

## LYME ALIVE APRIL NEWSLETTER

Happy Spring Lyme Alive family! I hope everyone is doing well and hanging in there as we navigate through our existing happenings with the Lyme epidemic, and honestly by all criteria...a pandemic, overlapping with the covid-19 pandemic. The month also kicked off with a full Moon known as a "Storm Moon" as it passed through aries. I heard from many people that they were having stronger herxes, or flare-ups around that three week period. Building up to it and then a couple weeks after. I sure felt it, and saw a lot of comments online, and personal friends say the same. Crazy how that works...

I first wanted to thank our very own, Adrian VanKeuren, for taking over the April support group at the last minute. I had a medical emergency that led me to the E.R. I've been going through all of this for 8 years and haven't gone to the hospital once, despite all the feelings that I could, but the E.R. is fairly clueless with symptoms of Lyme. That's unless it's glaringly obvious and even then it is still tough for many to receive much benefit. Nevertheless, it was a serious situation outside of the sometimes extreme Lyme+ symptoms and I'm glad that I'm on the mend and that the meeting could still be held because Adrian is the best!

**The support group for May will be held on Saturday, the 8th from 2-4pm.** That's a day before my birthday so it'll be good to utilize the group to share our experiences and release any stress that the journey may be causing us in that present moment.

I know for most of us this past year has seemed like a bit of a twilight zone as there are just so many similarities panning out as it goes with the self proclaimed, "long haulers," or "Post Acute Covid Syndrome." Sound Familiar? As we've learned over the years, semantics do matter and continuing to imply that these infections are not persisting to some degree in select groups of patients is a dangerous game. "Post Treatment Lyme Disease Syndrome," is the language that is being engrained, yet most of us that end up with chronic symptoms never received adequate treatment prior to developing a devastating illness. So I don't know where the "post" comes in when there wasn't any "pre" treatment.

I have a strong feeling in months to years to come that many of those with lingering symptoms from Covid, will end up in offices of functional, integrative, and naturopathic doctors like those with Lyme and other vector-borne illnesses. I can empathize with both as Covid left me with lasting issues and can say that the end result in terms of chronic symptomatology of Covid is extremely similar to the damage incurred from Lyme/Babesia/Bartonella. The same stories of gaslighting from doctors to the patients and they are just severely lost with a myriad of symptoms and watching their livelihood slip away. It's so much like our first years of our health spinning out of control. So these people need some embrace and some are receptive. Some long-covid patients are open to hear our experiences and others will have to learn through their own journey.

Since we are well into nymph tick season at this point I'd like to share a recent post from Adrian to highlight the importance of using repellent while outdoors and doing tick checks after...Here it is as follows:

*"This is a very informative video... gross, but great. Please do not flick, twist, or cover a tick to remove it - simply grasp it as close to the skin as possible with a pair of sharp-nosed tweezers, and pull straight up and away.*

*Treat the bite site with your antibacterial treatment of choice, and consider seeking prophylactic medical treatment. (FYI, I just shared an article yesterday proving persistent lyme infection PAST 28 days of antibiotics - so don't accept 1 or 2 doses of doxycycline, and push for longer than 28 days.) Know that the testing for lyme disease and co-infections in humans mostly sucks! So, consider saving the tick and having it tested for pathogens instead. (Google tick testing, it's easy enough to find.) TICKS ARE ACTIVE NOW!! Always wear the bug spray of your choice, and do daily, comprehensive tick checks. Protect yourselves, your families, and your pets.*

*One tick bite has the potential to disable you. Take it seriously before it's too late... “ ♡*

[https://m.facebook.com/story.php?story\\_fbid=1666284816915102&id=100006007985605](https://m.facebook.com/story.php?story_fbid=1666284816915102&id=100006007985605)

I think these are definitely wise words and actions to live by as we move through another Summer and will be our largest tick season to date. Lyme Disease cases have risen 6,000% in the last 15 years. (UVA). From 2019-2020 there was a 21% increase in tick bites and a 6% rise in overall Lyme Disease. (Project Lyme). The CDC has now admitted that for the last decade the actual incidence of Lyme Disease has been more like a half a million cases each year. Up until 2015, I believe, they were still reporting just 30,000 total a year. At least more recognition is coming and more actions are in the pipeline.

This leads me to a link to a pre-written letter for your Congressional District Representative as promised. This is in support of increased spending by the congress towards research and innovation for Lyme and vector-borne diseases. It's a little last minute, but we have until the end of Friday, 4/23/21. You just need to follow the link within the article and enter your zip code. It will automatically bring up your Rep and then the letter...you just have to put your name at the bottom and submit. Super quick and easy! And here is the Article that has the link to follow:

[https://www.lymedisease.org/write-your-rep-about-lyme-funding/?fbclid=IwAR06CRn\\_S7mvDRGOY1DWfZ1r3fiR4UUIPIGCAWLnmzymiuCvsjF5oU-Rhk](https://www.lymedisease.org/write-your-rep-about-lyme-funding/?fbclid=IwAR06CRn_S7mvDRGOY1DWfZ1r3fiR4UUIPIGCAWLnmzymiuCvsjF5oU-Rhk)

Before I leave you links to my picks for top informative and emerging science articles of the month, I wanted to throw an idea out there. I and a few other members of Lyme Alive were discussing the possibility of doing a book club. These books can expand outside of just the Lyme world and focus on healing in general, or whatever people might find interesting and relative for the group to dive into. If you're interested then just shoot me an email and I will keep track and start a group email to see how we would like to set it up and when a good time might be for people to do a bi-weekly, or monthly book club meeting via zoom...could be enlightening and fun!

## **ARTICLES OF THE MONTH:**

In honor of the late Niel Spector, the Bay Area Lyme Foundation is donating to carry out his research in translating targeting cancer research to Lyme and Bartonella:

<https://giving.dukehealth.org/why-give/meet-physicians-scientists/bay-area-lyme-foundation-grant-honors-spector?fbclid=IwAR0ohjTmphAFdmhdTBknV7rDrxDkjNTdnGOnzkiQyPVXDIGd2No0k2PrkDw>

From Brandi Dean whom is a Lyme Warrior herself and has a child with Lyme/Pans and gave an extremely heartfelt post on her site just recently: [https://brandidean.com/2021/04/05/living-with-pans-pediatric-acute-onset-neuropsychiatric-syndrome-a-parents-perpective/?fbclid=IwAR2jQ8VuQoF4h6-ZWQxp7BNpGMMJp1SiQpR4AeyuLXqc44hX0w\\_ayjMI\\_zg](https://brandidean.com/2021/04/05/living-with-pans-pediatric-acute-onset-neuropsychiatric-syndrome-a-parents-perpective/?fbclid=IwAR2jQ8VuQoF4h6-ZWQxp7BNpGMMJp1SiQpR4AeyuLXqc44hX0w_ayjMI_zg)

Dr. Phillips & Dana Parish featured on Dr. OZ promoting the book CHRONIC:

[https://www.youtube.com/watch?app=desktop&v=5OX0Z\\_RKOOU&feature=youtu.be&fbclid=IwAR3pPwOf3FRQXReu3CEG-BM\\_0NcdHbhUTS-95d33cZslytE3tYNulnHhIQ#menu](https://www.youtube.com/watch?app=desktop&v=5OX0Z_RKOOU&feature=youtu.be&fbclid=IwAR3pPwOf3FRQXReu3CEG-BM_0NcdHbhUTS-95d33cZslytE3tYNulnHhIQ#menu)

Dr. Bill Rawls discussing natural ways to relieve chronic symptoms, promote detoxification, and healing:

[https://www.lymedisease.org/rawls-natural-remedies-lyme/?fbclid=IwAR1Mltjla0ahSqDiyISKVaNnjrNYtX7qFPeIC\\_RTrObYyhPByjM4c8dMvX4](https://www.lymedisease.org/rawls-natural-remedies-lyme/?fbclid=IwAR1Mltjla0ahSqDiyISKVaNnjrNYtX7qFPeIC_RTrObYyhPByjM4c8dMvX4)

About the LymeX Innovation Accelerator Program under HSS headed by Kristen Honey:

<https://www.nextgov.com/emerging-tech/2021/03/hhs-aims-accelerate-technologies-combatting-lyme-disease/172482/>

Thank you all so much for the support and I hope you have a great rest of the month! I will see those who can make it on May 8th for our next meeting and until next time...Stay safe, and stick to the middle of those trails!

I wanted to leave some positive stories to share via our friends at Lyme Warrior in Virginia:

[https://lymewarrior.us/stories-of-remission?fbclid=IwAR06CRn\\_S7mvDRGOY1DWfZ1r3fiR4UIPIGCAWLnmzymiuCvsjF5oU-Rhk](https://lymewarrior.us/stories-of-remission?fbclid=IwAR06CRn_S7mvDRGOY1DWfZ1r3fiR4UIPIGCAWLnmzymiuCvsjF5oU-Rhk)

Interview with Project Lyme and upcoming documentary Monster Inside of Me:

<https://projectlyme.org/event/the-monster-inside-me/?fbclid=IwAR1nXzbb-V78nZ4eiliQ5Ot2Tdrbx1AWVPf9e9JiheL0Uq-3QtzrnfFoE>

Lastly, I saw that a book called "Brain Inflamed" by Dr. Kenneth Bock that looked interesting for a book of the month:

<https://www.harperacademic.com/book/9780062970879/brain-inflamed/>

Thanks y'all :) just wanted to make sure I included everything on my list here lol.

Much Love & Light,

Jake Broughton

Attachments area

[Preview YouTube video The Hidden Autoimmune Pandemic And How You Can Get Healthy Again](#)

