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Seattle & The Pacific Northwest Lyme Disease Doctor

1. Use Benadryl and follow the directions on the box
2. Use Alka Seltzer Gold but NOT with Benadryl. Use either one or the other.

With Benadryl or Alka Seltzer Gold, take the following nutrients:

- Quercitin, Quercenase, Quercitone, 1-3,000mg/day
- Vitamin C 1-5,000mg 2 times a day or until bowel tolerance (loose stools)
- Warm Lemon water
- Burbur tincture 1 dropper every 10 minutes until symptoms go away
- Baking Soda Bath (2-4 cups of baking soda per bath with 1 cup Epsom salt). Do this no more than 3 times a week.
- Filtered water as much as possible
- Organic coffee enema
- Chlorella
- Infrared sauna (10-20 minutes, 2 times a week)
- Avoid cell phone use and EMF's because they may aggravate the situation
- Mud or bentonite clay baths
- Mustard baths
- Bikram Yoga (careful not to overdo it as too much sweating will dehydrate your tissues)
- Lymphatic massage
- Hydrotherapy
- PEET baths

Herxheimer reactions can be severe and extremely uncomfortable so you should try to be in an environment, which is comfortable for you to lessen the discomfort. But remember, when you do have a Herxheimer reaction, spirochetes are dying and therefore you are one step closer to health. On a scale of 1 - 10, Dr. Marra wants you to Herx at a 3 or 4 NOT at a 9 or 10. If you are concerned, please phone Dr. Marra's office or her cell phone. It's also easier to pull you out of mud than it is to pull you out of quick sand.