

## Supplements

OK, I'm going to get on my soapbox here. **Taking supplements is one of the most important things you can do to support your body in its healing process.** The use of supplements will help you heal significantly faster than you would otherwise, and many of them will help you feel better during that journey. Here's the reason why:

Everyone who has Lyme disease, tic borne chronic infections, and/or CIRS/mold toxicity by definition has very significant problems with several detox pathways and also with some important aspects of immune function. (If not, you would never have contracted these issues in the first place.) Over time, this results in a massive increase in inflammation, both from accumulated toxins and from acquired long term chronic infections. This inflammation in turn compromises your immune function even further – allowing the chronic infections to flourish, and is also a major driver of the multitude of symptoms you are experiencing.

It turns out that all three of these underlying conditions in your body:

1. Compromised detox pathways
2. Compromised immune function
3. Massive inflammation

are huge roadblocks to your recovery. If the treatments we give you can't find reasonably functional pathways to interact with, they are very unlikely to make you feel much better. (Hence one of the reasons some people have been treated for these conditions in the past and have not achieved the results they expected.) That's why many Lyme Literate Doctors refer to "treating the terrain" as the first step in treatment.

The best methods we know of to support your detox pathways, help you detoxify, support your immune function, and decrease inflammation is through the use of supplements.

So now you know all of the excellent reasons to take your supplements. There are a few things however, all quite valid, that can act as barriers to making this happen. Here's what I often hear:

- "It's too expensive. I want to focus my limited financial resources on the treatments like antimicrobials that will kill off the infections and help me feel better." Well, as I said above, the trade off is that without the supplements, your treatment could be twice as long (or more). So you will likely end up spending the money anyway, but now it's taken you a lot longer to get well.
- Logistical issues: "It's too overwhelming." "I can't remember to take them." "I can't swallow all those pills – they get stuck in my throat." "I forget to get a new bottle and then I run out." Almost everyone has trouble with remembering things and many of us get easily overwhelmed. Both of these things are part of the illness. The solution is to put systems into place that work for you, so that you don't have to remember lots of things and the overwhelm becomes much less.
  - Get two super sized pill minders, different colors. One for the morning, one for the evening. Fill them up once a week and keep them out on the counter where you will see them.
  - Always take your morning supplements with breakfast and your evening supplements with dinner, unless they need to be taken on an empty stomach or just before bed. This helps their absorption.
  - Taking supplements during meals helps get them down. Trying to swallow a large handful of pills with just water to get them down is a recipe for disaster. Many of us have esophageal motility issues, and the pills get stuck halfway down, which is miserable. Instead, swallow a few pills, then eat a bite or two of food, letting the food carry the supplements to your stomach. Then repeat until you've taken all of them.

- Set up an online account with several of the major supplement companies and order online. We can give you the information on how to do this. If you set up a monthly auto ship, you will get a discount. The supplements will arrive at your door once a month, so you don't have to remember to get to the store or come by the office to pick them up.

So, now that I've convinced you that supplements are an essential part of your healing, just what supplements should you take? Well, the first step is to choose to take high quality bioavailable supplements from pharmaceutical grade supplement companies like Thorne, Xymogen, and Metagenics. If you buy the cheap stuff from Costco or GNC, you will literally be flushing your money down the toilet, because those supplements are very poorly absorbed. You are better off using the same amount of money to buy fewer, but vastly superior supplements that will actually do you some good.

What comes next is a list of supplements that I recommend for everyone.

### **Basic Supplements:**

*Everyone should take these without fail, **for the rest of your life.***

Vitamin D: This supplement is absolutely essential to support your immune function. It also supports mood. It is actually a hormone and not a vitamin, and *it is depleted by stress*, either physical or emotional. Needless to say, when you are dealing with this type of overwhelming illness, you have an abundance of both. So no amount of sunshine will do it!

Optimally, you want your blood levels to be between 80 and 100. Levels should be checked every 3 months, and doses adjusted to get to that level. *Do this forever!!!*

Start with 5000 units a day.

High grade bioavailable curcumin: Curcumin is one of the bioactive ingredients in turmeric, a spice commonly found in Indian food. I call it a "super supplement" for those of us who have these conditions because it powerfully addresses all three "terrain issues", detox, immune function, and inflammation. Unfortunately there are a lot of cheap versions on the market that have little true value. I recommend one gram twice a day:

Thorne Meriva, 500 mg. 2 in the AM, 2 in the PM

Once you are in remission, you can cut the dose in half, but *never stop taking it.*

Fish oil: EPA supports brain function, and neurological function. DHA is extremely anti-inflammatory. Both significantly support your immune function. Take a total daily dose of:

- EPA – 2000 mg
- DHA – 3000 mg

Since most fish oils on the market come with more EPA than DHA, you will need to take two different fish oil products to get the desired amount of both. One of them will be a mainly DHA product. My recommendation:

- Xymogen Monopure 2 a day
- Metagenics DHA 600 3 a day