

Nutritional and Hygienic Hints While Undergoing Antibiotic Therapy for Lyme Disease and/or Coinfections

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Generally speaking, if you have Lyme Disease, by definition you have been infected with a bacteria known as *Borrelia burgdorferi*, which is a spirochete. Spirochetes have a life cycle in which they can take one of 3 different forms. 1) the “cyst” form where they actually look like they are a small round ball structure, 2) “L Form” where they actually look somewhat like a half moon, and 3) the “spirochete” form where they look like a cork screw. At this time it is not known to what extent the cyst, or L form are virulent but clearly the spirochete form can cause a variety of symptoms that are expressed differently in different people. Additionally, spirochetes probably somehow interact with the human genome to give rise to the variable presentations of Lyme Disease. Some people are more prone to develop Lyme Disease for reasons that are not well understood at this time. Factors that contribute to variable symptom expression may include: the number of tick bites, the number of coinfections present in the host, the strength of the hosts’ immune system at the time of infection, the strain of spirochete that a person has been infected with, whether or not a person lives a “healthy life style”, and the length of time that the person has been infected with the bacteria(s).

Borrelia burgdorferi is known to use glycolysis to sustain life. This means that they feed on sugar. Therefore, in order to minimize the extent that you “feed” these bacteria, you want to MINIMIZE how much sugar you intake. Fruits and vegetables are a natural source of sugar and have a variety of other healthy nutrients that the body needs. However, the body does not need, coke, potato chips, candy, cookies and cakes, and in fact their ingestion can actually make the Lyme condition worse. Additionally, sugar is known to suppress the immune system.

DAIRY PRODUCTS: Generally speaking dairy products are not beneficial to Lyme patients. They are full of sugar (maltose, galactose, glucose) and if the spirochetes have invaded the intestinal wall, ingestion of dairy products can make the situation worse. Patients can experience chronic diarrhea, abdominal cramps and even vomiting from ingesting dairy products. There are many other ways to obtain appropriate amounts of calcium in you diet from foods and supplements.

WHEAT PRODUCTS: Generally speaking wheat products including spelt are aggravating to the intestines in many people with Lyme Disease. The protein in

wheat known as gluten can actually cause severe abdominal cramping and diarrhea, especially if the spirochetes have invaded the intestinal wall. Substitutes for wheat are rice pasta and bread, potato bread, rice cakes, and corn bread. Wheat is a grain and a carbohydrate which eventually is converted into sugar in the body and actually “feeds” the spirochetes as well as your body. So try and stay away from wheat. You’ll help yourself heal much more quickly.

Rainbow Foods (excerpted from Dr. Singleton’s Book “The Lyme Disease Solution”, 2008.)

Rainbow foods are highly recommended while undergoing treatment for Lyme Disease. If you are allergic to any of the foods, simply eliminate them as you normally would.

White – coconut flesh (fresh, dried), coconut milk and coconut oil for cooking, organic plain yogurt, kefir and soft cooked eggs.

Red – apples, cherries, raspberries, red peppers, strawberries, tomatoes and watermelon

Orange – apricots, cantaloupe, carrots, mango, pumpkin, sweet potato, yams and mangosteen juice

Yellow – curry, dandelion, egg yolk, lemon, pineapple and yellow squash

Green – broccoli, celery, chard, chlorella, cucumber, dark greens, Granny Smith apples, green tea, kelp, seaweed, lime, olives and romain lettuce

Blue – bilberries, blueberries and blackberries

Purple – plums, pomegranates, prunes, purple grapes, raisins

Brown – beans, brown rice, barley, Ezekiel bread, oatmeal, quinoa, sprouted grains, fermented soy, miso, natto, tempeh, garlic, ginger, nuts, seeds, grass fed meats and poultry and wild caught fish low in mercury

Sleep and Lyme Disease

Many patients experience abnormal sleep patterns when they have Lyme Disease and/or coinfections. This is extremely taxing to your immune system as sleep is known to be the “silent nurse.” Maintaining hygienic sleep throughout your illness is of paramount importance. The following are some hints as to how to improve your sleep.

- 1) **Plan to sleep at the same time each night. Go to sleep at the same time and wake up at the same time. This maintains a natural circadian rhythm that is necessary for immune system support.**
- 2) **Avoid alcohol, caffeine and other stimulants.**
- 3) **Avoid eating late at night but avoid going to sleep hungry. I suggest to stop eating 2 hours before going to bed to ensure that the digestive system is not utilizing energy to digest food.**
- 4) **Sleep in darkness to ensure adequate melatonin production.**
- 5) **Eliminate electronic devices from your bedroom or at the very least, make sure they are placed at least 8 feet away from your bed.**
- 6) **Exercise regularly but avoid late evening exercise because this can be too stimulating. Walking 20 minutes/day during the day is a great way to do this.**
- 7) **A warm bath before bed can help induce sleepiness.**
- 8) **Some people enjoy sleeping with Lavender in their pillows. Find some whole dried lavender and place it in a sachet. Place the sachet inside your pillow. The aroma of lavender is thought to calm the nervous system and help with sleep onset.**

Toxin Build Up

Many Lyme Disease sufferers are plagued by toxic build up of substances in the body. Here are some suggestions to minimize environmental pollution in you home and immediate environment.

- 1) **Improve indoor air quality by having plants in your home and by purchasing a humidifier and negative ion generator.**
- 2) **Let fresh air circulate by opening windows especially when you sleep.**
- 3) **Eat healthy. Use Dr. Singleton's "Lyme Inflammation Diet" guidelines to help you maintain proper nutrition. His diet guidelines can be found in his latest book "The Lyme Disease Solution", 2008.**
- 4) **Drink plenty of pure, clean and fresh filtered water. This means about 8-10 glasses/day. This helps flush your body of toxins.**
- 5) **Use environmentally friendly home products. The brand name "Seventh Generation" is an eco friendly line of products that are great.**

- 6) **Avoid second hand smoke.**
- 7) **Clean carpets and rugs regularly with eco friendly products.**
- 8) **Make it a habit to spend time in nature but take precautions against ticks.**

Steps to Help the Detoxification Process

- 1) **Detox baths with Epsom salt. Use 2 pounds of Epsom salt/bath and sit for 20 minutes at least 2 times per week.**
- 2) **Dry skin brushing. Purchase a dry skin brush at your natural health store and brush yourself for 10 minutes per day ideally before bathing. This helps stimulate your lymphatic system which helps detox your body.**
- 3) **Breath deeply so that your lungs can fill with air. Ideally do this outside to maximize fresh air.**
- 4) **Brisk walking 2-3 times/week for 20 minutes is highly recommended.**
- 5) **Get a massage. A Swedish or lymphatic massage helps stimulate the lymphatic system.**
- 6) **Take a sauna using an infrared sauna. Sweating is one of the best ways to rid your body of unwanted substances. Remember to keep yourself well hydrated though by drinking lots of fresh water.**
- 7) **Talk to you Naturopath about other ideas to detoxify your body.**