Healing Chronic Lyme Disease Pain through Natural Food

Greg Lee
Contents

Ch 1: Why People with Lyme Disease Have Chronic Pain 1
The four main reasons for chronic Lyme pain

Ch 2: How Food Helps to Heal Chronic Lyme Pain 3
An old way of classifying food gives new ways of healing chronic Lyme discomfort

Ch 3: Recipes for Helping to Relieve Chronic Lyme Pain 12
Healing food that tastes great!

Summary 21

References and Notes 22

Resources 23

About the Author 26
CHAPTER 1

Why People with Lyme Disease Have Chronic Pain

The four main reasons for chronic Lyme pain
Why People with Lyme Disease Have Chronic Pain

The four main reasons for chronic Lyme pain

1. The Lyme bacteria are making swiss cheese out of your insides
Lyme bacteria are busy burrowing holes throughout your body. Due to their spiral shape, they can drill through just about anything, some say even bones. As a result your muscles aches, your joints hurt, your organs don’t work as well, and your nervous system gets chewed up.

2. The Lyme toxins are painful
As the Lyme bacteria are feasting on your insides, they are secreting their toxic waste products which cause discomfort, achiness, and pain. Not only can their wastes lead to pain, but also the dead pieces are toxic and can aggravate your pain. Many people report increased symptoms when taking antibiotics, anti-Lyme herbs or undergoing anti-Lyme treatments.

3. Co-infections lead you to feel pain and discomfort also
Lyme bacteria are often accompanied by other infections that have names like erlichia, babesia, bartonella, microplasms, viruses, parasites, fungi, and protozoas. These co-infections eat their way into different parts of your body. And their toxics wastes lead to more discomfort. Your immune system is often overwhelmed when dealing with multiple infections and lots of toxins.

4. Anti-Lyme medications can leave you in pain
Some patients have report having pain as a result of taking antibiotics. They will describe their experience as, “Tears my stomach up” or “It’s like fire running through my veins” or “My body cramps when I take my medications.” Medications need to be strong to kill these infections. However, they can leave you feeling in pain, fatigue, and feeling poisoned.

When you know these four reasons, you can use food to reduce your chronic Lyme pain in several ways. The first is to avoid food that feed that bacteria. The second is to eat food that enhances and strengthens your immune system. Third, eat food that neutralize and eliminate toxins. The fourth is eating more anti-Lyme food that kills off your infection. You will hopefully need less pain medications and feel better more quickly.

Here are some ways that food helps to heal chronic Lyme pain.
CHAPTER 2

How Food Helps to Heal Chronic Lyme Pain

An old way of classifying food gives new ways of healing chronic Lyme discomfort
How Food Helps to Heal Chronic Pain

“Take three servings of barley and call me in the morning.”

Few doctors have been trained to recommend food that can help relieve your pain. For thousands of years, the healing system of Chinese Medicine has used different types of food and herbs as part of the healing process for chronic pain due to infections. What you learned as a child about nutrition is very different from the healing properties of food as recommended by Chinese Medicine.

Food for healing chronic Lyme pain is different from basic nutrition

As a child in school, you learned about basic nutrition. You know about eating the foods from the basic food groups. You know about getting enough vitamins and minerals to help you to be healthy. What is missing in most nutrition education is which food can help to relieve chronic infections and pain. Also missing is how the wrong food actually gunk up your body and lead to more pain. In order to see how food heals, you need to look beyond the US. This knowledge can be found in Chinese medicine.

Ancient Chinese healing secrets for relieving chronic pain

In China, medical practitioners have had to deal with food shortages, famine, and malnutrition for hundreds of years. Food and herbs are an integral part of the healing process in hospitals in China. Here is a an outline of the system for using food and herbs to reduce chronic Lyme pain.

Nature reveals insights into healing pain

In Chinese medicine, the body, mind, emotions, organs, and organ systems are described by elements that found in nature. Your organs and organ systems are seen as being intricately linked to the elements of nature in the outside world. This link provides a model for explaining how changes in the environment can lead to more pain in certain parts of the body.

For example, people with Lyme chronic pain feel worse when they eat certain food. Chinese medicine sees infections as something called “dampness.” Certain foods lead to more Lyme pain because they increase the dampness inside the body. What other clues help you to use food to relieve chronic pain?

More clues for solving the mystery of chronic pain

Most people see chronic pain as a mystery that happens to those people who have a an illness, an accident, or something that has worn down over time. Or they believe it happens when people get exposed to dangerous substances like toxic chemicals. But once someone has exposure to these kinds of substances, what leads some people to develop chronic pain and others to stay healthy?

Here is one of the clues for decoding how your body can be strengthened with food against chronic pain. Some forms of chronic pain can be significantly reduced or relieved through modifying your diet. These types of food have different affects on how the body experiences pain.
Different categories of food that can help relieve pain
In Chinese medicine, food is classified according to the affect it has on your body. Food is divided into these categories: warming, cooling, moistening (dampening), and drying. Chronic pain can be attributed to parts of your body being too warm, too cold, too damp, or too dry. There are other categories in Chinese Medicine and we’ll limit this report to discussing these four.

Category 1: How excess dampness can lead to chronic pain
Here are a few examples of how external moisture or dampness is seen to increase chronic pain

- Cold, wet weather makes your muscles feel achy and painful
- Rain creates greater stiffness and discomfort in your joints
- Eating or drinking the wrong foods or beverages puts you in hours of discomfort
- Sitting on the damp, cool ground increases the pain inside your body
- Being infected by harmful organisms which leads to body aches

How can excess dampness affect you?
In the body, dampness shows up pathologically as excess mucus, yeast infections, infectious discharges from different orifices, cysts, tumors, or cancers. Dampness can also show up as swelling, heaviness, or bloating in the body. Most parasitic infections can also be classified as excess dampness in Chinese Medicine. If there is discharge associated with an infection that is classified as dampness. Loose bowels are an indication of excess dampness. Dampness affects more than the body.

Your mind and emotions can also be affected by dampness
The mind can also be affected by dampness. Many clients talk about being forgetful, or having foggy or unclear thinking. The emotions can also be covered over by too much dampness. This condition shows up in people that seem out-of-touch with their surroundings. Imagine a person with a wet heavy blanket walking around. That is one way to see how people walk around out-of-touch with other people or their surroundings. Usually damp disorders have a sluggish, slow-moving quality which can take a long time to cure. You may be wondering how dampness gets in the body in the first place.

How dampness gets into your body and causes pain
Dampness is a natural moistening in the body. Excess dampness can accumulate through eating too much damp food, being exposed to damp weather or environments. Eating too late at night can also produce excess dampness. You can feel more pain when you get exposed to more moisture or dampness through the weather, your diet, or what you touch in your environment. You may already feel an aversion to wet weather or certain kinds of food that increase your discomfort. What is happening inside the body that leads to more pain?

How painful dampness is seen in the body
One way that dampness is defined as an infection in an area or throughout the body. Colds and flu are one of the more common infections. Some people have more chronic infections due to Lyme disease, or yeast, or viruses. Some cancers are defined as excess dampness in the body. How does dampness affect you on a cellular level?
How dampness affects your cells
Looking at the blood of a person with chronic infections under a microscope, you can see lots of microorganisms floating around. These are yeast, bacteria, parasites, and viruses that are eating up your nutrients. Your cells get deprived of their food. Your body and bloodstream get polluted by all of their waste products. The invading organisms and their toxic waste are also dampness.

Why dampness produces pain
When your cells are deprived of their food and are exposed to toxic waste products, you feel their hunger and their reaction to toxins. You cells are struggling to survive in a very difficult environment. If there are too many toxins and not enough nutrients, then cells can die off. If your cells are exposed to toxins for a prolonged period, then this can lead to the development of abnormal cells. These conditions created by excess dampness can be very painful. Fortunately, there are foods which can reduce the pain caused by excess dampness.

How food helps to eliminate painful dampness
Eating the types of food that help your body to eliminate excess dampness can help to reduce your pain. These foods help to dry out your body, reduce or eliminate infectious organisms and their toxins, and strengthen your immune system. Here is a list that is from the book, Healing with Whole Foods by Paul Pitchford.

Food that help to reduce excess dampness
Grains:
Barley –hulled preferably, has cooling properties
Rye
Amaranth
Corn (non-GMO)
Alfalfa sprouts

Legumes:
Aduki beans

Vegetables:
Celery
Lettuce
Turnips
Kohlrabi
Sea weeds like dulse, laminaria (preferably from North American oceans)

Dairy:
Goat milk products
Sheep milk products

Sweets:
Raw honey

Herbs:
Scallions
White pepper
All bitter herbs
Chamomile
Pau d’arco
Cinnamon (warming)
Ginger (warming)
Nutmeg

Mushrooms can help to drain excess dampness in the body
Use your experience as a guide
A good test for foods that are healthy for you is in your experience. If you eat food and it doesn’t feel good inside, then don’t continue eating it. After a few weeks of shifting your diet, you will know more which foods help to relieve pain and which foods make you feel worse.

In the last chapter of this report, you will get recipes for making these dampness reducing food in several delicious ways. In the next section, you will learn which dampness producing food to avoid.

Avoid food that increase painful dampness
You can reduce your pain by avoiding foods that increase dampness. Avoiding these kinds of food reduces the amount of gunk that your body has to transform. Reducing your intake of dairy, wheat, and refined sugars helps to reduce the amount of dampness in your system. Here is a list of food to avoid so you don’t add more gunk to your system.

Food that Increase Dampness

High fat foods:
Fatty meats
Eggs

Dairy products:
Cheese
Milk
Ice cream
Yogurt
Butter

Oily foods:
Lard
Hydrogenated foods like margarine
Highly processed oils

Nuts:
Peanuts
Seeds used to make cooking oils

Fried foods:
French fries
Fried chicken
Fried fish
Onion rings
Cheesesteaks

Carbohydrates:
Large amounts of grains and legumes
Bread – rolls, loaf
Pasta
Pizza
Cakes
Cookies
Muffins

Sweet foods like ice cream increase dampness in the body
**Sweet foods:**
Soda
Candy
Sweetened Chocolate
Desserts
Sweetened drinks
Sweetened foods

**Alcohol:**
Beer
Wine
Hard liquor
Coolers

**Large quantities of raw fruits and veggies:**
Raw fruit
Raw veggies

**Other:**
Chemically treated foods
Artificial sweeteners
Highly processed foods

Reducing or eliminating your intake of these foods can help reduce your pain caused by excess dampness in as short as a few days to a few weeks. In the next section we'll talk about how chronic pain is affected by how warm or how cold you are on the inside.
How heat affects your chronic pain
Excess damp conditions can be cold or hot. Hot chronic pain conditions in Chinese medicine are often are hot to the touch or look red in appearance. Pain caused by hot dampness in areas that are not hot or red can result from an infection of an internal organ that is radiating pain to a different area. This kind of pain often feels worse when exposed to hot environments.

An example of this kind of pain is an arthritic joint that is red, swollen, and hot to the touch. There are different kinds of food that have a cooling effect on damp-heat chronic pain. The cooling action can help to relieve discomfort, swelling, and stiffness. Here is a list of foods that helps to cool excess internal heat in the body:

Food that are cooling

Fruit:
lemon
lime

Vegetable:
cucumber
Swiss chard
spinach
summer squash
napa cabbage
bok choy
broccoli
cauliflower
zucchini
lettuce
radish
celery
asparagus

Grains:
corn
alfalfa sprouts
millet
barley
amaranth
mung bean, mung bean sprouts

Herbs:
Mint

Seafood:
Crab
algae

Fungi:
button mushrooms

Processed food:
non-organic food grown with chemically fertilizers and pesticides

Many of the cooling food are also on the list of dampness producing food. When choosing the right cooling food for your Lyme chronic pain, consult a practitioner trained in Chinese Medicine to help you. Let’s take a look at warming food and how that can help to relieve pain caused by excess cold.
How excess internal cold can increase your pain

Internal coldness can lead to sharp, fixed pains that feel worse with cold weather. This kind of pain can feel better with the application of warmth from a hot water bottle, warm drinks, or a heating blanket. Many people with fibromyalgia have damp-cold pain. Here are a list of food that can help to relieve pain caused by too much internal coldness. These food have a warming affect on the body.

**Food that are warming**

**Legumes:**
- black beans
- Aduki beans
- lentils

**Herbs:**
- ginger
- cinnamon bark
- cloves
- basil
- rosemary
- fennel
- dill
- anise
- caraway
- carob
- cumin
- parsley
- onion
- leek
- chive
- garlic
- scallion
- hot peppers - small amounts
- cayenne

**Vegetables:**
- parsnip
- mustard greens
- winter squash
- cabbage
- kale

**Fruits:**
- cherry
- citrus peel
- date

**Dairy:**
- goats milk

**Seasfood:**
- anchovy
- mussels
- trout

**Meats:**
- chicken
- beef
- lamb

**Grains:**
- oats
- spelt
- quinoa
- sweet brown rice

**Seeds:**
- sunflower seeds
- sesame seeds

**Nuts:**
- walnut
- pinenut
- chestnut

**Ways to prepare foods to increase internal warmth**

The warmer your food is, the better it is for creating internal warmth. In order to create more internal warmth, cook food using the following methods: roasting, stewing, baking, BBQing, and steaming.
You can adjust your diet using these as a guideline
In summary, under the guidance of a trained health-care practitioner you can take these steps to improve your diet to reduce or prevent chronic pain:

1. **Increase your intake of food that help to reduces or eliminate excess internal dampness.**

2. **Decrease your intake of food that increase internal dampness.**

3. **With the guidance of a qualified herbalist, develop a plan for modifying your diet to adjust any imbalances in excess dampness, dryness, heat, or cold.**

   In the case of excess heat, increase the amount of warming foods can relieve pain and discomfort.

   In the case of excess cold, warming foods can help to relieve pain and discomfort.

In addition to modifying your diet, you can develop a comprehensive strategy with a trained health care practitioner for relieving chronic pain using additional therapies like medicinal herbs, acupuncture, and energetic and spiritual healing methods. In the next chapter, let's look at some yummy recipes for helping to relieve chronic Lyme pain.
CHAPTER 3

Recipes for Helping to Relieve Chronic Lyme Pain

Healing food that tastes great!
Recipes for Helping to Relieve Chronic Pain

Here are some common and uncommon recipes that you can make in your own kitchen. Some of the ingredients, like seaweed, may require you to make a special trip to the Asian grocery store. However, most of the ingredients below are available at your local grocer. I highly recommend getting organically grown or wild crafted herbs and produce.

These recipes are for helping to reduce excess painful dampness. The ingredients will include both warming and cooling food. This is to balance the hot / cold nature of the recipe. At the end of the recipe are suggestions for making the recipe more warming or cooling.

Feel free to adjust recipe to be more warming or more cooling by adding or omitting recommended ingredients. If you like hot weather and warm drinks, then you can adjust these recipes to be more warming. If you like cold weather and prefer cold drinks, then you can modify these recipes to be more cooling in nature.

If you happen to find a new addition or variation that tastes great, feel free to let me know at TwoFrogsHealingCenter@gmail.com. Also, let me know if the recipe doesn’t excite you and why.

We’ll start off with some of my favorite soup recipes because soup is a great way to replenish your self.

Soup is one of the quickest ways to nourish yourself and take in foods that can reduce pain
Korean Seaweed Soup (Serves 4)

Known as the “birthday soup” in Korea, seaweed soup is also given to new mothers to help them regain their strength after childbirth. Naturally low in calories and fat and high in calcium, iron, and protein, it is a light and healthy soup good for any meal of the day. This soup is especially useful for pain that is accompanied by fatigue.

I often recommend this recipe for clients with chronic fatigue or fibromyalgia.

Prep Time: 30 minutes

Cook Time: 55 minutes

Ingredients:
- 1/2 oz. dried seaweed Wakame,
- 6 oz. or lamb or beef cut into 1/2” cubes
- 1 medium onion chopped into 1/2” squares
- 1 large carrot cut into medium slices
- 1 Tbsp sesame oil
- 3 cups water
- 2 Tbsp Bragg Liquid Aminos or soy sauce
- 2 cloves garlic, finely chopped
- Miso paste

Preparation:
Chop 1/2 oz. of dry seaweed in a blender for 20 seconds on high. Rehydrate seaweed by placing in a large bowl and covering with water for 10 minutes. Rinse two times in a fine wire strainer to get the extra salt out. (Note: 1/2 oz. of dried seaweed looks very small, but it rehydrates to about 1 cup)

Drain seaweed in wire strainer. Set aside.

In soup pot over medium heat, sauté meat and onion in sesame oil for approximately 5 minutes or until the meat and onion are browned.

Add garlic and soy sauce and sauté for another 2 minutes.

Pour water into pot and turn heat to medium.

Add sliced carrots.

When soup begins to boil, turn down to simmer and cook for 20 minutes or until the soup looks milky.

Serve soup in large bowls and add 1 tablespoon of miso paste for seasoning.

To make the soup more warming:
Add three slices of ginger

To make the soup more cooling:
Substitute chicken for the lamb or beef.

Image courtesy ish-ka of Wikimedia Commons
**Mushroom Barley Soup** (Serves 6)

This is a modified recipe adapted from the Common Market version of this yummy soup.

**Prep Time: 20 minutes**

**Cook Time: 40 minutes**

**Ingredients:**
- 1 tbsp olive oil
- 3 quarts of water or vegetable stock
- 1 cup of sliced mushrooms
- 1 onion chopped into 1/2” pieces
- Soup greens like kale
- 1 stalk celery with leaves, sliced thin
- 3 carrots, sliced thin
- 1 potato, cut into 1/2” cubes
- salt and white pepper to taste
- 3 tsp. barley
- 1 tsp. chopped parsley
- 1 tbsp apple cider vinegar

**Preparation:**

In soup pot over medium heat, sauté the onion in olive oil for approximately 5 minutes or until the onion is browned.

Add cut up mushrooms, celery, soup greens, and carrot. Cover and cook on low heat for 3 - 4 minutes.

Remove the cover and add water or broth. Add barley and potatoes. Bring to a simmer and cook until the barley is tender, approximately 30 minutes.

Season with salt or pepper. Add parsley. Add vinegar just before serving.

**To make the soup more warming:**

Add four ounces of beef or lamb and brown with the onion.

**To make the soup more cooling:**

Add 2 tbsp of chopped mint with the parsley.
**Cornbread** (Serves 6)
This is a modified recipe adapted from the Moosewood Cookbook version of this yummy bread.

**Prep Time: 10 minutes**

**Cook Time: 20 minutes**

**Ingredients:**
- 4 tbsp olive oil
- 1 cup cornmeal
- 1 cup rye, oat, or barley flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 cup goatsmilk or almond milk
- 1 egg
- 3 tbsp honey

**Preparation:**
Preheat oven to 350 degrees F. Grease a 9 inch or 10 inch cast-iron skillet with 1 tbsp of olive oil.

Combine the corn meal, rye or barley flour, baking powder, baking soda, and salt in a medium sized bowl. Combine the milk, egg, olive oil, and honey in a separate bowl. Add the wet mixture to the dry, stirring both together. Combine completely.

Spread the mixture into the cast-iron skillet.

Bake for 20 minutes, or until the center is firm to the touch. Serve hot, warm, or at room temperature.

**To make the cornbread more warming:**
Add two small hot peppers, chopped finely to the dry mixture.

**To make the cornbread more cooling:**
Use rice milk instead of goats or almond milk. Add 1/2 cup of corn to the dry mixture.

Image courtesy of douglaspperkins of Wikimedia Commons
**Chicken Chili (Serves 6)**
This is a modified recipe adapted from the Common Market version of this yummy chili.

**Prep Time: 15 minutes**

**Cook Time: 105 minutes**

**Ingredients:**
- 3 medium onions chopped
- 1/8 cup olive oil
- 2 cloves of minced garlic
- 1 tsp chili powder
- 1 tsp ground cumin
- 1/4 tsp dried red pepper flakes
- 1/4 tsp cayenne pepper
- 3 tsp kosher salt
- 4 boneless chicken breasts chopped into 1/2” pieces
- 3 tbsp pearl barley
- 1 large can of Aduki beans
- 1 cup of chopped kale
- 1 quart of chicken broth

**Preparation:**

In a four quart pot, cook the onions in 1/8 cup of olive oil over medium-low heat for 10 minutes, until translucent.

Add the garlic and cook for 1 more minute.

Add the chili powder, cumin, red pepper flakes, cayenne, and salt. Cook for 1 minute.

Add chopped chicken, barley, Aduki beans, broth, and kale to the pot. Bring to a boil, then reduce the heat and simmer, uncovered, for 30 minutes, or until the barley is cooked.

**To make the chili more warming:**

It’s already pretty hot! Add two small jalapeno peppers, chopped finely to the other spices.

**To make the chili more cooling:**

Reduce or eliminate one or more of the following: cayenne, red pepper, cumin, and chili powder.
Moroccan Beef Stew (Serves 6)
This is a modified recipe adapted from the Common Market version of this yummy stew.

Prep Time: 20 minutes
Cook Time: 30 minutes

Ingredients:
- 2 tbsp olive oil
- 1 lb of very lean beef cut into 1” cubes
- 1 medium onion chopped
- 1 large carrot chopped
- 2 garlic cloves chopped
- 1 tbsp paprika
- 2 tsp ground cumin
- 2 tsp ground cinnamon
- 1 pint of beef stock or broth
- 1/2 cup of pitted kalmata olives
- 1 lb of canned Aduki beans
- 1/2 cup of fresh chopped cilantro
- 1 tsp lemon peel
- Salt and white pepper

Preparation:
Heat 1 tbs of olive oil in a large cast-iron skillet over medium high heat. Lightly sprinkle salt and pepper over the beef cubes. Add beef to the skillet and brown all sides for 3 minutes. Transfer beef to a plate.

Add remaining 1 tbs of olive oil to skillet. Add onion, carrot, and garlic. Cook until soft, stirring frequently for approximately 10 minutes.

Add spices: paprika, cumin, cinnamon and stir for 1 minute.

Add broth, olives, Aduki beans, and cilantro. Bring mixture to a boil. Simmer until the juices thicken or about 5 minutes.

Add beef, lemon peel, and any juices to the pan. Stir to warm thoroughly and serve.

To make the stew more warming:
Substitute basil for the cilantro.

To make the stew more cooling:
Substitute chicken for beef. Reduce or eliminate one or more of the following: paprika, cumin, and cinnamon.
**Lemon Nut Muffins** (Serves 6-8)
This is a modified recipe adapted from the Ecological Kitchen version of these great muffins.

**Prep Time: 20 minutes**

**Cook Time: 30 minutes**

**Ingredients:**
- Olive oil for greasing muffin tins
- 3 tbsp flax seed
- 1/2 cup water
- 1-3/4 cups organic barley, oat or rye flour
- 1-1/4 cups pressed organic oats or barley (barley will be crunchier)
- 1 tbs double-acting, nonaluminum baking powder, like Rumsford
- 1 tsp baking soda
- 1 tbsp ground cinnamon
- 1 tsp ground allspice or nutmeg
- 1/8 tsp sea salt
- 1/2 cup coarsely chopped almonds or walnuts
- 2 tbs of lemon zest
- 1/3 cup maple syrup
- 1/3 cup olive oil
- 1 cup apple juice

**Preparation:**

Preheat oven to 375 degrees.

Brush oil lightly on bottom and sides of muffin pan and set aside.

In a blender, grind the flax seeds. Add the water and process until you achieve a slightly gummy mixture, about 30 seconds. Set aside.

In a bowl, combine the flour, oats, baking powder, baking soda, cinnamon, allspice, and salt. Stir in nuts and dates/fruit/berries, making sure they don't stick together.

Into the flax seed mixture, add the maple syrup, olive oil, and apple juice and process until the liquid is frothy.

Stir the liquid into the dry ingredients, just until all of the flour is absorbed.

Spoon the batter almost to the top of each oiled muffin cup and bake on the middle shelf of an oven preheated to 375 degrees until the tops are lightly browned and bounce back to a gentle touch and a skewer inserted in the middle comes out clean. Bake time is approximately 16 - 20 minutes.

Cool muffin tins on a rack for 10 minutes. Unmold and eat the muffins warm, or store for later use.

**To make the muffins more warming:**
Add powdered ginger to the spices.

**To make the muffins more cooling:**
Use barley flour and rolled barley. Substitute mint for cinnamon. Use cooling fruits.
Honey Nut Dessert
This is a simple dessert or snack which helps you to satisfy your sweet cravings.

Prep Time: 1 minute
Cook Time: 0 minutes

Ingredients:
- Roasted nuts like walnuts, pecans, or almonds
- 1 jar of raw honey
- 1 jar of ground cinnamon

Preparation:
In a small bowl, shake a small quantity of ground cinnamon.
Dip one nut into the jar of honey and then into the bowl of cinnamon.
Eat the nut covered in honey and cinnamon. Repeat until cravings for sweets are satisfied.

Image courtesy salimfadhley of Wikimedia Commons.
Summary

Through modifying your diet according to the principles of dampness, warming, and cooling, you can reduce your Lyme disease chronic pain. First, you can decrease or eliminate herbs and food that increase dampness in your system. Second, you can add more herbs and food that resolve dampness in your diet. Third, you can add herbs and food that warm up painful coldness or cool down excess heat. This will help you to use food more effectively for resolving chronic Lyme pain.

By seeing a Chinese Medicine practitioner, you can develop an effective plan for using specific medicinal herbs and food to resolve your chronic discomfort. In addition to herbs and food, you can also receive treatments that help to cleanse the painful Lyme toxins out of your system. These treatments can also strengthen your immune system. Through the right plan, you can make significant progress toward healing your pain and getting your life back from this debilitating disease.
References and Notes

Dr. Heiner Fruehauf, private class on Chinese Herbs for Healing Cancer, Corbett, OR November 2005.


Ted Kaptchuk, OMD presentation at the Chinese Herbal Medicine Program at the Traditional Acupuncture Institute on cancer, Columbia, MD, September 20 – 22, 1996.
Resources

Lyme disease evening lectures, newsletters, and treatment programs.

If you have attended one of our evening lectures or have read our articles, you'll be excited to learn about our other services, programs, and products on complementary methods for healing Lyme disease.

Our services are focused on meeting the needs of people in our Goodbye Lyme community. We are continually researching and creating more tools, classes, and treatments for healing Lyme disease and related infections. Here is a guide to help you receive the maximum healing benefit from our community. On the pages to follow you'll also learn about our other resources, healing programs, and treatment options.

Step One: Get valuable information from our GoodbyeLyme.com website, newsletter articles, and blog
You can receive even more detailed information about the latest anti-Lyme herbs, self-healing tools, and services for healing specific challenges like healing difficult co-infections, replenishing your energy, and getting your brain back.

You will also read about alternative treatments that have helped other people to get symptom free. We want you to be informed about the important decisions you are making around recovering from this persistent illness. Subscribe to our newsletter at http://GoodbyeLyme.com/subscribe

Step Two: Attend our Getting Rid of Lyme Disease Pain, Fatigue, and Mental Fog Evening Lecture
Learn about the latest information, alternative treatments, and client results that can inspire you to heal difficult challenges around Lyme disease like:

- Reducing chronic pain
- Healing the nervous system
- Eliminating Lyme and co-infections from hidden places

Learn about natural remedies for Lyme disease like artemisia at the evening lecture

Here is where you can learn about an alternative treatment program for Lyme disease
• Detoxification
• Stopping painful toxins from creating herxheimer reactions

You will have an opportunity to talk with one of our highly trained and experienced practitioners to ask personal questions about your biggest concerns around healing Lyme disease. All information is held in the strictest confidence.

You also get specific recommendations on changes in your diet and lifestyle can help eliminate persistent infections. You also get to learn how the different treatments like acupuncture, cupping, detoxification, and herbs all work together to help you to eliminate Lyme and other infections.

You will get a roadmap with specific step for recovering from Lyme disease. You also get tools you can use right away for reducing the difficult symptoms you are experiencing. Here is where you can see the date of the next evening lecture: http://GoodbyeLyme.com/events/get_rid_lyme

Step Three: Enroll in the Goodbye Lyme Treatment Program

This intensive program is designed to help you eliminate Lyme, strengthen your immune system, and get your life back
In this program, you get highly individualized treatment, tools, and information that helps you to make significant progress in getting free of Lyme disease. A set of highly individualized one-on-one treatments that are tailored to help you address your most pressing symptoms and concerns including: daily chronic pain, brain fog, painful emotions, neurological problems, joint discomfort, and chronic fatigue.

Through the Goodbye Lyme Treatment Program, you will get a scan which checks for over 400 different infections, looks at levels of toxicity, inflammation, depletion in the different systems of the body: nervous, digestion, hormonal, endocrine, immune, etc.
In many chronically ill Lyme patients, they may have hidden liver and intestinal parasitic infections, Brucellosis, mold, yeast, and untreated viral infections even if they have received antibiotic treatment. Using the scan results and a clinical evaluation, you will receive a customized step-by-step treatment program to help you achieve the following:

1) Identify hidden or under treated infections that are causing persistent of relapsing symptoms.
2) Identify and repair challenges to detoxifying effectively through these methods: genetic, cellular, digestion, liver, gall bladder, and skin.
3) Reduce and eliminate troubling symptoms in your brain, joints, and muscles
4) Eliminate Lyme disease, co-infections, parasites, fungal or mold infections, with powerful remedies and treatments
5) Restoring mental clarity and memory recall
6) Dissolving biofilm, removing cysts and getting infections out of their hiding places

If you are tired of recurring symptoms despite months or years of medications, and going from specialist to specialist, the Goodbye Lyme Treatment Program gives you a customize treatment approach to help you see results in months instead of years. This program has helped other people who have had similar challenges to healing their Lyme disease. In each session, you can find relief for physical, emotional, or mental problems that have been bugging you for a long time.

This treatment program is at the Two Frogs Healing Center located at 10 N. Jefferson Street, Suite 203, Frederick, Maryland. You can read about the different methods of treatments at www.GoodbyeLyme.com.

For licensed medical practitioners: Enroll in the Stopping Persistent Lyme Disease Training Seminar

There is a great need for licensed medical providers and alternative health professionals that can help people who have contracted Lyme disease. The Centers for Disease Control (CDC) estimates over three hundred thousand (300,000+) new cases are contracted every year. Early treatment yields the greatest chance for eliminating Lyme disease.

Alternative treatments like acupuncture, liposomal herbs, essential oils, frequency specific microcurrent, cold laser delivered remedies, and wet cupping detoxification can help you kill off a persistent infection along with antibiotic therapy. These treatments help reduce unwanted side effects like herxheimer reactions, chronic pain, and secondary infections like yeast or C. Diff. If you are struggling with recurring symptoms of Lyme disease or co-infections, refer your licensed medical practitioner to this training seminar.

http://goodbyelyme.com/training
About The Author

It was all over when I saw Bill Moyers’ 6 hour interview of Joseph Campbell. Joseph reminded me of my Uncle Tommy who I loved immensely. My career as a software engineer at a NASA contractor would never fulfill me in the same way. My heart had been awakened and I spent the next year trying to find my bliss in some of the strangest places.

I became a teacher of the Alexander Technique. I met and hung around with some of the most accomplished musicians and performers. We learned how to teach others how to align our posture without pushing or pulling.

I studied alongside accomplished healers who were learning the Craniosacral Technique. We saw how small and gentle changes in the head and neck can make a tremendous difference in clarity, well-being, and balance.

I felt like I was transported to another place and time when I went to my first Washington DC Men’s Council meeting. I walked into a room with over 60 men drumming, dancing, and yelling. I later joined an men’s organization called the Mankind Project through the New Warrior Training Adventure.

My next stop taught me how to needle people and give them ancient herbal remedies for healing. Acupuncture taught me how to help people through subtle healing energies.

I found a Sufi Spiritual Healing school called the Jaffe Institute. I took all their courses and became an assistant faculty too. I was made a Master Healer and a Master Teacher by the Sufi Spiritual Guide from Jerusalem named Sidi al-Jamal. A big surprise came next.

My daughter Rabia was born and my life has been a huge blessing since. And then my second daughter Kaiya was a continual reminder of how precious a new life is.

We were so inspired by our tiny tree frog named Max Kiwi Bob, we decided to start a healing center in Frederick, Maryland named the Two Frogs Healing Center.

We are always happy to hear from you. Please feel free to drop us an email at: eelgreg@twofrogscenter.com

Warmly,

Greg Lee, Co-founder of the Two Frogs Healing Center
Healing Chronic Lyme Disease Pain through Natural Food

Greg Lee

www.GoodbyeLyme.com

Two Frogs Healing Center

10 N. Jefferson Street, Suite 203
Phone: 301.228.3764
Email: TwoFrogsHealingCenter@gmail.com