

Lyme Disease & Protocol

Liz Moore

I am no longer taking Beta Glucan. After being on it for almost 4 months my immune system dropped another 50%. I was at an all time low according to my blood studies I received in December. What this means is that the Lyme Disease was handcuffing my Lymphocytes and rendering them useless. This was not good news.

For five years I had been taking handfuls of supplements from one particular company. I was completely exhausted and it was difficult to do any normal tasks again. It was pretty discouraging. At this point Andy and I started to take a good look at those supplements as we asked why my immune system was dropping along with my energy level. What we discovered was that this supplement company was a marketing company that did not have their own manufacturing facility, but someone else manufactured their products for them. Also, the supplements were, for the most part, synthetic isolates. My body (and anyone else's) cannot efficiently use synthetic isolates. Very often the body recognizes them as invaders and tries to dispose of them as quickly as possible.

What I have discovered with Lyme Disease is that it is more than a bacterial infection that can be "cured" with antibiotics. It is a disease that interferes with your immune system. It is vital that the immune system stays strong to destroy the bacteria! Antibiotics are only one part of the whole puzzle that helps with this

disease. I know you know this as well!

I did not have the energy to even research another company. A friend suggested Standard Process, as they are whole food, but I felt worse after being on them for almost 6 weeks. So we continued to pray that the Lord would just guide us in this area!!!

At the end of January, my daughter, Emily, and I were at Patrick Henry College to be extras in a Christian film. I overheard a woman in the lunch line (during break) talking about nutrition and supplements. My ears perked up and she explained to me about a company called GNLD whose supplements are all natural, organic, from whole foods and manufactured in their own FDA licensed facility. This sounded too good to be true, so I got all the information, and Andy researched the company (he is my science guy literally!!), and I looked at the ingredients of the supplements and learned as much as I could about the company and its products.

Well, in the beginning of February I decided to try the products, and they are working! After 5 weeks on them I was able to ski with my family for the first time in years in 14 inches of new snow over bumps and through the trees...we were all aghast!!! Anyways, every day I see improvement in very small ways. I have more blood studies at the end of April, and we are praying that they

show the kind of improvement I am feeling.

I have included an attachment of a testimonial of a girl that was diagnosed with MS, then a year later she got Lyme.....well it is a great story.

As I stated earlier, I believe Lyme Disease is an immune system issue, so in addition to whatever treatment your friend is on she must also take care of other areas of her life.

Diet is a biggie!!! I strongly recommend that no one with Lyme Disease should be on sugar of any kind and they should probably go off dairy. And I don't like wheat either. Stress is another issue, and of course probiotics!! Sleep is extremely important. I was not sleeping at all and over the last couple of years I would wander the house for 4-5 hours at night and then collapse exhausted and sleep until 10:30 AM. This is not a great schedule when you are trying to homeschool!! Since GNLD I now sleep 8-10 hours a day which I know is also restoring my immune system.

The name of the company is GNLD and their website is: www.gnld.com

I am taking the following supplements from them every day and I would consider this to be a base for helping with Lyme Disease:

Active 40+ - 1 packet
Garlic Allium -10 tablets
Acidophilus Plus - 5-10 capsules
Salmon Oil Plus - 6 capsules
Carotenoid Complex - 9 capsules

I am obviously taking more than the recommended daily amount but this protocol is helping me so much. I do take additional supplements but I believe they are not totally necessary for Lyme. If your friend has specific issues, I can recommend additional supplementation that will help her.

I will pray for her. This is a tough disease to get under control, but I believe it can be done!!! Praise God!

Let me know if she has any questions I am happy to talk to her.

Take care,

In HIM,

Liz Moore