

LYME ALIVE FEBRUARY 2021 NEWSLETTER

Hello there Lyme Alive Family!

Jake Broughton here, and I'm so excited to not only become a member of the group, but to share current news and research from the Lyme+ field, provide a safe space for members to share their findings, experiences and/or ask questions. I will also facilitate our monthly support group, which for now will be virtual via Zoom on every 2nd Saturday of each month from 2pm-4pm. I'm so grateful for Adrian VanKeuren for trusting me to carry on the spirit of the group and legacy that all began with Lucy Miller, who sadly passed away. Adrian is a gem and such a wonderful person in general and we will both always be considered co-admins of the group. It's new for me, but I've had the internal motivation to get into advocacy for quite awhile and finally have come to a point in my journey where I am still in treatment, but I am highly determined to continue raising awareness in Western VA... expanding to the Shenandoah and up north to my neck of the woods, which is just south of Washington, DC in the DMV region, and beyond.

My bio on the website will be updated soon, but a little about me...I have been struggling with health in various ways for most of my 35 years of life, but I would say the "Lyme Journey" began in 2013. In hindsight it started much earlier, but sadly and unfortunately that is all too often a very common tale. Extremely unique nonetheless, and when you're living in the moment it feels like no one else could possibly feel that way. After being misdiagnosed early on with RA and put on immunosuppressive medications, I was in a bad place. I was also simultaneously and suddenly exposed to black mold. There was a lot of emotional stress and all the right factors fell into place that has led to a long road to recovery. I eventually stopped those medications and began to thoroughly research autoimmune and chronic disorders. That's when I luckily stuck to my instincts that more was happening on a pathogenic and multi-systemic level and went down the Lyme portal to a parallel universe where everything once known about medical care suddenly went out the window. I never bought into autoimmunity because I didn't believe that by nature our bodies were meant to attack itself...there has to be a trigger. Or, in so many of our cases, we have several triggers and once the pot boils over, the immune storm begins, the triggers begin to rotate around, and cause unique sets of symptom patterns. In late 2017, I finally found a Lyme Literate Doctor and was clinically diagnosed and laboratory positive for late-stage Lyme as could be. On top of that, we found Bartonella, Babesia, Mycoplasma, Mold, Candida, reactivated Viruses, and many other opportunistic infections. The synergistic effect not only impacts every system of my body, but severely attacks my Sinuses. If I went through every complication it would take multiple emails so I will open more doors of discussion on health as it relates to my experience over time for sure. Just know that you are not alone; and that I've been down just about every road with treatments and protocols, so never hesitate to reach out at this email, or on Facebook. I also have a lot to learn from you!

It's been a busy month for the Lyme Community and a lot happening on many fronts. It also feels like a twilight zone in the midst of the current pandemic in the spotlight, overlapping with a pandemic that has been neglected and ravaging the globe for decades. It's been hard to know whether Covid will completely overshadow, or create a sense of cognitive dissonance, and then come the attacks by press about the true doctors who battle the perils of Chronic Lyme on the front lines (and soon enough "long haulers"). A perfect display of this comes from a recent article of bias propaganda from Bloomberg titled, ["Dubious Alternative Lyme Treatments Are Killing Patients."](#) At the same time, I remain hopeful because this Covid pandemic has been a crash course for many and an eye opener to the medical community that they are severely under trained in chronic immune disorders caused by pathogens.

That all said, I had my battle with Covid in late February 2020, and it was not pleasant to say the least...Fever for three weeks, Shortness of Breath, and increase in overall Lyme/Babesia symptoms. It is the one time I can say I was lucky to be linked in with the Lyme Community and was able to eradicate the virus rather quickly, but it did set my overall progress back. At the moment I remember saying, "This feels like Lyme and Babesia on steroids." If I was told to just quarantine and wait it out I would surely not be writing this email today. Here we are a year later and according to both Harvard and Hopkins, the only disease Covid-19 has been compared to is, Lyme Disease. The parallels are uncanny, all the way down to the chronic symptoms, politics infesting medicine, and gaslighting from doctors as thoroughly described in recent articles in [USA Today](#) and one published by Dr. Phillips & Dana Parish via [Project Lyme/Medium](#). Most recently, [The New York Times](#) draws stark comparisons as the article is written by a Chronic Lyme patient that has published the best piece I have seen so far and had the honor of promoting the release of Dr. P & Dana's book, "CHRONIC." Also, evidence across the globe has become irrefutable that Ivermectin (an anti-worm/parasitic) shows positive results if used early on in the course of the illness, just like early antibiotics for Lyme Disease. Early treatment for any infection, or condition is

vital...why is it that only these two pandemic-causing infections have been so drastically and purposely neglected?? I have my thoughts and I'm sure I am not alone, but don't be fooled...Covid is insidious too. While Lyme remains the most flawed medical conundrum ever, you can catch covid just by breathing and blinking. Both are like detonators to an immune storm that causes an influx of co-infections, allergies, chemical sensitivities, and emotional instability. Here are a few articles/interviews shared in the last month held by Dr. Phillips, Dr. Rawls, Dr. Cameron, Dr. Horowitz, and Mary Beth Pfeiffer. The transparency and justice for humanity that they have displayed truly helped me through my covid month and early on in my Lyme journey.

[Dr. Been interviewing Dr. Steven Phillips](#)

[Dr. Horowitz interviewed by Mary Beth Pfeiffer](#)

[Dr. Cameron & Dr. Rawls interviewed by Noah of Project Lyme](#)

Articles by Mary Beth Pfeiffer on Ivermectin and early treatment for Covid:

['A Letter to NIH and Dr. Anthony Fauci, is Anybody Home?'](#)

['Not Using Ivermectin, One Year in, is Unethical and Immoral'](#)

Guidelines for the [IMath protocol](#) created by the FLCCC Alliance on early covid treatment protocols based on very promising studies from across the globe that can be found at the link provided.

The Infectious Disease Society remains tone deaf as they have recently updated their [guidelines](#). They are advising against testing for Lyme in patients that present with psychiatric and neurodegenerative disorders and actually decreasing the length of time to take antibiotics for early Lyme down to 10-14 days. It's absurd! All during a time where they are still currently plaintiffs in the first major lawsuit in which all 8 major insurance companies in Texas have silently settled for collusion and racketeering. You can read an update on the suit [here](#), but also through Mary Beth Pfeiffer's coverage on her website. I just don't know how they continue to get away with it all, but I hope that time is coming to an end and this case sets a strong precedent for future settlements. We are still awaiting the 2020 report from the Tick-Borne Disease Working Group and even by reading the 2016 report you can tell how polar all the views are on how to handle this colossal medical mishap. Here's a great written comment to the board at the end of this middle term by Lonnie Marcum and the [link to others](#). Marcum's is about 7 submissions down, but the rest are worth a read and think about doing the same in the future. Since there's no full report so far, you can check out the subcommittee reports [here](#) and we'll see what all actually gets submitted to Congress.

On a brighter note, I am happy to also join the lovely ladies at L.E.A.F. that have been spearheading the [Lyme Education Awareness Foundation](#), led by Dr. Nancy Fox. Along with [Lyme Alive](#) and [Lyme Warrior](#), we are getting creative and finding ways to navigate this pandemic and continue to instill her ingeniously designed K-12 curriculum to schools, camps, and youth groups across the Northeast and down to Virginia. We will soon be hosting an open community Zoomcast called, "That Bites: Health Huddles" and will invite any specialist in the medical field that can help us not only relate to Lyme+, but to building stronger immune systems and obtaining better health.

The next support group for Lyme Alive is on 2/13 from 2pm-4pm and I hope to see some of you there! I will post the Zoom info below, which will be the same each month, and I will send a reminder 3 days prior to the group. Last meeting we discussed complications with the genetic disorders, Factor 5 Leiden and MTHFR, and their impact on detoxification. We discussed gut health, muscle testing on yourself, and the best products/methods, like orgonite, to block emfs. There was a question about why Lyme+ patients can have low potassium levels and while I need to research further...I had a thought that a big part of it has to do with a problem digestion and malnutrition. Many of us, especially those with Babesia, have issues with absorbing the nutrients from organic/fresh foods. Lack of appetite starves us of these valuable nutrients as well. Digestive enzymes, L-Glutamine, and Collagen powder can all help repair the gut/intestinal wall lining and help with absorption. There's much to discuss when it comes to Lyme and all the associated complications. One could say the topic is INFINITE. I hope you'll come join in on the discussion and always know there is support just an email away, on our Facebook page, or during our monthly meetings.

If you made it this far, thank you so much for reading and again I am elated to become part of the solution with advocacy and serve as a vessel of valuable information and endless support. At Lyme Alive we hold hope for healing and truth as high as possible and will never stop in the face of constant adversity.

Support Group Info:

Join Zoom Meeting

<https://us02web.zoom.us/j/6514675110?pwd=ZnNpZ2ZOZE8vV3NqamVvMjh2Q0xkUT09>

Meeting ID: 651 467 5110

Passcode: 535214

Suggested Reading for the Month:

Released 2/2/21--"**CHRONIC**: The Hidden Cause of the Autoimmune Pandemic and How to Get Healthy Again" by Steven Phillips, MD & Dana Parish with Kristin Loberg

Book Release Party via Facebook: [Live Stream](#) I got an awesome shout out around the 30-35min mark, right when they start taking comments/questions :)

I want to leave you all with a quote by Buddha that starts the introduction chapter of this game changing book...

“Three Things Cannot Long be hidden: the Sun, the Moon, and the Truth.”

Wishing you all healing and love!

~Jake Broughton

Lyme Alive, Admin/Facilitator

L.E.A.F. Virginia Leader

Lyme Alive Disclaimer:

Lyme Alive does NOT endorse or recommend any treatment plans or specific doctors, but recognizes everyone has their own treatment path to follow. We strive to offer support and understanding to those newly diagnosed, those that have been suffering for years, and those seeking information on preventing Lyme disease and related co-infections.