

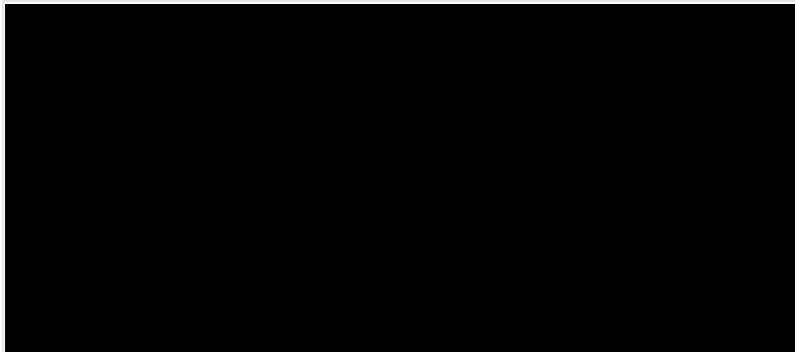
## August Newsletter

Hello everyone,

I hope this email finds everyone doing as well as possible. It seems as though it has been forever since I have sent an email, but I trust everyone has been checking the website as needed for updates, and reaching out to their support system when necessary.

At our last virtual meeting, the topic we talked about was the differences between lyme and covid-19 - and what a great meeting it was! Our conversation went in directions I was not expecting, and we spoke of a lot of the science behind both lyme and covid. As yet, I do not have my notes together from that meeting (even though it was over a month ago!), but will send those notes as soon as I feel they are together enough to do so.

~ **Our August virtual Zoom meeting** was originally scheduled for tomorrow, Aug 22, but has been *rescheduled* for: **Saturday, August 29 from 2-4pm**. The topic to be covered is Bee Venon Therapy to treat lyme disease and co-infections. More information is here: [Lyme Alive ~ virtual support!](#)



### Lyme Alive ~ virtual support!

Chăm sóc sức khỏe event by Lyme Alive,  
Lyme Disease Support and Information  
Group on Thứ Bảy, Tháng 8 29 2020

~ Our September virtual Zoom meeting will be Saturday, Sept 26th. The topic we will cover is: Immune Boosting Tips. More information is here: [Lyme Alive virtual support - Immune boosting tips](#)



### **Lyme Alive virtual support - Immune boosting tips**

Wellness event by Lyme Alive, Lyme Disease Support and Information Group on Saturday, September 26 2020

Please remember that all of our virtual meetings are via Zoom. You *can* join the meeting by calling in from a regular telephone, as well as on the app or website. The meeting ID for all meetings is: 651 467 5110. The password is: 535214.

### **In other lyme community news...**

~ On Sunday, September 13th, there will be an online lyme disease rally. More information can be found here: [Lyme Disease March 2020](#)



### **Lyme Disease March 2020**

~ The Warren County Lyme support group has the following message/offering:

*As it has been way too long since our last meeting, The Front Royal/Warren County Lyme/Tick Disease Support Group would like to have a social outdoor gathering on Thursday, September 10, 2020 (rain date of Thursday September 17) at 6 pm in the evening at Bowman Park located on Luray Ave next to St. John's Catholic Church. We will meet for approximately one hour. The purpose of the meeting is to catch up with one another. Social distancing and PPE are encouraged :). Feel free to bring food and drink of your choice. We will meet at one of the park picnic tables. Feel free to bring a lawn chair for comfort or further social distancing.*

~ As some of you may remember, about 2 years ago at a meeting our topic was Remission is Possible (or something along those lines - you understand the point!), and we had several people that battled chronic lyme speak to the therapies of what helped them reach remission. One of those speakers was Sarah Shores; she spoke passionately of how Blu Room Therapy helped her to find healing, even though the closest location was in Canada. Sarah has followed her dream, and has now opened a Blu Room in Warrenton, VA. Since several members asked to be notified if and when this occurred, I don't mind sharing this despite the fact that I have no personal experience with Blu Room therapy - yet. The following is from her website, [www.warrentonwellness.com](http://www.warrentonwellness.com):

*The Blu Room® is a patented technology that creates an atmosphere and insulates the user from the daily environment. It provides the user with a mind/body/spirit consciousness-lifting environment that can augment one's state of creative focus. The Blu Room® is not a tanning device, nor is it specifically a medical device, although it may facilitate healing experiences in some individuals. Research has shown that UVB light on the skin produces vitamin D3 which influences many metabolic functions including cellular communication, cell reproduction, calcium metabolism, endocrine hormone regulation, immune function, and heart metabolism among others. Research has also shown that low doses of UVB light have many positive effects on the human being which can be used in health maintenance, sports physiotherapy, and in the rehabilitation of certain health issues. Users have reported a wide range of personal benefits, including:*

- *Improved health and well-being*
- *Deepened focus*
- *Increased creativity*
- *Faster healing process*
- *Greater self-awareness*
- *Relief from physical pain*
- *Relief from mental stress & anxiety*

~ The attachment to this email is one many of you have already seen before; What Every Good Lyme Sufferer Should Know. In it are basics of living with chronic lyme; I thought that now might be a good time to share it with you all again.

I hope to see some of you at our next virtual meeting. As always, please do not hesitate to reach out to myself or to another support group member as needed. Take care,

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