flu-like symptoms such as headache, muscle soreness, fever, and malaise. Lyme disease can progress to later stages even in patients who do not develop a rash.

As the bacterium begins to spread through the bloodstream the rash may develop on places on the body that were not originally bitten. Other symptoms may include migrating pain in muscles, joint, and tendons, and heart palpitations and dizziness caused by changes in heartbeat. Another skin condition, which is apparently absent in North American patients but occurs in Europe, is borreliolymphocytoma, a purplish lump that develops on the ear lobe, nipple, or scrotum. Roughly 15% of untreated patients (and some treated) will experience acute neurological problems which encompass a spectrum of disorders. These can include facial palsy, meningitis, severe headaches, neck stiffness, and sensitivity to light. Shooting pains and abnormal skin sensations may appear as well as memory loss, sleep disturbances, and mood changes.

After several months, untreated or inadequately treated patients may go on to develop severe and chronic symptoms that affect many parts of the body, including the brain, nerves, eyes, joints and heart. Myriad disabling symptoms can occur, including permanent paraplegia in the most extreme cases. A polyneuropathy that involves shooting pains, numbness, and tingling in the hands or feet may develop. A neurologic syndrome called Lyme encephalopathy is associated with subtle cognitive problems, such as difficulties with concentration and short-term memory. These patients may also experience profound fatigue. However, other problems such as depression and fibromyalgia are no more common in people who have been infected with Lyme than in the general population. Chronic encephalomyelitis, which may be progressive, can involve cognitive impairment, weakness in the legs, awkward gait, facial palsy, bladder problems, vertigo, and back pain. In rare cases untreated Lyme disease may cause frank psychosis, which has been misdiagnosed as schizophrenia or bipolar disorder. Panic attack and anxiety can occur, also delusional behavior, including somatoform delusions, sometimes accompanied by a depersonalization or derealization syndrome, where the person begins to feel detached from themselves or from reality.

Lyme arthritis usually affects the knees. In a minority of patients arthritis can occur in other joints, including the ankles, elbows, wrist, hips, and shoulders. Pain is often mild or moderate, usually with swelling at the involved joint. Baker's cysts may form and rupture. In some cases joint erosion occurs. (End of quote from Wikipedia.)

Whew! After reading that it kind of makes you want to put on Bug Buster every time you leave the house! Unfortunately, we're seeing more and more people come down with Lyme, I've talked with several who

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live in the city and had no idea they were even at risk to get a tick bite. This is the most dangerous situation because from my research most Lyme disease is transmitted by a tick that is allowed to stay attached to the host for a week. Thus we know that those who don't think they've been someplace where they may pick up a tick are the ones most at risk. Why are we seeing more in the city? Deer carry the ticks and it seems like I see stories of deer, elk, moose, etc wandering into the cities on the news every week in the winter. These ticks also feed on small rodents (such as mice) that we know can go wherever they want. Thus, we are seeing the ticks make headway into populated areas.

Okay, so, if you're going out where there may be ticks what should you do to prevent getting bit? Apply the Bug Buster, that's our nifty Deet free bug spray by Be Young. It's safe to use on children, too. That's the easy way. There are also several oils that repel insects so you can whip up your own.

Insect Repellent Recipe #1

3 drops Lavender

3 drops Geranium

3 drops Eucalyptus

8 oz water in a spray bottle, shake well before each use and spray as needed. Avoid the eyes. Safe for children.

Insect Repellent Recipe #2

4 drops Peppermint

4 drops Basil

8 oz water in a spray bottle, shake well before each use and spray as needed. Avoid the eyes. Safe for children. If you have high blood pressure and know that peppermint raises it, use Insect Repellent Recipe #1 instead.

Now on to why you're reading this article in the first place, if you contract Lyme disease what are your options. The doctor will put you on a round of antibiotics. There are several they can try, your options are more limited if you are pregnant. If you want to use essential oils in your fight against Lyme disease there are several to choose from:

- Defence blend
- Eucalyptus
- Guardian
- Lemon and Peppermint (Liver Cleanse)
- Oregano
- Rosemary
- Spice for Life blend
- Thyme
- Ticaboo blend

You want a strong antibacterial oil to aid you in your fight. I am going to cover two different regimens. The first comes from what Dana Clay Young has taught me, the second is from what Carol Mangels has taught me. These are both essential oil experts who have had experience with helping people with the challenge of Lyme disease. Select the one that feels the best to you and go with it. Please, please use only Be Young EOBBBD guaranteed 100% pure essential oils. The very last thing you need to do is increase your challenge by adding a new one because you used an essential oil that had been extended by a synthetic or contains pesticides because it was not organic or wild-crafted.

Regimen #1

If the disease is already severe, you want to start by hitting it hard, use the oils every 15 minutes for the first three hours, after the first three hours, drop down to three times daily. This is intense oil usage—BE

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SURE TO LISTEN TO YOUR BODY! If this is too much for you your body will let you know. Essential oils help our bodies release toxins, if you have a toxic system this can dump too many toxins too quickly and make you quite ill. You may have to back off and take it a little more slowly, even though this means that you may have to deal with Lyme disease longer. That said, here's your regimen:

- You want to use the Spice for Life blend, Eucalyptus, and Rosemary essential oils.
- Take Spice for Life blend internally at every meal using 4-5 drops in a capsule filled with Message carrier oil.
- Apply Eucalyptus on your chest twice daily (morning and evening, it's best if one of these can be immediately following a shower or bath).
- Apply Rosemary on the location of the bite. If you are not sure of the location put the Rosemary oil on the bottom of the feet or add 1-2 drops to the capsules of Spice for Life.

The following are not an essential part of the above regimen, but are hugely beneficial. I highly recommend them if you have a larger challenge with Lyme disease.

- Oregano oil taken internally can help in a big way. Add 2-3 drops to a capsule with message oil; take 2-3 times daily. Can also be diluted with Message oil and applied externally. (Oregano is "hot" oil; do not take it undiluted or apply undiluted to the skin!)
- 4-6 oz of Masaji daily.
- Liver cleanse (see our website for more info, simply put 1 drop of Lemon, 1 drop of Peppermint essential oil and 1 teaspoon to 1 tablespoon of fresh lemon juice taken daily.)
- Detox. Although this isn't a lifestyle disease, all of the recommendations made in this collection of notes to simplify your life and lifestyle will aid in giving your body "room" to overcome and heal.
 - Raw foods, fruits, veggies.
 - No processed foods.
 - Fresh organic juices and smoothies.
 - Reduce stressors of any kind (but don't make reducing stress an additional stress).
 - Find a modality of stress relief that will work for you with meditation, horseback riding, yoga, tai chi, daily gentle walks, etc.
 - Fill your mind and heart with healing energy, meditating and "seeing" the illness receding, then gone. Find a particular meditation that works for you, do it several times daily.
- Drink water, fresh, pure water. Ideally take your body weight, divide it in half, make that number ounces and drink that many ounces of water a day. So, suppose you weigh 110 lbs, you want to try to drink 55 ounces of water a day. More if you are a highly active person.

There you have option #1. Now we'll look at option #2. This one is written more for someone who has had the disease for a long time or who is experiencing some of the more severe symptoms that can be associated with Lyme disease. Please be aware that if you fall into this category you will more than likely have a serious detoxification period and experience a healing crisis. However, plow through it, once you get to the other side you will feel good again!

If you have recently contracted (within the last 12 months) or suspect you have Lyme disease hit it very hard with two of the most powerful essential oils in the Be Young arsenal: Oregano and Thyme. Take eight drops of Oregano and four drops of Thyme oil in a capsule filled with Message oil three times a day (I would recommend with a meal). This is a lot of very strong essential oils, but Lyme disease can be very debilitating and ravage the body significantly. Take these essential oils three times a day for three weeks, then drop down to twice a day for six months. While you are doing this use the Bug Buster as a moisturizer daily (Why? Because of its antiparasitical properties) and take regular baths with the healing bath salts.

If you have had Lyme disease for a longer period of time you want to be less aggressive because it will have had a greater debilitating effect on your body making your immune system weaker and less able to

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fight it off. You need to start by building the immune system up, so it will be able to take on the disease. You will work through several phases.

Phase one: Healing baths are gentle, yet very effective. Use them daily either by doing a full body soak or foot bath. Eucalyptus is the number one oil for building up the immune system. Apply it twice a day, rotating through the following: apply to the chest, then the feet, and then diffuse. For example, on Monday morning apply Eucalyptus to the chest, on Monday evening apply Eucalyptus to your feet, on Tuesday morning diffuse Eucalyptus for 15-20 minutes, on Tuesday afternoon start the process over by applying Eucalyptus to your chest. If you feel strong enough here and there layer on Tea Tree or Lavender after applying the Eucalyptus. For example, on Monday you may choose to apply Tea Tree to the chest after applying Eucalyptus and on Wednesday you may apply Lavender to the feet after applying Eucalyptus. These oils can also be diffused. (A side note on diffusing: do not diffuse oils in a room with a fish or reptile tank or birds. The fish and reptiles have bacteria on their skin that is necessary for their survival that the oils will kill and birds are extremely sensitive. If you have other pets be sure that they can leave the room where you are diffusing if they feel that the aroma is too much for them. My cat will often come into the room where I'm diffusing. They know what they need. Also, if you have a small baby, diffuse for a very short time (5 minutes or less) if they are in the room, or simply remove them from the room where you're diffusing. These oils are very potent and we don't want them to get too much of a good thing.) Use the Bug Buster as a body moisturizer every day.

Phase two: After a month or so, a parasite cleanse using the Ticaboo blend would be excellent but will likely cause a healing crisis, yet it must be done. This is done by taking 4 drops of Ticaboo essential oil blend in a capsule filled with Message oil with each meal. Do this for one week, then take a week off, then repeat two more times for a total of three cycles. Note: if you are taking Oregano essential oil in a capsule already, don't add Ticaboo to it (Ticaboo contains Oregano and the combination will be too strong), simply take one of the capsules before beginning your meal and second one when finishing your meal. (Side note: If you get to this point before I get a health article written up on doing a parasite cleanse contact me for additional help and information before beginning your parasite cleanse. These can cause digestive discomfort, nausea, and some pain as parasites detach from the walls of your body. There are things that can be done to help reduce the discomfort and I'll help you with those.)

Phase three: Once this is done and the person is feeling well it would be a good time to use the L-form cleanse (Spice for Life, Guardian, and Defence essential oil blends). Start with the maintenance level for several weeks, then do the acute level for a couple of days and then back down to maintenance for about a month. Again, while these toxins are moving out of the body, the person can feel lousy! Continue drinking plenty of water and doing your soaks in Healing bath salts, these things will help move the toxins out of the body quickly and help you feel better faster.

Phase four: After this part of the routine is complete, then the final assault - Oregano and Thyme! Take four drops of each in a capsule filled with Message oil twice a day, for the remainder of the time of the person's exposure in months. (One month for every year of the disease/exposure).

So you have to do a flow chart, figuring total months the person is going through this. Divide it out through the phases to figure out how long each phase will be. Whenever the person is getting too sick, go back to phase one.

We also have to consider diet, which goes for both the aggressive routine and the mild one. Leafy green, veggies, no refined foods, whole grains, fresh fruits, high quality proteins and always include Masaji and the Meal Replacement shakes (they're full of things that are good for you). Do the Liver Cleanse of course. You may need to go completely raw for a time. Pay attention to your body, listen to how you feel! It is not going to be a piece of cake, but it will be worth it! Feel free to contact me as often as you feel the need and I will help you hold in there. If you get to feeling too sick or overwhelmed just back off, step back to just

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using the Healing bath salts, Bug Buster, and Eucalyptus essential oil. You'll get time to rest and you'll still be building your immune system and detoxifying. This approach has had success.

Always use the Bug Buster or one of the Insect Repellant recipes when out in woods and other tick infested areas. Prevention is by far the easiest route to go!

To order, for class information, or if you have questions contact:

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