December 2022 Updates

It's that time where we tend to reflect on the past year and per usual it has had its fair share of twists and turns in regards to the collective conversation among the masses, the Lyme community, and personally. I do feel that things are ending on a high note in several ways and am working hard to manifest goals by working hard in the present. I'm very happy to be celebrating with the LEAF family because we hit the milestone of having educated 10,000 children, in-person, at camps and youth groups over the past 4 years with our non-profit, the Lyme Education Awareness Foundation. I am working hard to build more and more connections across the country for the organization, while the wonderful women that created LEAF, handle the education of the youth across the Northeast. We are always looking for individuals that would like to join and/or help spread our mission...so please don't hesitate to contact us!

Another positive… the new, riveting Lyme documentary, The Quiet Epidemic, will hopefully be released by this time next year (Movie Trailer). I had a chance to see it and I promise you won't be disappointed!! It will serve as the perfect resource to direct people that are unaware of the seriousness of this health crisis and how it can affect them. I am inquiring about doing a pre-release viewing in the DC, MD, VA area. So if you have serious interest about coming out to see this film with us prior to the release date, then please send an email back and let me know which city/state you are in. We would hold a live Q & A after watching and if all works out then this would be held in early/spring of 2023.

On a personal level...I have expressed in previous emails that I was considering following the path of health, wellness, and life coaching. I am pleased to say that I'm going for it. For the first time in literally, four years, I am pursuing something and putting my executive function skills back to the test. I decided to go the less intensive route, for now, since I am still treating with meds, herbs/supplements, and detox protocols. I am taking on what many health/wellness coaches ultimately end up obtaining, which is a Nutrition Coaching certification. I'm doing the online program through the National Association for Sports Medicine. It's manageable and I will use this as a primer to going full board in the Fall with the national certification in health/wellness coaching at the Functional Health Coaching Academy. I can hopefully pursue sound healing training in the meantime as well.

So there are some great things in motion, and like everything in this life there is a balance of issues to keep working on. Also, I'm trying to focus harder on the routine of eating mindfully and avoiding triggers so that I can truly decipher some of the symptom patterns. Treatment is still rough, as we can all relate, but I am getting myself to a place mentally that enables me to cope with the chronic symptoms and keep pushing for a higher quality of life. It is not easy, for any of us, but with incremental changes I now look back and compare to different years and eras of this 11+ year battle and my lifetime and can only say that with all things considered...I am going into the new year on an overall better note. Let's not jinx it, we still have a few weeks left lol with my life ya just never know!

I truly hope everyone is practicing self-care in their own way and pushing through despite how we may feel, physically. It's certainly one of the hardest boundaries to break through and to not be mentally paralyzed by at it all as well. We all still possess the strength deep down and seeking help in any modality that is right for you, never hurts. I'm always an email away too.

It's that time of the year where the Center for Lyme Action holds their annual "fly-in" to Congress. For the past two years, it has been more like "Zoom-ins" to Congress using virtual meetings with our local-district and state Congressional staff. Federal Lyme funding has notoriously been low, but it has tripled in the last two years by doing what we've been doing, which is more movement in the right direction than ever. Prior to holding the actual meetings there will be a training session with CLA, simply about the level of money we are asking for, for certain programs compared to last year. You meet members of Bay Area Lyme Foundation and join up to 300 Lyme patients, advocates, and organizers from all over the country to keep pushing the needle. Learn more and Register Here.

On the research side of things, 35 genetic biomarkers have been found in patients with persistent symptoms due to Lyme that are present in their blood analysis compared to those with acute Lyme Disease. This could eventually help differentiate between acute and chronic lyme, as well as, other types of infections since these biomarkers are unique to chronic inflammation, due to Lyme itself. Learn more here.

By the time I communicate with you next month the Tick-Borne Disease Working Group under HHS will officially be over (previously submitted reports). While I think, overall, the sluggish 6-year process did balance the playing field into a more accurate depiction of all the gaps within the Lyme+ conundrum, I am not sure what impact these reports will have on Congress. I hope that their will be a synergistic effect created by the information the working group has provided to them about the emergent need of Federal dollars to address research, diagnostics, treatment, and access to care, in tandem with the hard work that the Center for Lyme Action is doing by coordinating the meetings with members of Congress and the Lyme community. The Covid pandemic is also shining a light on infection-induced, multi-systemic illness, as well, and this working group has included the parallels in the current report and that research needs to work on this one together in some capacity. Sad for them that they are so far behind because of the neglect in infectious disease toward our community and sad for us that we are still waiting. It's all moving faster than ever before and we have to keep hoping for a better future. Here is a very good written comment submitted to the working group at their last meeting by Lonnie Marcum. She had some final suggestions that I couldn't agree more with and if more space, then could have gone further. Read Here.

Lastly, our annual fundraiser is currently running for our non-profit, the LEAF Program, INC on Facebook. These small donations we collect truly, truly help so much in allowing us to bring education to the public and save the lives of so many potential children. I know times are rough with the cards we've been dealt and holidays and all, so even spreading the word, inquiring to connect with us, or a share on social media would go a long way. The link for that can be found below.

Another simple way to support us would be to select us on Amazon Smiles if you do some shopping through them. Select items are eligible for a percentage to be sent to us on behalf of Amazon. Just follow Amazon.smiles.com and sign in as usual and when prompted to select an organization...just type The Leaf Program, Inc. Simple as that!

LEAF Fundraiser: https://www.facebook.com/donate/1095182947847345/

I, and the whole team thank you so much in advance for your support and tuning into the monthly LYME ALIVE newsletter. I hope to see you this evening **(12/15) for our monthly support group at 7-9:00pm est!** Again, it will be virtual and anyone is welcome. The Zoom link and codes are above and here are the event pages below. Please give us a follow on Facebook, Instagram and MeetUp if you are active online.

FB Information & Support Group Page
MeetUp Page
Instagram

Wishing you all the best over the holiday's and have a Happy New Year! Let's all try to make 2023 the best year we possibly can!!

~*Much Love & Light~*
Be well,

Jake Broughton
Admin of Lyme Alive
Board member of The LEAF Program, Inc