



UPROOTING LYME

NATURAL PREVENTION OF LYME DISEASE: PROACTIVE STEPS + DECISION-MAKING GUIDE

As experts in holistic Lyme disease treatment, we seek to educate and empower people in ways to effectively prevent Lyme disease in the event of a bite. For starters, the best medicine is tick bite prevention!

TOP TIPS FOR TICK-BITE PREVENTION

When enjoying the outdoors, use a natural, essential-oil based repellent, such as the [Welcome to the Woods Insect Repellent Lotion](#) or [Spray](#).

Upon returning home, change out of your clothes and put them into the dryer for 40 minutes.

Shower or bathe yourself using a rough loofah-type sponge. After drying off, place dabs of [clove essential oil](#) directly on a few “hot spots” of the body such as the nape of the neck, waist, and backs of the knees.

The products mentioned are available at www.uprootinglyme.com. We find that people who follow these few basic steps almost never suffer tick bites. However, even when we do all the “right” things to prevent a tick bite, it still can happen. If it does, here’s what to do:

TICK BITE TREATMENT & LYME DISEASE PREVENTION

Remove the tick with tweezers by grabbing hold of the head of the tick (not the body) as close to the skin as possible and lifting straight up.

If the tick is still whole, you may send it for testing of infectious diseases at: <https://www.tickreport.com/>. If the tick is free of disease, then you don’t have to worry about getting sick!

In the meantime, place [clove essential oil](#) directly onto the tick bite and beyond the border of any redness. Do this 2x / day until signs of inflammation (redness, itching) disappear. It is a strong, penetrating broad-spectrum antimicrobial right where you want it most.

For internal Lyme disease (and co-infection) prevention, we recommend taking Colloidal Silver at 1 teaspoon / 2x / day + [Exterminator tincture](#) at 1 teaspoon / 2x / day taken together in 2 oz. of water. These are also broad-spectrum and so may work against the range of possible tick-borne infections.

Follow the preventive regimen for 2-3 weeks and stay observant in case any unusual symptoms emerge. Most of the time when people follow this plan, they do not become ill.

WHEN TO TAKE ANTIBIOTICS

If you develop a Bull's Eye (target) or other type of rash at the site of the bite or elsewhere on the body;

If you develop a fever, fatigue, aches, swollen glands, or any other symptom that doesn't have another clear cause then it may be due to tick-borne infection. Even if it goes away on its own, if your system is developing symptoms you will want to take at least one 3-4 week round of antibiotics.

If you do need to take antibiotics, be sure to continue taking the colloidal silver and Exterminator tincture OR our Rapid Recovery Essential Oil blend. These can all be taken at the same time. Also take Saccharomyces boulardii probiotics, two hours after you have taken your antibiotics. The herbals should be continued for 2 months after symptoms disappear and you are feeling all better.

The Uprooting Lyme approach seeks to minimize antibiotic use. In some parts of the country where tick bites are common, taking antibiotics every time a tick is removed would be harmful to one's health. However, if there is clinical evidence of infection, antibiotics + herbals together is the best way to ensure a complete recovery.

TESTING

The ELISA test is extremely unreliable. Always request the Western Blot when testing for Lyme-Borreliosis.

Following a tick bite, the Western Blot test cannot reveal the presence of infection until at least 6 weeks post-bite, so there is no point doing blood work until after this time has passed.

The Western Blot is only about 65% accurate, so do not rely on any blood test to decide definitively whether or not you have Lyme disease.

There are numerous co-infections (similar diseases that can infect the body at the time of a tick bite) that each require distinct testing and clinical evaluation.

Unfortunately, testing for Lyme-Borreliosis and some co-infections is very unreliable. True diagnosis can be made by a knowledgeable health practitioner who will evaluate your signs, symptoms, bloodwork, and history to give you accurate feedback and direction for further diagnosis and treatment.

If you do become ill with Lyme disease or a co-infection, more complex (and personalized) natural treatment is highly recommended.

If you have questions or would like a clinical consultation to determine your diagnosis and/or seek holistic treatment, please call or email our clinic at (845) 687 – 6211 or info@uprootinglyme.com.