

# Lyme Disease & other Tick-Borne Diseases

## Harmony & Health

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Quality Products for Health  
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Lyme borreliosis is a bacterial infection spread by deer ticks in the Northeast & Midwest. These ticks are very small, about the size of a sesame seed. Lyme symptoms have 3 stages: 1. Localized with a bull's eye rash & flu-like symptoms. 2. Disseminated - skin problems, joint inflammation & nervous system issues occurring weeks or months after initial infection. 3. Persistent - more involvement of joints, nervous system and heart. The treatment is typically antibiotics taken orally for 3-6 weeks.

### Some Products to consider:

#### 1. For strengthening the immune system: --

**Zinc** - stimulates "killer" T cells that search out and destroy virus

**Elderberry D3fense** - strengthens immune system & aids cell function

**Thim J** - helps immune and adds antioxidants

**Probiotic Eleven** - improve digestive function, add good microbes to keep the bad in check

#### 2. For fighting the contagions & combating Lyme disease:

**Silver Shield** - 1-3 oz daily, immune enhancer & inhibits growth of bacteria

**Una D'Gato** - anti-bacterial & anti-inflammatory

**Pau D'Arco** - anti-bacterial, anti-parasitic

**Artemesian Combination** - helps body fight infections

**ive Leaf** - inhibits growth of bacteria & viruses

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#### 3. To reduce inflammation and prevent joint damage:

**IF Relief** or **Curcumin BP** - anti-oxidants for reducing inflammation

**Everflex** - helps prevent damage to joints

#### 4. Other suggestions: Eat wisely, drink plenty of water, avoid chemicals, exercise (stretches or walk, but listen to your body and avoid fatigue).

\*Please contact us for specific dosage which depends on the seriousness of the infection.

**Important:** The information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness we recommend you consult a competent health practitioner before beginning a course of treat-



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