The Lyme Stack: Essential Supplements for Inflammation, Detox, and Immunity Transcript

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Introduction to Lyme Support Supplements

Hi everyone. Thanks for joining me again. I just wanted to come on and share with you my favorite top seven supplements that I use that I believe are must haves when you are suffering from vector borne diseases like Lyme disease.

So my first hands down favorite that I put almost every single patient on is my G3. It's a cutting edge, soluble polysaccharide supplement that's specifically designed to target galectin three.

It combats inflammation and fibrosis, and it is scientifically backed. It offers a range of benefits, including reducing the pro-inflammatory cytokines, specifically decreasing interleukin six and interleukin one beta.

And that's just a fancy way of saying that it reduces inflammation. Secondly, it promotes healthy collagen growth. It pulls fibrotic tissues out of the connective tissue.

And this is super important because you all know that Borrelia likes to break down our collagen to release the nutrients that it needs to live as well as causes a lot of fibrosis and scarring in the connective tissue.

It also helps to break down the biofilms, which are fought like structures that these bacteria use to wall themselves off.

G3 and Systemic Detox Support

Not only from the immune system, but also from the various medications and herbs that we are using to try to kill them. It also binds heavy metals including lead, mercury, arsenic and cadmium, and helps to safely detox them out of the body.

Additionally, it helps to increase the natural killer cells. Now, these are immune cells that Borrelia as well as other organisms, decrease in order to evade immune system activity.

And a little side note natural killer cells are the cells that scavenge for cancer. So we definitely don't want our natural killer cells decreased or depleted.

Now, one of the most important things, G3, binds the endotoxins, also known as LPs from the dying bacteria. And these endotoxins in LPs are what causes a similar reaction.

So it's so important to bind them and get them out of the body so that you don't suffer from terrible success. Additionally, it's helpful in healing the tight junctions in the gut.

Now, also, as a bonus, it does bind mycotoxins as well. So in addition to all of the things that you see here, I would say the biggest piece, the biggest take home, is that it can bind the LPs from dying gram negative bacteria like Lyme disease and also mycotoxins.

But guess what? Unlike other binders, this actually goes into the body and it has binding effects in the extracellular matrix and in the blood. Whereas most binders on the market are only working in the gut.

So typically we have bile binding to toxins and then binders binding to the spile toxin mix. And you poop them out of the body. Right. So that's working locally in the gut.

The beautiful thing about G3, is that it is actually absorbed systemically and can work systemically. And there's a link to it there at the bottom of the screen.

Now I'm going to go through each of these herbs, but I want to say hands down these are my favorite four herbs that I talk about. And I feel like this is the very minimum of herbs and the herbal combination that one needs to be on whether you are doing an integrative treatment with pharmaceutical antibiotics or if you are just using herbals alone.

And I want to walk you through the why, but just know that this combination of these four herbs are going to inhibit the enzymes that Borrelia uses to break down the extracellular matrix.

So that's the connective tissue, the joints, the cartilage, etc. they inhibit the inflammatory cytokine cascade. So together they actually inhibit most of those pro-inflammatory cytokines.

They help to balance the T helper cell branch of the immune system. And also it gives significant antimicrobial support to combat all of the infections.

And actually studies have shown that it's effective against the persistence of cells as well.

Core Four Herbal Blend Overview

So this is Japanese knotweed, Chinese skullcap ashwagandha and crypto lapis. So let's walk through each one of these. We have ashwagandha which is immunomodulatory.

So again it helps to balance as well as enhance the immune system's ability to respond to the infection. It's anti-inflammatory, so it helps to support reduction of certain pro-inflammatory cytokines that we see associated with various tick borne illnesses.

It also has some antimicrobial activity, and it's an adaptogenic herb, and it supports the stress response. So it helps the body manage stress. And it supports overall resilience and well-being.

During treatment of chronic infection. You can see the link at the bottom. Then we have Chinese skullcap. Chinese skullcap is antibacterial and directly anti spiral kettle.

It disrupts the bacterial nucleic acid formation and energy metabolism of the spirit key. It also is effective against the bacterial biofilm formation.

And it demonstrated activity against the log face by rickets the latent round bodies as well as the biofilms. So this is showing that it's effective against all morphological forms of Borrelia.

It also has synergistic effects when it's combined with other antibiotics.

Ashwagandha and Chinese Skullcap

Now in addition to all of that antimicrobial action, it's also anti-inflammatory. So it reduces the Ki inflammatory mediators. Tumor necrosis factor alpha il1 beta IL six IL 17 decreases MMP nine, which is collagen Ace, which helps to break down collagen.

It modulates an upstream driver of inflammation known as nuclear factor kappa beta. It decreases IL eight as well as Cox two expression, and Cox two causes pain inflammation.

It also supports cellular protection through heat shock protein 70. In addition it's neuroprotective. So it's protecting the entire central nervous system the brain.

It promotes neural differentiation. It inhibits neural apoptosis. It decreases brain inflammation and swelling. Like I

said earlier decreases MMP nine, which is very, very inflammatory to the brain as well as interleukin beta and interleukin six.

And it also supports the blood brain barrier integrity. Side note it also contains melatonin and helps to inhibit this pathology that we see in Lyme patients, where it interrupts the pathway from tryptophan to serotonin and melatonin.

So Chinese skullcap can be very, very helpful in those Lyme patients that can not sleep and have disrupted sleep. Now, Japanese knotweed also is anti-inflammatory and inhibits a lot of these same pro-inflammatory cytokines.

And it actually kind of picks up the balance of the ones that Chinese skullcap doesn't inhibit. It decreases all of the MPs and it decreases serotonin induce swelling.

It also lowers CRP and rheumatoid factor activity if those markers happen to be elevated is part of your picture. It's additionally immuno modulating and immuno stimulating.

So it supports a balanced immune response. And it also increases macrophage phagocytosis and natural killer cell activity. Additionally, it is neuroprotective.

It crosses the blood brain barrier.

Japanese Knotweed and Cryptolepis

It supports brain health using BD, NF or brain derived neurotrophic factor. It protects against hypoxic injury, so decreased oxygen to the cells, and it also has been shown to reduce beta amyloid neurotoxicity.

So it has so many far reaching activities from again being antimicrobial to immune modulating to neuro protective and a lot of really strong neuroprotective functions.

You can see the link at the bottom of the slide. Then we have crypto. Let this crypto lapis actually demonstrates broad spectrum activity against a multitude of bacteria.

Now it is traditionally used in protocols targeting Borrelia, but it also is very effective for BCA and Bartonella. In addition, it's anti-inflammatory and also supports the immune system and helps to modulate the response during infection.

And you can see the link to crypto lupus at the bottom of this page. Now one of my favorite supplements is called core four. And this is because it combines all four of my favorite herbs into one product.

So we have ashwagandha, Chinese skullcap, Japanese knotweed, and crypto lapis all in equal parts. So this is a convenient, easy packaging where you would take a teaspoon three times a day, at least 15 minutes before meals.

Core Four Product and HERC Formula

Then one of my favorite problem solving supplements that we developed is called Herc, and as its name implies, you would use it to either prevent or help to decrease the severity and exit out of a Herc summer reaction.

It has three components. Number one is called cleavers. Dao cleavers acts as a blood purifier and detoxify air through its diuretic and lymphatic stimulating properties, has been shown to increase urine output and stimulate lymphatic drainage.

So by this, it facilitates the elimination of endotoxins that are released during the rapid eradication or killing of multiple gram negative microorganisms.

It then has high levels of molybdenum, and molybdenum is an essential trace mineral that's crucial for the body's

detoxification pathways to work properly.

It's enzymatic reactions convert toxic substances into less harmful forms. Therefore effectively enhancing the detoxification process. Now, in many of these infections, molybdenum levels are depleted.

So by adding in extra molybdenum, we are giving back the body's ability to use this molecule to bolster detoxification pathways and clear out the accumulation of endotoxins released during these Horkheimer reactions.

And then finally, one of the most important herbs is small ax clayburgh or sa sarsaparilla. Now, this herb has been shown to exert a direct binding effect on the endotoxins, and it exhibits anti-inflammatory properties so it can effectively mitigate the inflammatory response associated with the heightened endotoxin levels in a Horkheimer reaction.

And it also, like I said, helps to bind them and pull them out of the body. So using this in combination with the G3MI clinically see significantly less.

And when it does happen, it is much less severe. And you can see the link at the bottom of the page. Now it's so simple to create a lime core account.

LymeCore Account and Closing

Just go to the website lime core a.com l y m e o e.com. Click on create account and then you can choose the appropriate account. Whether you're a patient or a practitioner.

All lime core supplements are made proudly in the USA. And most of our tinctures. There is an exception. There's one our glycerin. We are not making glycerin yet ourselves and we have the core four available in glass, right?

Aside from that, all of our tinctures 100% are handcrafted in Hebron, Connecticut. Thank you. I hope this was helpful, and we'll see you soon for another episode of The Healing Lime Summit 3.0.