# Discover TOP 7 Herbs For Healing Babesia Transcript

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## Introduction to Herbal Interventions for Babesia

Hi, Dr. Hinchey here. I'm going to talk to you about Herbal Interventions for Healing Babesia. So let's dive right in. Basically, I'm going to compare and contrast and Acute Babesia infection with chronic Babesiosis.

And we're going to be looking at the various cytokines that are released and how this can alter a shift in the immune system when we're dealing with a chronic infection.

And then finally, we're going to actually look at where the particular herbs are going to intervene here. So it's a little bit technical, but I'm sure you can all follow along.

## Acute vs Chronic Babesia Immune Response

And I just want you to get the general principle here. So with an Acute Babesia infection, the innate immune system is going to stimulate an increase in two cytokines interleukin 12 and interleukin 18.

And now these two cytokines are going to stimulate the production of natural killer cells. Natural killer cells are a very important immune cell that help your body to fight infections.

And so the natural killer cells are going to do two things. Number one, it is going to increase interferon gamma which is going to eventually help to turn arginine into nitric oxide.

The natural killer cells also stimulate the release of inductively nitric oxide synthase, which is an enzyme that is going to convert arginine into nitric oxide.

So then we have the release of nitric oxide. It surrounds the red blood cell or the endothelial cell, which is where Babesia loves to live. And it kind of blows it up in this gaseous sort of cloud.

Now in a chronic Babesia infection we have the B cells stimulating the release of interleukin 10 and interleukin 4. Interleukin 10 is going to increase levels of transformative growth factor beta, which is going to stimulate the release of L- Ornithine.

And this overall is going to support parasite reproduction. IL 10 is also going to stimulate the release of an enzyme called arginase. And remember enzymes break down other things.

So arginase is going to break down or degrade arginine. And if we're breaking down the arginine we're not going to have that substrate to convert into nitric oxide.

Now interleukin 10 is also going to decrease the production of interleukin 18 and interleukin 12. And then this in turn shuts down the natural killer activity.

## How Herbs Shift Immune Signaling

And the production of interferon gamma. This is going to further inhibit the production of nitric oxide. Now I want to show you where the herbs intervene here in this scenario.

So first if we bring in ashwagandha, one of my favorite immune balancing herbs, and now you finally get to see why ashwagandha is actually going to block IL 10, and it's going to increase the production of IL 12, which is going to unblock the inhibition of natural killer cell production and interferon gamma.

And then because we're decreasing IL 10, we're also going to decrease the production of arginase, the enzyme

that breaks down arginine. Then we bring in red sage which is going to increase the production of inductively nitric oxide synthase.

Plus we have unblocked the natural killer cells. So now this enzyme can work and actually convert the arginine into nitric oxide. Okay. Now if we bring in and it doesn't have to be all four of these, it can even be one of these if we bring in either Astragalas, Artemisia annua, red sage or Chinese skull cap.

We're going to further block interleukin 4. And then that is going to help to block the TGF beta the L-Ornithine. And we no longer are supporting parasitic reproduction.

## Research on Botanical Medicines Against Babesia

Okay. So here is a study that was done and published in Frontiers in Cellular and Infection Microbiology in 2021. And this study was looking at the various Botanical Medicines Cryptolepis, Artemisia, Scutellaria, Japanese knotweed and Alchornea.

And it showed that they demonstrated an inhibitory effect against Babesia Duncani. So in this study you can see the top two performers here were Chinese Skullcap and Cryptolepis.

so then I put together for you a sample protocol to help someone that has a Babesia infection. And so you're looking at doing. Cryptolepis a fourth to a half of a teaspoon three times a day.

Alchornea a fourth of a teaspoon three times a day. Sida acuta a fourth of a teaspoon three times a day. Artemisia annua a fourth of a teaspoon three times a day.

Or if you're using just artemisinin extract, which is not what I recommend. I am very passionate about using the whole herb because the constituents often work synergistically together and have side benefits, and actually help to stop side effects.

so looking at the whole herb, Artemisia annua, a fourth of a teaspoon three times a day, if you are using artemisinin extract, it would be 200mg three times a day.

and if you're using the artemisinin extract it is important to take breaks. And that's not something that I'm going to get into right now.

## Sample Herbal Protocol for Babesia

But you definitely want to rotate it. ashwagandha a fourth of a teaspoon to half of a teaspoon three times a day. Red sage, half a teaspoon three times a day.

L-arginine. I will only supplement if the patient shows they are deficient in it. So this is one of the micronutrients that I look at on a white blood cell micronutrient panel.

If the patient is deficient, I will supplement with 2000mg, 2 to 3 times a day. And again, that L-arginine is going to give the building blocks to making nitric oxide, which is our body's innate defense, when dealing with a parasite like the Babesia.

I like to use a astragalus a fourth to a half of a teaspoon, three times a day. And I usually will not keep someone on astragalus long term, usually for about the first 3 to 4 months.

And then milk thistle 200mg three times a day to really help to protect and support the liver. and to help with detoxification. Now, obviously, this would be in addition to doing all of the background work.

you can look at my 10 B Protocol to understand what I'm talking about, but really it's more like making sure that all of the organs are functioning properly, that you have all of the micronutrients that your body needs, that you are not

eating, foods that are acting as poisons and inflammatory, stimulators in the body.

you know, just making sure that that everything else in your body is functioning properly and doing all of the lifestyle modification. so our next slide, I have kind of putting together a treatment for patients that have Borrelia and Babesia.

And I kind of wanna walk you through the thought process here. So using G3M Pectasol, which is a specialized studied form of modified citrus pectin to decrease Galectin-3 levels, because Galectin-3 is going to help these infections break down your cells and migrate through the body.

It also stimulates, inflammatory cytokines that help these infections live inside of the body.

## Combined Lyme and Babesia Treatment Strategy

also helps to form biofilms and, decreases natural killer cell production. So we really want to deal with this Galectin-3 level and get it down. by using this G3M Pectasol so that we can, inhibit all of these things, break down the biofilm, decrease inflammation, fix the immune system, heal the gut, find LPS that cause Herx.

also to bind heavy metals that might be released from the biofilms and encourage healthy collagen production. So this G3M Pectasol all does so much. secondly, we would use ashwagandha and or astragalus depending.

But really the main goal here is to balance th1, th2 and help to fix this immune dysfunction. Ashwagandha is also great at inhibiting some of those enzymes that break down the collagen and the extracellular matrix.

Okay, then I would use red sage to help to give the body back its innate ability to destroy organisms using nitric oxide, and then using a combination of Japanese knotweed and Chinese skullcap to inhibit the inflammatory cytokines cascade, protecting the endothelial cells again using Japanese knotweed.

Increasing natural killer cells using cat's claw, and then using proven antimicrobials like cryptolepis, which is not only antibacterial but anti-parasitic and anti plasmodium.

So using sweet annie which is both anti-spyware Ketel and Anti-Parasitic and then Teesdale and Black Walnut because of their antimicrobial activities.

If necessary we might need to use some antivirals. My favorite being hot tuna Chinese skullcap. And I asked us and then obviously we want to use pre and probiotics what other nutrients we need to help to heal the gut.

And we want to make sure that we are supporting our routes of detoxification and elimination. So making sure that we're replenishing deficient micronutrients, eating an anti-Inflammatory diet, doing stress reduction, sleep hygiene, gratitude, you know, trying to really work on that mindset and really instilling hope in ourselves, our patients or our loved ones.

So I hope that this was helpful to you, and I hope that all of this information has been helpful on your path to healing. Lyme. Thank you.