

November 2022 Newsletter:

The LEAF Program has turned this month into "KNOWvember" by sharing facts, tips, and education on our social media in order to continue to teach prevention and raise awareness. Feel free to follow us and share to help spread the knowledge of the complexities of Lyme and tick-borne infections. We also have a campaign currently happening and seeking adolescents, young adults, and/or parents to provide a short 1-3 minute testimonial in video format. We have a space open at the Burr Arts Library in Frederick, MD on Saturday 11/19 where we can film it for you. The testimonials can be emailed to us at any time and these will be featured on our website and shared individually on our platforms. Ultimately, we are hoping to provide an opportunity to give families a voice and to share their journey. Children/adolescents are among the highest risk age group, yet I feel there is not much of an effort towards raising awareness for them in the community, let alone the medical system. This is the LEAF program's sole focus and any participation would be greatly appreciated and our contact information will be provided below.

As I mentioned earlier, I want to become more consistent with these monthly newsletters and have more engagement with the Lyme Alive community. Personally it has been a roller coaster of a year, but very transformative as of late. I've been exploring reiki combined with sound baths with a woman who uses Tibetan bowls and other ancient instruments that produce healing frequencies. I lie down on a massage-like table and practice meditating which eventually leads to a TM state (Transcendental Meditation). It has been amazing to say the least. I've felt a different type of energy during this strong moon cycle building up to the Lunar Eclipse on 11/8. It was especially strong as it occurred within the Taurus zodiac. I've seen many people in the community, including myself, mention that they have endured flare ups during full moons. Everything finds a way to be kept in balance though, so I've had some very positive changes as well. It is a very interesting correlation, but really does make sense, and for some it could have to do with the 4-week activation cycle of the Lyme bacteria and microbial balance within us. This can activate due to magnetic forces and the organic effect that the Moon has on the life forms on Earth. Today we welcomed 11/11/22 where a "portal of relief" has hopefully opened now that we are 3 days out from the Blood Moon. Acclimating to the change in time, "Fall Back," can have its effects too, no doubt. There's actually studies on this and general health factors that change during those periods of time versus "Springing Forward." It is a very interesting phenomenon to look into. Learn More in the article below.

I am making improvements in my personal medical situation, but recently caught Covid again. There are always medical surprises and new findings always seem to present themselves, which leads to the debate over what treatment routes to pursue next. Even though I successfully treated Covid way quicker this go around with the IMask+ Protocol by the FLCCC compared to March 2020, I now feel very "Lymee." I had to pause my treatment due to catching covid and I will get back to it in a week. Just like with Lyme Disease, 30-40% of people will go on to have chronic symptoms. Certainly someone in mine, and many others shoes, having a weakened immune system will lead to having reactivations of microbes like Lyme, Bartonella, Babesia/Parasites, Gut issues, mast cell activation, and other viruses. I know of at least 35+ People now that I have met online that are positive for Lyme, Bartonella, and/or EBV after Covid. So what really is occurring when it turns into what they are calling Long Covid, or in medical terms, Post-Acute Sequelae of Sars-Cov2? Sound Familiar? Post-Treatment Lyme Disease...This terminology is misleading because most of these patients never received proper early treatment so in most situations it isn't truly a "Post-Acute" Phase. People are still acutely ill and according to many of the known Lyme-literate physicians in the country, this is due to the many compounding factors like the possibility of Covid persisting on its own, reactivations of microbes that they are unaware of, infections leading to persistent inflammation which pushes the body into an autoimmune-like state, and all of the above could occur simultaneously. Then there are patients that do fit the criteria because they are in the 30-40% of people that received early treatment with Remdesivir, or the new drug Plaxavoid, but still went on to have symptoms. A new podcast by TickDetective has guests Dana Parish and Amy Proal, PhD on to discuss all of this and how a full panel of labs should be drawn for tick-borne diseases on these patients that are still symptomatic weeks after initial covid infections. The parallels are just so uncanny. Lyme has been termed "The Great Imitator" and I labeled Covid, "The Great Detonator." We know Lyme does the same thing

and can reactivate so much, but it seems to me that Covid causes this to happen at a faster rate. If the two communities could join forces we could have so much more power in numbers of people experiencing the same ultimate syndrome and have a larger voice for change as a community.

The last big update I wanted to share was about the coming finality of the Tick-Borne Disease Working Group. This group was formed in 2016 and called upon to address the gaps in the diagnosis, treatment, and access to care for Lyme disease and the many co-infections, complications, and overall burden that the illness causes to the public at large. There were (3) two-year terms composed of 12 board members that had a pretty even split of opposing views, but were charged with the task of creating a report to Congress at the end of each term. For the most part, the board members changed members each term, except for long-time Lyme advocate, Pat Smith, who served for the first two terms and the CDC's watchdog, Ben Beard. He is the only member to have served on all 3...hmmm. Each session during the two -year span there was the opportunity to submit a written public comment, or address the board directly with a 3-minute oral public comment. That occurred during the 30 minutes they would allot, so basically 10 people each session, but they are required to read the written comments if submitted by a given deadline. You can always email them and they are supposedly kept up with and submitted into record. The very last session is being held on 11/21 and you must submit a registration to share your comments by this coming Monday, 11/13 by 11:59pm est. The info to do so will be linked below. I did a public comment in-person during the first term and I plan to do one for this last one. My main points include the lack of attention they paid to the effects on children/adolescents. Also, not addressing, or calling on Congress to investigate the true origins of Lyme Disease as we know it today and why the outbreak of cases in the late 70's in Old Lyme, CT when ticks and the bacteria have been around for ages. We deserve to know the truth as to what happened and why we are left to suffer. I want to let them know that while they discussed improving the diagnostic lab test, they didn't talk about putting the highly specific antibody markers, 31 & 34, back on the western blot test. Lastly, they should know that with Lyme Disease being approximately 80-85% of all tick/vector-borne cases that, while important to explain the role of co-infections is necessary, they flooded a lot of the reports in medical jargon with many of the complexities of those issues and it didn't seem like Lyme was given the proper spotlight that it deserves. I will give them credit where credit is due. This is the last chance to share your story, to let this group know how you feel, and in general about the state of affairs regarding the upside down world of living with Lyme.

If you've made it this far, you are amazing and thank you! Since it has been so long there was a lot to share. Going forward I will try to be more concise. To conclude this month's newsletter there are a few links to things I'd like to share including good articles as of late, a podcast to check out, to the HHS site for the working group, the zoom log info for the support group and my book recommendation for the month. Most importantly, I am always sending out positive vibes and healing energy out to everyone and hope you will join me for our monthly support group on 11/17 at 7pm est. Feel free to reach out for anything you may need, anytime! :)

Book Recommendation of the Month: [Love, Hope, Lyme by Fred Diamond](#):

LEAF testimonials campaign on FB:

https://www.facebook.com/LymeEducation/?ref=pages_you_manage

or

Email video to: DrNancyFox@gmail.com

Details to contact the Tick-Borne Disease Working Group. Register by 11/13: <https://www.lymedisease.org/one-last-meeting-tbdwg/>

Full Moons and Lyme: <https://www.tiredoflyme.com/full-moons-and-lyme-disease.html>

Sound Bath/Frequency Healing: <https://www.medicalnewstoday.com/articles/sound-baths#summary>

TickDetective Podcast with Dana Parish & Amy Proa, PhD : https://www.bayarealyme.org/blog/ticketective-with-dana-parish-from-long-covid-to-long-lyme-persistent-infections-drive-chronic-illness/?fbclid=IwAR03K1AIkvbE3R288S1xTXj02s9z9rjRFQ3gz23YzVLuqqr_K8eRcZXkHjs

LymeX Program between Cohen Foundation & HHS: <https://www.lymexdiagnosticsprize.com/announcing-the-phase-1-winners/?fbclid=IwAR0s6o4Qaj0nnleQIfxi5tbwfWbPzEbaYUIosR6nKduEngg-BEjrOO8WcUo>

New Findings in brain changes with Chronic Lyme patients: <https://healthimaging.com/topics/medical-imaging/neuroimaging/brain-abnormalities-lyme-disease-long-haulers/?fbclid=IwAR1nzspRsdmfsAb4m6meCgzJb5HLeGfcMEpndOKDy2ACRAEBhpfZkYsMDk>

Support Group Zoom Info:

Topic: Lyme Alive November Meeting

Time: This is a recurring meeting Meet anytime

Join Zoom Meeting

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

Meeting ID: 651 467 5110

Passcode: 535214

Be Well,

Jake Broughton

Admin of Lyme Alive Information & Support Group

Board Member of The LEAF Program, Inc

www.lymealive.weebly.com

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