

What Psychiatrists Need to Know About Lyme Disease

Edited by :

**Drs. Virginia T. Sherr
and Debra J. Solomon**

When Should a Psychiatrist Suspect Lyme Disease?

In a published study (Hajek et al, Am J Psychiatry 2002;159:297-301), one-third of psychiatric inpatients showed signs of past infection with the Lyme spirochete, *Borrelia burgdorferi*. The International Lyme and Associated Diseases Society (ILADS) has found that even severe neuropsychiatric behavioral symptoms in this population can often be reversed or ameliorated when antibiotics are used along with the indicated psychiatric treatments.

Don't miss this crucial diagnosis:

Patients with late-stage Lyme disease may present with a variety of neurological and psychiatric problems, ranging from mild to severe. These include cognitive losses such as memory impairment or loss ("brain fog"), dyslexia and word-finding problems, visual/spatial processing impairment (trouble finding things, getting lost), slowed processing of information, psychosis, seizures, violent behavior, irritability, rage attacks / impulse dyscontrol, anxiety, depression, panic attacks, rapid mood swings that may mimic bipolarity (mania/depression), obsessive compulsive disorder (OCD), sleep disorders, attention deficit/hyperactivity disorder, (ADD/ADHD)-like syndrome, and Autism-like syndrome.

Lyme disease is one of the fastest growing infectious diseases in the nation. The Centers for Disease Control and Prevention (CDC) reported over 23,783 new cases in 2002, and the government agency estimates that the total number may be tenfold higher. The disease is caused by the bite of a deer tick infected with the *Borrelia burgdorferi* (Bb) spirochete and may be complicated by other parasites or coinfections. It is hard to diagnose because fewer than half of all Lyme patients recall a tick bite or develop the signature erythema migrans ("bullseye") rash. As a result, many patients go untreated and develop psychiatric and/or neurological symptoms.

Lyme disease sometimes begins as a flu-like illness accompanied by fever, headache, sore throat and joint pain. After infection,

patients may develop cardiac or early neurological problems including meningitis, encephalitis and cranial neuropathies. Look for eyelid droop, facial weakness, numbness or pain, shoulder droop, sensory distortions or any other focal neurological signs. There may be a history of neck pain and stiffness or muscle twitching. Some patients may have arthritic symptoms in single or multiple joints. Most patients mention this to a psychiatrist only if directly asked.

At any time after a tick bite, patients may also exhibit cognitive symptoms such as memory and concentration impairments and word-finding difficulties, ADD/ADHD-like symptoms, learning disabilities, OCD, crying spells, rages, depression/bipolar disorder, panic/anxiety disorders and psychoses - all may be caused or exacerbated by Lyme disease.

Disorders of the nervous system have been found in 15 - 40% of late-stage (tertiary) Lyme patients (Caliendo et al, Psychosomatics 1995;36:69-74). When Lyme disease affects the brain, it is often referred to as Lyme neuroborreliosis or Lyme encephalopathy. Usually the patient is totally unaware of its presence.

Neuroborreliosis can mimic virtually any type of encephalopathy or psychiatric disorder and is often compared to neurosyphilis. Both are caused by spirochetes, are multi-systemic, and can affect a patient neurologically, producing cognitive dysfunction and organic psychiatric illness. Such symptoms may be dormant, only surfacing years later. Dr. Brian Fallon, director of the Lyme Disease Research Program at Columbia University and principal investigator of the NIH-funded study of brain imaging and persistent Lyme disease, cites five questions that imply warning signs of possible Lyme encephalopathy:

- ❖ Are there markers of non-psychiatric disease such as erythema migrans rash, arthralgias or arthritis, myalgias, severe headaches, sound or light sensitivity, paresthesias, diffuse fasciculations, cardiac conduction defects, word finding problems, short-term memory loss, tremors, cranial neuropathies, and/or radicular or shooting pain?

- ❖ Is this psychiatric disorder atypical or unusual? For example, does a panic attack

last longer than the expected 1/2 hour? Or is it a first-ever panic attack at age 50?

- ❖ Is there poor or paradoxical response or excessive side effect sensitivity to medications that are expected to be helpful for particular psychiatric symptoms?

- ❖ Is this new-onset disease without psychological precipitants such as new stressors or secondary gain?

- ❖ Is there an absence of a personal history or family history of major psychiatric disturbances?

Negative answers to these questions do not rule out the presence of Lyme disease. But a "yes" to most of the questions, especially in a patient with an out-of-doors lifestyle or a pet, demands further clinical assessment. Dr. Fallon recommends Western blot serologic studies, lumbar puncture, neuropsychological testing, brain MRI and SPECT (single photon emission computerized tomography) scans. For more information, see www.columbia-lyme.org.

Other helpful tests may include PCR for *Borrelia burgdorferi* in blood, serum, cerebrospinal fluid (CSF) and urine, and/or *Borrelia* antigen testing in urine and CSF. Because blood tests at the top three general medical laboratories in the nation fail to detect 35% of Lyme antibodies, ILADS recommends use of laboratories that specialize in Lyme and other tick-borne illnesses.

Contact www.lymediseaseassociation.org for a listing of recommended labs. Blood tests should not be used to rule out Lyme disease when there is a strong clinical presentation. Dr. Robert Bransfield, a psychiatrist who specializes in infectious causes of neuropsychiatric illness, has developed a structured clinical interview to assess seronegative patients. See www.mentalhealthandillness.com

What to Do?

Screen patients for Lyme symptoms, especially those with complicated or atypical presentations. Be suspicious of Lyme if a patient mentions cognitive changes, extreme fatigue, weight changes, headaches, fibromyalgia, a history of "mono," "spider bites," multiple sclerosis, explosive rages or sudden mood swings. To elicit data about



cognitive problems ask broad questions such as, "How do you think your brain is functioning?" or "How many things can you handle at one time?"

Consider Lyme disease in children with behavioral changes, fatigue, school phobias, academic problems, learning disabilities, headaches, sore throats, GI complaints and/or migrating pains. In teens, Lyme disease may be complicated by drug abuse.

The Lyme spirochete is slow growing and can be difficult to treat, so be sure the patient is treated with appropriate antibiotics for at least two to four weeks beyond symptom resolution. Most individuals with Lyme disease respond to antibiotics, but the treatment course is highly patient specific. ILADS has published evidence-based guidelines for the diagnosis and treatment of Lyme and associated tick-borne diseases (Expert Rev Anti-Infect Ther 2004;2(Suppl):S1-S13). For more information, visit the ILADS website at www.ilads.org.

Some of the common symptoms of late-stage (tertiary) Lyme disease and other tick-borne coinfections:

- * Profound fatigue
- * Chills, sweats and skin flushes
- * Night sweats
- * Migrating arthralgias
- * Muscle pains/twitching
- * Sleep disturbances
- * Severe headaches
- * Shifting neurologic pains
- * Tremors, shakiness
- * Numbness, tingling sensations, pain often shifting and unusual in type
- * Cranial nerve disturbance (Facial numbness, pain, tingling, paralysis, optic neuritis, trouble swallowing, distortion of smell or taste) See Category below.

The more severe neurological symptoms or disorders associated with late-stage Lyme disease:

- * Progressive dementias
- * Seizure disorders
- * Strokes
- * ALS-like syndrome (similar to Lou Gehrig's Disease)
- * Guillain-Barre-like syndrome
- * Multiple sclerosis-like syndrome
- * Parkinson's disease-like syndrome
- * Other extrapyramidal disorders
- * Visual disturbances or loss

Checklist of common cognitive impairments in Lyme disease (from Marian Rissenberg, Ph.D., clinical neuropsychologist)

Losses in fields of attention/executive functions such as inability to maintain divided or sustained attention, auditory and mental tracking and scanning, and memory retrieval can affect:

- * Memory functions (lost items, missed appointments, retold stories)

- * Language functions (halting speech, disrupted participation in conversation)

- * Visual/Spatial Processing (Inability to find things, tendency to get lost, disorganization, difficulty reading, especially for enjoyment)

- * Abstract reasoning (Poor problem-solving/decision-making)

- * Slowed processing speed (Familiar tasks take longer, can't follow conversations well).

Most or all of these impairments, if caused by neuroborreliosis, may improve with proper antibiotics combined with other appropriate symptomatic treatments.

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A Member of the Club



by Joan Vetter

I'm a reader - I read signs, advertisements, whatever is in print out there before my eyes. So quite naturally, as I waited to meet a friend for a baby shower at the Walnut Creek Country Club, my eyes drifted to the notice printed on the wall.

The first words seemed to be lit up as they reached my heart..."A member of the club."

It speaks of belonging - and not belonging. We all like the feeling of belonging - of being a valued "member" of a family, an organization, or a church. Although, just being a member doesn't always give us the satisfaction that we "belong". In our hearts there is only one place where we can always come home to that belonging place, and that is with the One who created us.

With the country club, only those who have paid their dues are eligible for the benefits. With the Lord, He says everyone who is thirsty or hungry come - even you who have no money. Why do you spend your wages for what does not satisfy?

(Isaiah 55:1,2)

The country club provides a network of more than 140 private clubs and access to more than 800 affiliates. That certainly stretches out those dues to provide more belonging.

But, once we discover ourselves brought into the family of God, we enjoy the privileges of sisters, brothers - family - all over the world. Jesus' response to one who told him that his mother and brothers were outside was, "Who is My mother and who are My brothers?" Then stretching out his hand toward his disciples, he proclaimed, "Here are My mother and My brothers! For whoever does the will of My Father in heaven is My brother and sister and mother."

Our Father's heart is relationship. Adam and Eve

were created to have fellowship with God, but an enemy got in the way. That's why He sent Jesus - so that Jesus could reconcile us to the Father. His desire is a close knit family. Ironically, so many of us want the same, but it seems often out of reach because we have an enemy who comes to lie and to steal our belonging place. One of the tactics he uses - even after we have come to know Jesus - is to tell us that the Father's love is conditional.....Can you grasp the truth that you were created simply because He wanted someone to love?

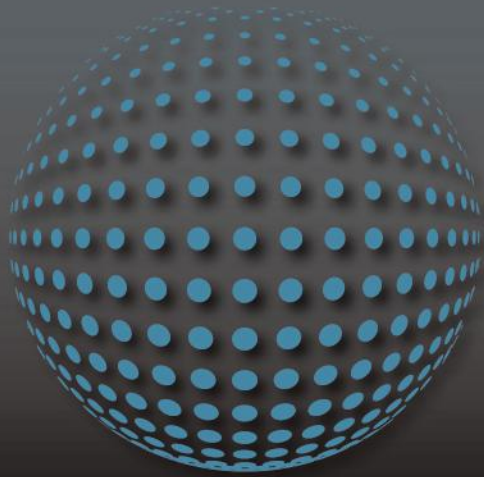
My mother and I work on puzzles quite often, and the Lord used that to speak the following word to me:

You Complete the Picture

Do you understand

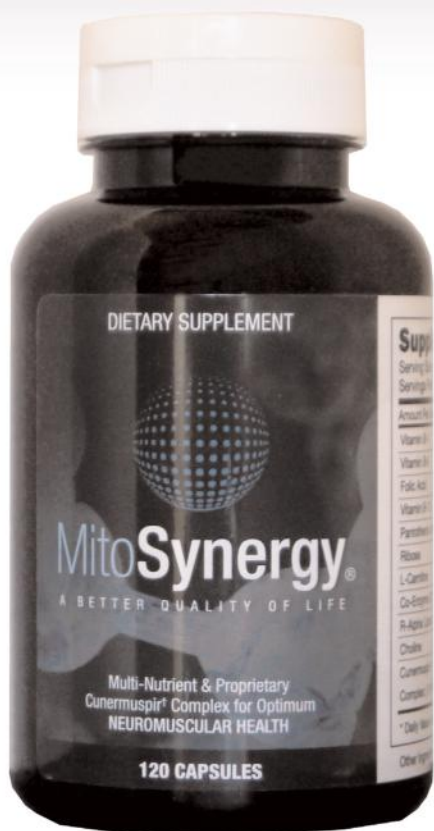
you were created to meet a need in my heart - a need with your name on it - a need only you can fill. Look around - you'll see no two people the same - even twins - You are unique, and like a piece to a puzzle fit into a space in my heart. You know how you'll find a puzzle piece that looks right but doesn't fit exactly - but when you find the right one there is that "Ah - this is it feeling." That's what I feel when you come to me. At the end of the age every person will fit into the place I have ordained to complete the beautiful, unbroken picture of the Kingdom of God.

Joan Vetter has been a freelance writer the PHA newspaper for approximately 5 years. Her focus of interest is Faith in Christ during the process of healing.



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Chronic Illness: A Lifelong Battle of Lyme & Graves' Disease

by Pamela Ward

My story begins in my childhood days. I cannot say for sure if I had been bitten by a tick as a child or as a teenager. I was always an outdoorsy person and had a great love for animals. I was the kind of kid that loved to build forts in our woods, catch crayfish in our creeks, and go berry-picking along the trails. I had cats and dogs all of my life and used to go horseback riding often at a friend's house. I also spent a lot of time in the Adirondacks at my friend's camp. Between the ages of six and ten years old, I was a girl scout. We spent a lot of time tenting, camping, hiking, and going to ranches to horseback ride. It was a great experience and indeed a lot of fun.

In my younger years, however, I was sick with ear infections, strep throat and allergies so severe that I was diagnosed with Hay Fever. At one point, my pediatrician suggested tubes in my ears to minimize the infections. By the time I started Junior / High School, I had more bouts of Strep infections and started to develop sensitivities to materials/fabrics or fragrances and, as a result, had rashes and hives. After taking hot showers, my skin would have itchy red blotches all over, but I passed it off as having the water too hot. By the time I was 15 years old, I had to have my tonsils and adenoids removed. My throat was so closed up that I felt as though I was being choked. Shortly after that, I had a hard time swallowing. I assumed it was from not having my tonsils anymore and I needed to learn how to swallow all over again. I would gag on pills and choke until anything I tried to swallow would eventually come out of my nose. Horrifying, yes, but I eventually got control back to where I could eat and drink normally. Taking medicine was a different story. I could not get a pill down without eating something first, almost as if I had to trick my mind into it.

One year later, my best friend had gotten me a kitten for my 16th Birthday. This kitten was very playful and loved to be outdoors. During this time, and around 17 years old, I started to break out into hives a lot, with constant sinus problems and swollen lymph nodes behind my left ear, left elbow, left armpit, and left groin area. The one lymph node behind my left ear had become very large. It was not going away and appeared to get bigger. My mother brought me to a doctor and it was suggested that I have it removed right away. This particular doctor had already informed my mother that it was a possibility that I had Hodgkin's Disease. After I had the outpatient surgery to remove my lymph node, I was getting dressed and overheard the doctor dis-

cussing with my mother that he was going to test the lymph node for cancer. I was devastated... I was only 17 years old and I thought I was going to die from cancer. When the tests came back, I was told I had Cat Scratch Fever. I was so relieved. I thought to myself, "It's not cancer, it's just Cat Scratch Fever", something that I have only known to be a song. Little did I know! During that year, I then started to get a rash around my mouth. The rash was blistering and surrounded my whole mouth. My doctor believed it was an allergic reaction from the penicillin that I was on. The part that didn't make sense was that the rash became worse over time and appeared to have spread before it got better.

Over the next few years, I had trouble with pain in my feet. I thought it could be the shoes I was wearing or long hours on my feet while at work. I had rages and would get into altercations more frequently. I was the type of person that wanted to be liked, not hated. While at school one day, I was walking to my locker with my friends and my vision turned "white." I could not see anything but white. I was sent home from school and I thought I was having some type of "Ocular Migraine." After graduating from high school, I began to work for an agency for the mentally and physically challenged. Once again, I was exposed to camping, walks in the parks on trails, feeding the deer and hiking. One day at work, I was feeling tightness in my chest so I went to see the RN on duty. She took my vitals and informed me that my blood pressure was 60/40. She actually said to me, "I don't know how you are still standing and haven't fainted." I was taken to the hospital and hooked up to an EKG machine. I literally thought I was having a heart attack. Come to find out, I was experiencing my very first panic attack. This was the beginning of the plethora of episodes that were to come. I had just started to work in a new classroom as a Human Service Aide. On one particular day, I was reading aloud to my consumers and my speech was not coming out quite right. I felt as though someone was holding my tongue. I had a brief episode of speech slurring. I consid-

ered it my "lazy tongue" and thought nothing else of it. Another time while at work, I had attended a meeting which was very stressful but nothing that I wasn't used to. While talking and taking notes, my neck started to bother me. I just brushed it off thinking that my neck was getting stiff from looking down. Then it got worse. The pain and stiffness was very intense and I could not turn my head.

Needless to say, I had to leave work early after the meeting. This neck pain and stiffness carried on into the week, and then up to a month. I missed a lot of time at work and even had a chiropractor come to my house to try to help. Nothing worked, and nothing relieved the pain. Finally, one day, it started to go away. To my knowledge, I

have had multiple episodes of "Lyme Flares" while working, but each time, I passed it off as caused by something at work. For instance, I was running down the hall trying to stop a consumer from fleeing the building, and when I took a step and turned, my knee gave out and I fell. I have had knee pain before, but this time I needed to wear a knee brace on my leg until the pain subsided. At other times, taking a step up onto stairs would cause extreme pain in my knees as if they were to give out. A lot of my health problems were so on and off that I never pointed it to one specific problem or cause. I never put all of my symptoms and injuries down to piece it together and say a possible tick bite did all of this. When you put it on paper, it makes you think of so many incidences. I could remember a large bruise on my chest. I also had sore ribs. I assumed it was from dealing with behaviors and I was kicked or punched. Once again, I was at a specialist's office, a Thoracic Specialist, thinking I had a broken rib.

Other symptoms that were of concern to me were multiple skin rashes that mostly appeared on my left hand. It was believed to be a latex allergy to the gloves I would wear at work. In my early 20's I would like to go out with my friends. We had our share of parties and going to clubs but, for some reason, I had a hard time with alcohol. I used to think it was a normal feeling that everybody experienced but until I knew better, it wasn't. After having only a couple of drinks, my arms would go numb and become very heavy. I used to say, I know

when I am drinking because my arms get "drunk" first. Like I said, this was just the beginning but more was to come.

When I was around 23 years old, I fell directly on both of my arms while having rollerblades on and attempting to stop from going into a wall. The pain was very intense and I was at the ER. I had fractures to both elbows and contusions to each shoulder. To say the least, I was physically disabled and needed assistance to do everything. After my arms healed, I was able to go back to work. From that point on, more issues began. I had more episodes of slurred speech, migraines and extreme stomach pains. I assumed it was "normal" and ignored everything. I was not a complainer and was the type of person to say, "I feel great" during my yearly physical at the doctor's.

I started to have a lot of pain during menstrual cycles. During an ultrasound, it was discovered I had cysts on my ovaries and fibroids on my uterus. I was constantly feeling fatigued and a general malaise all of the time, which I attributed to an unhappy relationship I was in. I ended up moving back home to my mom. I started to have really bad nightmares and night sweats. This was continuous. I became very sick around the springtime with five infections - sinus, strep, upper respiratory, ear, and bronchitis. I could barely lie down or sit up because of the pain. This was a 2 week sickness and I missed out on a family vacation because of it.

Around the same year, I was looking to get my own place. I was doing a lot of overtime and things were starting to look better.... or so I thought... I was just moving into my new place and was talking on the phone with my sister. My speech slurred a little and I laughed it off and told her, it was just my "lazy tongue." It happened a couple of more times but still I did not bring it up to my doctor. I started to experience really bad lower stomach pain that would feel like a "gall bladder attack" but it was not my gall bladder. Then I noticed a lump in my left breast. I did finally go to see a doctor because this time, I knew it was "important." Sure enough, I needed to have surgery. Once again, I had the Cancer Scare. Luckily, it was not breast cancer, but it was a fibroid tumor. A couple of months later, I was getting into bed and as I was going to turn the T.V. off and roll over... I couldn't! I literally couldn't lift my legs up. When I touched them, I could feel the sensation (Thank God because I thought I had become paralyzed.) I immediately called my mother, but the weird thing was that I was not panicked. I said, "Mom, I can't move my legs," **"Chronic Illness" ...pg 6**

I was always an outdoorsy person and had a great love for animals. I was the kind of kid that loved to build forts in our woods, catch crayfish in our creeks, and go berry-picking along the trails.

Public Health Alert

The PHA is committed to researching and investigating Lyme Disease and other chronic illnesses in the United States. We have joined our forces with local and nationwide support group leaders. These groups include the chronic illnesses of Multiple Sclerosis, Lou Gehrig's Disease (ALS), Lupus, Chronic Fatigue, Fibromyalgia, Heart Disease, Cancer and various other illnesses of unknown origins.

PHA seeks to bring information and awareness about these illnesses to the public's attention. We seek to make sure that anyone struggling with these diseases has proper support emotionally, physically, spiritually and medically.

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The Principle of Laughter: The 8th Step

by Dr. Rashid A. Buttar, D.O.

"Laughter is the best medicine" isn't just a metaphor. It's real science. When you laugh from that deep place within, the real deep belly laughs, an entire cascade of events begins to take place. For instance, CD 3 and CD 4 counts, which determine the body's immune response, have been shown to increase when you laugh. B-cells, which produce antibodies, have also been shown to significantly increase with laughter. Your respiratory rate changes, and the amount of oxygen you're able to process increases dramatically. The blood vessels dilate and allow more blood to pass, while the lymphatics-your "other circulatory system" responsible for removing waste in your system-dramatically improves in functioning. All this is directly related to the movement of the diaphragm, which acts like a pump when you laugh.

As you laugh, you open up, let go, relax and allow your physiology to begin skipping through life instead of continuously dragging. This results in an improved sense of well-being that people can't pinpoint but are adamant they feel. The point is that positive energy begins to flow through your entire body. This positive cascade that you experience also happens to be contagious. When someone else sees you laughing sincerely, they either begin to laugh with you or they have a huge smile on their face because it makes them happy to see someone else laugh.

The mere act of laughing is a way of transferring positive energy life force to someone else. I like to call it positivity-a shift to the bright side of any situation. It has a ripple effect that steadily moves outward from you, just as a pebble falling into a still pond creates the ever-increasing ripples. This ripple effect caused by laughter touches others and fills them with the same positivity. But the amazing part of this entire reaction is that this positivity is like a boomerang. It goes out from you but it comes back and fills you up even more, all in a matter of seconds and with more power than when you sent it out. It's an "exponential" return on your investment.

For example, we all know at least one person we absolutely just love being around. You could be having the worst day imaginable, but when this person walks into the room, he or she lights everything up. That person has a gift of being able to generate positivity and knows how to empower others with it, but the gift isn't unique or rare. The gift isn't the ability to do this but rather the knowledge of how to harness this universally available and abundant source of energy. You have it, and when you learn how

to use it, you can create a healing life force that surrounds you and everyone you come into contact with.

Positivity is a process that is self-perpetuating and grows exponentially. The more you give out, the more you'll get back in return-and it just keeps building. Take the first step in starting this process for yourself, because it's one of the most valuable and precious things you'll ever discover, and the best part is that it's absolutely free. How can you learn to do this? Simple. With the very next stranger you pass on the street, look them straight in the eye and sincerely smile, extending to that person positive thoughts and well wishes silently from inside your mind as you go by. Experiment and see for yourself. I guarantee, as that person passes you, without knowing why, they'll have a smile on their face.

Good Vibrations

Every emotion we experience carries a unique and specific vibration, some positive and others negative. For example, when a very negative person enters the room, everyone can tell. The negative individual doesn't even have to say anything, but when they do, it's usually something negative, further adding fuel to the fire. We all know at least one person like this. Some refer to these people as "energy vampires." If they can't be happy, no one else can either, and they'll try to suck all the joy out of your day and more, if you let them. However, each of us has a choice in how we allow ourselves to feel every day. We've already discussed how thoughts affect your body, so choose positive thoughts that keep you happy and in a positive frame of mind, which in turn will create positive resonance or good vibrations and will help repel the "energy vampires."

Healing in all aspects will soon follow a positive frame of mind, extending beyond your health into other areas of your life even if you didn't realize you needed it. One amazing aspect of laughter is that when you share it with another, the energy expended comes back to you exponentially-just as with positivity. It's multiplied and comes back at a far greater rate than even a bank charges interest. Remember that energy breeds more energy. It's just like exercising. You have to expend the physical energy to work out, but then you get that zip in your step, that vitality and sense of well-being in return, even when you're not actively exercising. You'll actually experience more energy, but it doesn't just appear. You have to start up the energy "tennis match," but once it's started, it's easy to keep it going.

One of the easiest

methods of creating positive thoughts, which also allows energy to breed more energy, is by surrounding yourself with as much humor as possible. Humor really is infectious-and becomes contagious-but only for the good. In fact, regular laughter is far more contagious than any disease or infection. It has a domino effect, with such benefits as increased intimacy, uniting and binding people, creating healthy amusement in addi-

Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh.

tion to all the health benefits mentioned in the preceding paragraphs.

Besides increasing energy and enhancing the immune system, laughter diminishes pain, improves focus, reignites hope, restores connections, enhances relationships, relieves tension, relaxes muscles, optimizes hormonal balance and reduces the effects of stress.

It's interesting to note that infants begin smiling within the first month of life and begin laughing within just a few months of being born. Researchers have studied the release of endorphins, as well as vasodilation of blood vessels resulting in increased blood flow and reduced incidence of heart attack and stroke as a result of laughter. Other studies have shown improvements in mood, reduction in anxiety and depression and shifting perspectives into a positive light when people laughed. For this reason alone, begin setting a goal to make laughter a part of your daily life and to use humor in all your interactions with others.

Beginning this transformation in your life may seem difficult now, but once you begin, the momentum will carry it forward. Some ways to facilitate this change are as follows:

- ❖ Begin by laughing at yourself.
- ❖ Make a joke of situations you would normally complain about.
- ❖ Watch children and use them as examples of how to laugh and take life lightly.
- ❖ Bring humor into conversations.
- ❖ Move toward the sound of laughter.
- ❖ Spend more time around funny people.
- ❖ Read funny jokes and share them with others.
- ❖ Watch a funny movie or

TV show.

- ❖ Read funny stories and comic strips.
- ❖ Count your blessings while smiling.

Another important component of humor is how it comes full circle to help overcome challenges that we face daily. We can learn a lot from children and how they naturally approach problems. Even when afraid or confused, they try and make a game of their challenge, allowing themselves an opportunity to experiment with new solutions while also getting some sense of control over the situation. This approach to solving problems naturally utilized by children is heavily based on imagination, laughter, play and fun. Not only does this make life more enjoyable, it also allows for solutions to appear, connections to be made and creativity to flourish. People who daily incorporate play and humor find it also to be highly beneficial in establishing and strengthening relationships.

What's so funny about laughter?

Laughter is contagious. It's an energy exchange that moves outward from you, touches others and comes back to you with twice as much energy as you expended. The energy output from laughter is a powerful healing force, and you have the choice to use it every day of your life.

Why is laughter really like medicine?

Science has shown that the immune system's response strengthens when we laugh deeply, from within ourselves. It also creates an entire cascade of chemical events and initiates physiological cascades inside your body that overwhelm you with a sense of well-being while actually stimulating certain processes that enhance your health. For example, laughter stimulates the lymphatic system, increases lung capacity and dilates blood vessels, allowing you to process larger amounts of nutrition and oxygen to feed and regenerate your cells and efficiently eliminate waste and toxins from your body.

How can I laugh if I'm not feeling my best?

Everyone can laugh, at any time. It's simply a choice to allow yourself to laugh. My daughter has refused to smile whenever she's angry with me about something. I'll tell her she can be angry, but she has to smile, and then I'll begin to tease her to the point that she can't help but laugh. Of course, she'll usually tell me, "You're strange, Dad," and point out that she's not laughing with me but rather at me. However, she's usual-

ly laughing by the time she's telling me this and that was my goal in the first place. Try to sit through a few scenes of your favorite comedy. Watch old movies of your children or grandchildren. Children and animals are great for laughs. Reminisce about funny stories with friends. Soon you'll be feeling too good to feel bad.

If I laugh more, what do I get besides a stomachache?

When you laugh, you attain freedom, relaxation, peace and energy. Your body will feel lighter as you experience the blessed gift of not taking life so seriously. Every cell in your body will begin to expand with positivity while you're laughing, allowing you to heal faster and with less effort. Better yet, you'll become one of those high-energy, positive people everyone loves being around, and in turn, you'll attract only the same types of individuals.

Why is Step 8: The Principle of Laughter so important?

Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert. With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health.

Humor and playful communication strengthen our relationships by triggering positive feelings and fostering emotional connection. When we laugh with one another, a positive bond is created. This bond acts as a strong buffer against stress, disagreements, and disappointment.

The excerpts above were taken from Chapter 10 of the international best selling book, "The 9 Steps to Keep the Doctor Away" by Dr. Rashid A. Buttar, D.O.

If You Can Take a Few Simple Actions... This Book Will Quickly Give You a Whole New Life!

The 9 Steps program is a breakthrough process designed to do 3 main things:

1. Help you discover, understand and ACT upon the most powerful methods for removing dangerous toxins from your body...
2. Shift your mind so that you feel excited and eager to make the necessary changes in your life and ...
3. Radically transform your mood, confidence and sense of well being.

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She asked, "What do you mean you can't move your legs?" I said, "I can feel them when I touch them, but I cannot lift them up unless I use my hands." She was ready to come and get me to bring me to the hospital, but I told her not to worry, and I was going to go to sleep. I hung up the phone, lifted and adjusted my legs where I wanted them to be positioned and I went to sleep. By the morning, I got up and had no problems with my legs, so I never mentioned it to my doctor.

For the next three to four years after that, I had what I thought to be normal body aches. I constantly had hip pain and lower back pain, swollen glands from time to time and the occasional strep, bronchitis, sinusitis, and upper respiratory infections. I went on some hiking trips, fishing and continued life with ailments without a fuss. At the age of 30, I became pregnant. Two months into my pregnancy, I had a miscarriage. I was told there was an infection that could have caused this. Shortly after, I became pregnant again. I was scared to death to be at work because I was targeted by a consumer who would attack me in violent rages. I was becoming highly stressed, irritable, having hot flashes and it was still winter. My hair was falling out

and I was so shaky with heart palpitations. My boss had a meeting with me because I was not acting myself. I was always a caring and patient person, but at this particular time, my body was under a lot of stress and I had no control. They requested that I see my doctor and take some time off from work. I went to my doctor that same day, very depressed and crying and had some bloodwork drawn. Well, to my surprise, I was diagnosed with Graves Disease. I most certainly was not happy with a diagnosis of anything, especially Graves Disease. When I heard "Graves" I thought "Death." OK, well, Thank God that didn't happen.

I was started on medication but because I was pregnant, my endocrinologist took me off the meds to wait it out until I gave birth. The rest of my pregnancy went well. I did have some near fainting spells, and my legs "jerked rapidly" towards my chest, but I figured it was pregnancy symptoms. My thyroid was functioning at a level that was good enough to leave alone. My son was born 2 weeks early weighing 6 lbs. 2 3/4 oz. He was jaundiced, so I had to walk him facing the sun for 15 minutes daily until his bilirubin count was normal. Three months later, I started to have excruciating wrist pain.

It hurt to move or bend in any direction and it became stiff. I figured it was from opening bottles for the baby. After a while, I was unable to use my right hand for anything.

Nine months later, I was dramatically losing weight. I started to lose a lot of my hair again and all of my Graves Disease symptoms started to return. I went back to the endocrinologist, who gave me 3 choices : 1) Radio-Active Iodine (RAI), 2) Surgery or 3) medication that would make it difficult to have more children. My choice came down to RAI, because it seemed less invasive, as well as the choice to have more children. I was also planning my wedding that was to occur five months later so I did not want to have a scar on my neck... being the bride, you want to look your best.

I had to go back and forth to the hospital for three days, taking a radioactive pill that was given to me by a technician wearing protective gear. I was also put on prednisone... BIG MISTAKE! I could not be around people so I had to be out of work. My 18-month-old son had to stay with my sister for a week because I was "toxic" and if he were to hug me, the radioactivity could destroy his thyroid. This was the hardest part of my life. I would sneak to my sister's

house and peek at him through the window while I cried and wished so badly to be close to him. I had to sleep separately from my husband. I had to wash my clothes, blankets and sheets separately. I had to wash out the tub after my shower and wash the toilet after each use. I used plastic forks, spoons and cups and then threw them away due to possible contamination. I became very depressed.

Soon after this treatment, I started to gain some weight. I put on 16 lbs. in two weeks and my skin color turned grey. I was slow and sluggish, very weak, and fatigued. And yes.... I still went to work. My co-workers kept asking me if I was ok because I didn't look good. I was very sensitive, thinking people were being mean and telling me I look like crap every day. I cried daily. My speech became slurred and I went to my boss and told him that I needed to see my doctor ASAP. I called my doctor's office and said in my slurred words, "I think today is my last day on this Earth. I need to see my doctor." The receptionist said she had an opening in June, I was having these issues during the beginning of April. So, I hung up and called my Family Nurse Practitioner. She told me to get to her office immediately. I drove

myself to the doctor's office very slowly but surely I arrived. She immediately popped a Synthroid pill in my mouth and told me to chew it up. She was discouraged at how the receptionist at my endocrinologist's office handled this and I could hear her talking to my endocrinologist regarding my health. I was close to slipping into a coma or even worse, death. I cried and asked her if I was going to die. She reassured me that I would be ok. I was told to get to my endocrinologist's office right then and there. I left her office and drove up the street to his office. I was put on Cytomel to speed up the process of healing and getting healthy again. I did. I was recovering and starting to feel so much better. Just in time for my wedding... Life was good for me for approximately four months.

One month after my wedding, I started to have problems with my eyes. They were dry, gritty, watery and one eye appeared larger than the other. Shortly after, I became pregnant with my second child.

Throughout my pregnancy, I had near-fainting spells, my eyes became more bulgy, light sensitive and the wind made my eyes very uncomfortable. I started to wear sunglasses to work because the wind and light

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sensitivity. I was a Human Service Practitioner of a classroom of 9 consumers and 4-5 staff at the time. I requested the maintenance workers remove some bulbs from the overhead fluorescent lights above to be more comforting. It was difficult to work in these conditions especially since I needed to be on guard at all times. My vision was getting worse as my eyes protruded, and I eventually started to have double vision when looking to the right or left. I was referred to an Ophthalmologist and was diagnosed with Graves’ Ophthalmology (Thyroid Eye Disease). I couldn't believe that this was happening to me. I was extremely depressed and cried myself to sleep pretty much every night. I had to wear a sleep mask on at night and had to lubricate my eyes constantly because of the severe chronic dry eyes. In order to stop the eye disease from progressing, I needed to have radiation done to both eyes. I had to wait until my daughter was born. She was 2 weeks early. Two days before she was born, I was in the hospital with severe cramping, and found out that I was dehydrated. When my daughter was born, she was very jaundiced and had a lymph node in her neck that was swollen. It was checked by an ENT and was cleared of cancer.

Three months later, I had gone through two weeks of radiation to both of my eyes. I would leave work on my lunch break, drive over to the oncology department at the hospital, and get strapped down to a table with a mask covering my face and bolted down. Each beam lasting up to 30 seconds each, but felt like eternity. I was so frightened to have to go through this. I started to lose my hair and part of my eyebrows. My eye disease was finally stabilizing, but because my eyes had bulged out, there was concern that it could be putting too much pressure on my optic nerves. I was sent to a reconstructive eye surgery specialist to discuss Orbital Decompression on my eyes to protect from possible blindness. My surgery was scheduled on Sept. 24, 2007. I was scared and excited, and I thought that this was going to be the end of my nightmare. I said "goodbye" and that I will see everyone (at work) in 3 weeks.

Unfortunately that did not happen. I had even worse double vision. I suddenly had a dull, blurry appearance in my right eye. My ophthalmologist noticed a "speck" on my optic nerve, and he sent me to an Optic Nerve Specialist. At this time, this doctor took many photos and ran a lot of tests on my optic nerves. He then came back with a diagnosis of Ischemic Optic Neuropathy. I thought, "What else could possibly happen?" He then proceeded to tell me that I was not to lift anything over 40 lbs. I

said to him that my job requires me to lift up to 60 lbs. I even asked him if he could make the amount "60 lbs." so that I could return to work. He placed both of his hands on my shoulders and said, "Do you value your vision?" I said, "Yes", he said, "Absolutely no lifting or you could go blind in your right eye." I was not even able to lift my own 4-year-old son because his weight was close to 40 lbs. I left crying from his office and headed right over to my workplace of 16 years to share my awful news. I was so devastated. I wanted to go back to work, even though I had double vision and optic nerve damage, and not once thought about the danger I could be putting myself into. I became very depressed and my doctor prescribed me an antidepressant to help. Two weeks later and four months after my Orbital Decompression surgery, I started to have slurred speech again. I went back to my doctor and she immediately stopped the antidepressant. She then set up an appointment for a neurologist and multiple tests. I had a MRI, EEG, Carotid Doppler, TEE, EKG, and had to wear a Holter Monitor for a week. When I saw the neurologist, he quickly dismissed Multiple Sclerosis (MS), instead, he said that I had a Transient Ischemic Attack (TIA). He also told me that I have elevated homocystein levels, and a mitral valve prolapse. My depression stayed with me. I was losing my job of 16 years, losing my health insurance, and my disability from work was ending in March. I had a "Mini-Stroke" at 36 years old. I was scheduled to have eyelid retraction surgery in March in order to bring my eyelids back into normal position so I would not end up with corneal ulcers or abrasions.

Two months later, I started to feel like the ground was meeting me while walking. I was tripping and stumbling. I had a hard time seeing and I was wearing a sticker prism in my glasses. I began to feel lightheaded and dizzy all day. I would have to go lie down in order to feel better. If I coughed or laughed, my head did not feel right. I had gone to an eye muscle surgeon for correcting the muscles to align my eyes so that the double vision would diminish. He was concerned that the operation might not work. I then, went for a second opinion and during the eye exam, my eye had a jerking, jittery movement, and he said, "Did you know that you had Nystagmus?" I said no, and kind of laughed it off because my list of unusual medical conditions kept getting longer. I had no idea it was neurological. One month later, I had my follow up appointment with my neurologist and I told him how I had been dizzy, lightheaded and about the uneven gait I had and that my eye muscle doctor noticed Nystagmus.

The suggestion for me was to go home and drink more water. I couldn't believe that he could pass this off.

Soon following this appointment, I had pain in my neck and all the way down my left arm. I had no idea what was happening. I was lying in bed and the pain got so bad I screamed and cried in pain. I told my husband that I think I may be having a heart attack. I couldn't sleep, and just stayed awake until I was able to see my doctor in the morning. This pain that I was having started earlier in the week, but that particular night was when it reached the point of extreme pain and zero intolerance. She sent me for a MRI and X-rays. I was told that I had bulging discs in my C5 and C6 of my spine, impingement on my nerve, and a tear in my tendon of my left shoulder. My X-rays showed that I had scoliosis and claimed that the pain in my hips was arthritis. I was shocked. I hadn't done anything that could have caused bulging discs since I was on so many restrictions from lifting and such. It didn't make sense. I was told that if it did not heal, I would need to undergo surgery. Luckily it healed on its own.

For the rest of the summer, I had constant pain, muscle spasms and twitchy muscles. I also started to feel extremely noise intolerant and cried easily. I had rashes appear on my legs for no apparent reason. By that Sept. of 2008, I had eye muscle surgery. It was adjustable sutures, so after the initial operation, I was woken up and the surgeon put numbing drops in my eyes. He had to finish the procedure while I was awake. It was very scary to see needles and threads coming directly at my eyes but I got through it. The aftermath of this particular surgery was very painful. My eyes stayed closed every day for a week, because anytime I tried to open them, it felt like needles and onions stabbing me in the eyes. Very painful.

During my healing time, I had gone to have my thyroid levels checked by my endocrinologist. I was informed that I was Vitamin D deficient and needed to start taking Drisdol 50,000 units 1 x week. January of 2009, slurred speech again..... This time, I already had my neurology appointment scheduled for a follow up. I could feel the tightness in my tongue, throat and jaw that it was going to happen. I told my neurologist that I can feel it coming on, I knew I was going to start to slur my words. Nothing was done. This neurologist was the one that diagnosed me with having a TIA, I thought for sure they would want to send me right to the hospital for evaluation.... Something, but again, I was brushed off. I went right to my Family doctor and told her that I feel like I was going to start to

slur my words. By the next day, it started. I went to a second opinion neurologist and had all repeat tests done, blood work, MRI and EEG's. This doctor noticed abnormalities on my EEG from my first round of tests, and again this one. My label of having a TIA was taken away, and I was now told I have simple partial seizures, and the cause was epilepsy (which, now I know, is the term for unknown origin). He tried to explain to me that my brain was misfiring and getting stuck, and that's why my seizures lasted for weeks. He also said that I have anxiety disorder.

During this time period, I had experienced a lot of strange symptoms: pain in my heels when my feet were up, numb hands for six hours, itchy rashes on my legs and hands, random muscle spasms, and sciatica pain. The first time my muscle spasm struck my upper thigh, I was out Christmas shopping with my husband and children. I walked into the store "normal" but ten minutes later, my leg started to spasm and my son, who was 6 at the time, had to walk me over to the nearest bench to sit down. Once the spasm eased up, I asked my husband if we could leave. As soon as we started towards the door, my leg spasmed again and I had to limp my way to our truck. This happened on a couple more occasions, but luckily I was home when it struck. Same goes for the painful spasm that struck my upper back/neck area. I was sitting at the kitchen table, having a cup of coffee and my 3-year-old daughter was eating her breakfast. I was talking on the phone 4-way with my two sisters and my mother. Suddenly out of nowhere, my upper back had a burning pain and I became stiff and stuck in one position not able to move. I began to cry and told my family, "I can't move! I am in so much pain, I am frozen!" My daughter was just watching me, and my sister and mother rushed to my house while my other sister stayed on the phone with me. When they arrived, they were able to get the phone away from my ear and I was given Ibuprofen, massage, heat/ice. I was literally stuck in the same position for five hrs. This happened a few more times and was finally put on Zanaflex to relieve the horrific muscle spasms.

More time lapses and I have had brain fog, emotional weepiness and short term memory. I was forgetting some of my friends' names, forgetting what a "stove" was called, and had great difficulty concentrating. My vision was still horrible from the double vision, and I was prescribed prisms for my glasses. I was still very light sensitive and I had a heightened gag reflex along with sensitivity to smells. I was unable to drive my car due to visual impairment and seizure disorder. I had a hard time coping with my

independence being taken away from me and not being able to do what I want and go where I want to go, without needing to depend on someone else. Everything became more difficult, getting rides to my 100's of doctor appointments each week, picking up prescriptions and even small loads of grocery shopping. I started to become overwhelmed when in large crowded places with bright fluorescent lights. I would have to leave any place as soon as I started to feel uncomfortable. One night my husband took me out for dinner with friends to a casino. I felt very uncomfortable. The noise, the lights, the crowded people. It was a sensory overload! My vision once again was a big issue and I felt unsteady when walking. I had gone to use the bathroom, but when I was finished, I couldn't find my way out. I was very embarrassed when I walked right past the door to find myself looking at "myself" in the mirror. I pretended to fix my hair and waited until someone opened the door so I knew where to go. My husband was standing and waiting for me and I laughed when I came out and told him how I got lost in the bathroom and couldn't find my way out. It was funny and scary at the same time.

Most of my time, I stayed home. I was fighting for disability and had some uncooperative doctors along with some great doctors. I was asked so many times when I was going back to work, or if I was seeing a psychologist for my depression. Sometimes these doctors need to realize that their patient becomes depressed because they dismiss their patient and label them incorrectly. It took two agonizing years to finally get Social Security Disability. At last, I thought, I could heal and put all of this behind me.

Unfortunately, I had a full time job in seeing doctors, having tests, and taking medications. At 1:00 pm daily, my body told me it was time for a nap. I was constantly fatigued. I also have two children that need their mom and the chores around the house seemed very difficult at times. Thank God for my husband, mother and mother-in-law. I could always count on each of them to give me a hand.

In October 2010, I was scheduled to have an Orbital Rim Implant Surgery to lift my eyes back into a more "normal" position because they were sinking in too far, making it very difficult to see anything below me. My surgeon called me the week before and told me that while looking over my CT scan of my orbits, he noticed how full my sinuses were and that I needed to see an ENT doctor first. My surgery was cancelled and I met with the ENT that week. After my exam, the ENT revealed that I had a deviated septum and chronic sinusitis. He also said that

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he and my eye surgeon should do a combined surgery. If I only had the Orbital Rim Implants done and not fix the deviated septum, the sinus problems could make the eyes sink in still and the surgery would be a waste. I had my surgery scheduled for February 2011 for the combination of Orbital Rim Implants and sinus surgery. In December, the week before Christmas, I was doing something in the kitchen and someone asked me where something was. I went to point my finger to show them where to find it and I noticed a really wide based hand tremor, worse when intentionally moving it. Pointing, reaching, grabbing, writing, eating and drinking - my dominant hand had an uncontrollable tremor. I had gone to see my family doctor for a follow up on a recent abnormal pap smear. While I was there my doctor noticed how bad my hand tremor was. She immediately started to do a neurological exam on me. My knee jerk was still showing hyper-reflexia and now I had this hand tremor that made me miss my target. She scheduled me for another MRI and set me up with another neurologist in Rochester, NY. She believed that my "condition" was progressing. Within the next week, I was out in Rochester, seeing this new neurologist. My exam was showing abnormalities, knee jerk reflex, tremor, tipping when doing heel / toe walking . My MRIs were still clear, no lesions were showing and the doctor ruled out

MS. He asked me if I had seen a rheumatologist. My answer was yes. Rheumatoid Arthritis (RA) and Lupus ruled out. Fibromyalgia and Chronic Fatigue were mentioned multiple times from him as well as other specialists.

This neurologist set up more tests, VEP, BEAR and EEG. I spent an entire day doing these tests. Two out of the three tests came back abnormal. My EEG, which at this point was the fourth one, was showing abnormal brain waves consistent with seizure disorder. The VEP test also came back abnormal in my right eye. The copy of my report was sent to me by mail. The report stated, "Abnormal test due to prolonged latency consistent with demyelinating process." The day the doctor called me with my results, he did not mention what the report said. He said that my test was abnormal because of my eye disease history. He then proceeded to say, "You may have Central Sensitization." At that point, I knew I was getting another brush-off. I nicely said, "Thank you for calling and have a good day." I hung up the phone feeling so frustrated, but then laughed it off. So far, I have had multiple doctors all trying to put the label of a syndrome (cluster of symptoms) with no known cause, on me.

I was actually fearful to let my regular neurologist know that I had gone to see another neurologist. I have had 4 different neuros, one of them saying TIA, another

one telling me, it's all in my head and anxiety, another one saying, central sensitization and my regular neuro, anxiety, depression and seizure disorder. Within the past 4 1/2 years, I have seen: 4 Neurologists, 7 Ophthalmologists, Rheumatologist, Cardiologist, 2 Endocrinologist, Psychologist, 2 Allergists, ENT, Orthopedic, my Family Doctor, and now a Lyme-Literate Medical Doctor (LLMD) -- approximately 22 doctors.

I started to hang out on medical forums to search for my own answers. It was brought to my attention that all of my ongoing medical conditions and symptoms sound like Lyme Disease. I requested blood work to be drawn but it came back negative. I figured Lyme couldn't be the culprit because my blood tests were negative. I spoke with my endocrinologist regarding my symptoms and he was concerned about some "skin tags" I had around my neck. He said that it is usually a tell-tale sign of diabetes. HERE WE GO AGAIN!!! I was sent home with a request to eat a very large ice cream with extra syrup and toppings, wait 2 hours and go have my blood drawn. My results were showing that I was hypoglycemic. Now I have to go have a blood glucose test at Centrex for 8 hours. With more questions, I returned to my medical group forum for answers. I went to the Lyme Disease Forum and sought out some guidance

from my friends that I have made. It was still requested that I didn't give up on the Lyme Diagnosis because the tests are not always accurate. I was given great information and websites to check out and a list of LLMDs to contact.

I finally made an appt. with the Past President of ILADS. I was so excited to see him and go over my history. Even though my tests were negative, I was put on a month of Doxycycline based on my symptoms alone. My hand tremor started to ease up, but I also had some negative responses. I felt flu-like, extreme fatigue, muscle twitching, and ear clicking sounds. I started to have pain in my left leg near the back side of the knee. Some of the negative responses could have been a "herx" reaction. When I went for my follow-up one month later, I was basically clinically diagnosed with Lyme Disease and two co-infections: Babesia and Bartonella. I have been on Lyme oral antibiotic treatment for six months. At this time I cannot say if it's working or not. My main symptoms are hand tremor, sinus blockage, brain fog, typing dyslexia, using wrong words to describe something, constant pain, fatigue and math solving problems. At my last appointment, IV antibiotics were discussed. I know I have a long road ahead of me and a lot of treatment. I fear for what this is going to do to my children (seeing their mommy so sick), I fear that my husband may feel

like "Is this worth it?" I fear of the financial burden this will cause.

I just recently underwent another eye muscle surgery in February 2012. This time, the surgery was a success and my double vision is gone in my front view, but remains when looking up and to the left. It's not too bad and I feel like a big part of my life has been given back to me. At the end of all of this, I want the word to get out there. People and some doctors really do not know what having Lyme Disease, Babesia and Bartonella can do to someone. It has messed with my brain, tissues, muscles, and organs.

These are some questions we need to ask "The People In Charge Of This Mad World": What is Lyme Disease? How many people really know about it and how you can get it? Are OUR doctors educated about this disease and how much damage it can do to your body? Why are the guidelines for diagnosing and treating Lyme a controversial issue? So many questions left unanswered while there are people suffering or becoming infected every second of every day and I am one of them. I may have chronic illnesses, but it hasn't taken away my spirit or drive to enjoy life, even if it's my "New Normal" I'm still alive and I am grateful for that!!!

Thank you for your time to hear my story.

pha

Doctors Slam Parents for Vaccine Choices



by **Barbara Loe Fisher**

On June 13, 2012, a study conducted by government health employees working at the Oregon Health Authority and the U.S. Centers for Disease Control (CDC) was published in *Pediatrics*, a medical journal owned by the American Academy of Pediatrics (AAP).[1]

Government Tracking Systems Identify Oregon Parents

Using electronic vaccine records tracking systems, public health doctors concluded that about 10 percent of parents living in Portland, Oregon are making independent decisions about how many vaccines their babies should get and when they should get them. Those parents are rejecting the

CDC's aggressive vaccination schedule[2] promoted by the AAP that directs pediatricians to give two to six month old babies between seven to nine vaccines on the same day -no exceptions.

Doctors Demonize Parents Making Informed Vaccine Decisions

Public health doctors are slapping the label of "shot limiters" on parents giving their babies fewer vaccines. It has become fashionable in medical journals and media circles[3] to demonize these parents, who engage in critical thinking about vaccination and follow their conscience instead of saluting smartly and doing what doctors tell them to do - no questions asked. Can an attack on the legal right for Oregon parents to exercise religious exemption to vaccination be far behind?[4]

FDA Licenses New Combo Vaccine For Babies

Ironically, on June 14, the FDA awarded GlaxoSmithKline (GSK) a license to sell MenHibrix, a new vaccine that combines two meningitis vaccines into one shot.[5][6] The FDA had

rejected the license in 2010 and 2011 because, reportedly, the British drug company giant was having trouble proving the vaccine actually worked.[7]

FDA Advisory Committee Cut Out of Licensing Process

This time, FDA staff did not bother to ask for an opinion from the agency's own vaccine advisory committee before giving GSK the green light to market MenHibrix in the U.S. for babies as young as six weeks old. In a letter, FDA official Marion Gruber, PhD, told the company that "We did not refer your application to an additional VRBPAC [review] because our review of information submitted in your BLA, including the clinical study design and trial results, did not raise particular concerns or controversial issues which would have benefited from an advisory committee discussion." [8] Really? Sounds like some FDA officials didn't want Advisory Committee members to ask the drug company lots of questions about this new vaccine, just like CDC and AAP officials don't want parents to ask lots of questions about ANY vaccine.

Nine or Ten Vaccines On One Day: Where's the Science?

MenHibrix has not yet been studied in combination with every one of the other vaccines already given to babies simultaneously.[9] But that is not likely to stop pediatricians from assuming safety and throwing MenHibrix into the mix - for a grand total of nine or ten vaccines given to tiny babies on the same day.[10]

Even premature babies weighing less than four and a half pounds are subjected to the mindless one-size-fits all "no exceptions" vaccine schedule.[11][12] Where is the solid scientific evidence that it is safe or effective to give eight or nine vaccines to an eight or nine pound newborn?

Where is the solid evidence that babies, who get more than two-dozen doses of vaccines by age six months, are healthier as they grow up than those, who get fewer vaccines or fewer vaccines on one day? No large, prospective studies have been done comparing the long-term health outcomes of children, who are vaccinated according to the CDC schedule, with those, who are not.[13]

It is no wonder that

smart parents - like the ones in Oregon - are challenging the wisdom of the bloated and expensive vaccine schedule and are telling doctors and legislators: "Show Us the Science, and Give Us the Choice." [14]

CDC Officials Might Vote in October: What Will They Do?

The CDC's Advisory Committee on Immunization Practices (ACIP) has not yet voted on what to tell pediatricians to do with MenHibrix. That vote is rumored to be taking place in October.[15]

Will government health officials do the right thing and make this an optional vaccine? Or will they give another big pharmaceutical corporation a guaranteed, liability free market by adding four doses of an expensive new vaccine to the child vaccine schedule so parents can be forced to buy it and give it to their newborns - no questions asked and no choices allowed?

Parents are watching. Stay tuned.

pha

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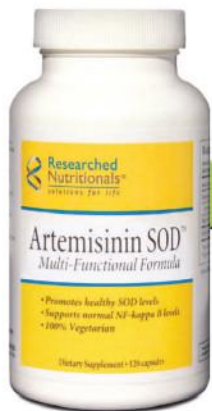
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- Joseph J. Burrascano Jr. M.D.

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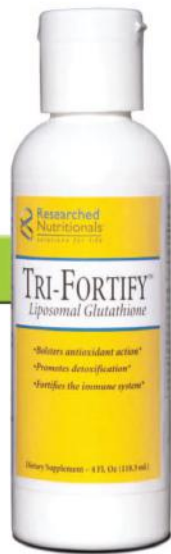
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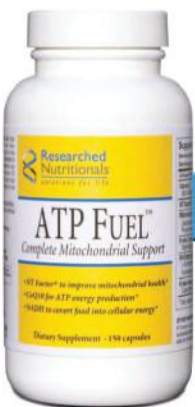


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Product	Features/Benefits*	Who Benefits?*
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Prescript-Assist Pro™	Clinically researched probiotic** Soil-based probiotic, providing beneficial flora the way nature intended – not from milk Contains no antibiotic or hormone residues No potential for lactose-intolerance side-effects Does not need to be refrigerated 100% vegetarian	Individuals searching for a clinically proven probiotic Anyone concerned with milk allergies or hormone-fed cows as the source of dairy sourced probiotics Patients on antibiotic treatment, which destroys both beneficial and harmful gut flora Travelers who want to maintain health while traveling
Transfer Factor Multi-Immune™	Potent, front-line immune system support Formulated with pure transfer factor and the most researched immune nutrients to promote healthy natural killer cell levels, fortify macrophage activity and healthy cell replication Clinically researched**	Those looking for the doctor's favorite immune support formulation Promotes healthy immune system for those dealing with ongoing health challenges, as well as individuals striving to maintain overall good health Travelers who want to maintain health while traveling
Tri-Fortify™	Preferred reduced L-glutathione, the major intracellular antioxidant essential for detoxification Offered in an absorbable liposomal delivery system (liquid) Bolsters antioxidant action Promotes detoxification Fortifies immune system	Doctors often prescribe to promote healthy detoxification among those with impacted detoxification systems Any individual seeking to supplement the body's detoxification process

**Research Available Online

Energy SOLUTIONS



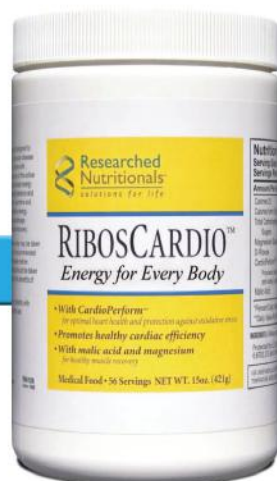
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Speeds Up Energy Production

Product	Features/Benefits*	Who Benefits?*
ATP Fuel™	Optimized energy for serious mitochondrial needs Focuses on repairing mitochondrial membranes and increasing Krebs Cycle energy output Offers the top three energy nutrients and cofactors (NT Factor Energy™ phospholipid delivery system, CoQ10, and NADH) synergistically combined for maximum mitochondrial performance and energy production	Those with compromised mitochondrial function Patients with suboptimal energy levels Athletes undergoing significant physical stress
CoQ10 Power™ 400mg	Recharges the energy system in the heart and the mitochondria Potent antioxidant which promotes healthy cardiovascular and dental health Highest grade and strength in one absorbable softgel	Those with low CoQ10 levels Patients on statins (cholesterol lowering medications), because statins deplete the body's supply of CoQ10, leading to a reduction in energy levels
Energy Multi-Plex™	Non-glandular adrenal support formula, developed to support (but not to over stimulate) adrenals 14 researched nutrients synergistically combined into one formulation	Those needing to nutritionally support adrenals, a condition common among patients facing long-term health challenges
RibosCardio™	Opens ATP pathways to speed up energy production	Favorite of athletes who add it to their water bottles before and during exercise Patients seeking healthy energy levels and who prefer a powder to capsules

**Research Available Online



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ABOUT THE COMPANY

NutraMedix was founded in 1993 and currently has facilities in Jupiter, Florida, USA and in Shannon, Ireland supplying highly bio-active nutritional supplements to health care professionals and consumers.

From the beginning, NutraMedix has operated with a unique business model. First, the owners and management work diligently to operate a company according to Biblical principles— with honesty, integrity, value and respect for all people. Its corporate environment is one that works to serve both its customers and its employees, producing one of the best customer service teams in the industry. Second, NutraMedix was founded with the goal of using a significant amount of its proceeds to support orphans, widows, Christian pastors and missionaries in economically distressed parts of the world. So as a customer, you are not just purchasing high quality nutritional supplements, you are helping us give back to people in need all around the globe.



ABOUT THE PRODUCTS

NutraMedix has made a significant investment to develop a novel, proprietary extraction and enhancement process used to manufacture its liquid extracts. The result is a highly bio-available whole plant, broad-spectrum extract that is also very cost effective. We were the first to introduce Samento, a rare chemo-type of Cat's Claw, which has remained one of our signature products. We have since developed a full line of liquid extracts utilizing the same proprietary extraction and enhancement process.

NutraMedix also conducts extensive research to procure the very highest quality raw materials for its powdered capsule products, many of which have been designed to enhance the effectiveness of the liquid extracts. We are committed expanding our line of natural products meeting the highest expectations of health care professionals and consumers.



ABOUT THE FOUNDATION

The owners of NutraMedix have been involved in international Christian ministry since the 1980s. Prior to starting the company in 1993, our Founder and President was a missionary pilot serving tribal groups in Peru. The Kairos Foundation was created in 1995 to fund projects that address both the physical and spiritual needs of people in some of the most disadvantaged areas of the world. The foundation provides ongoing financial support for organizations operating in Africa, Asia, Eastern Europe, North America and South America.



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