

Prevention Tips

- ❖ Wear light colored clothes, long sleeved shirts, long pants, socks and enclosed shoes (no sandals or open-toed shoes!).
- ❖ Tuck your shirt into your pants and your pants into your socks.
- ❖ Spray your pants, shoes, socks, and gloves with Tick repellent.
- ❖ Wear a hat when working near trees and bushes.
- ❖ Avoid tick infested areas. Maintain your yard. Walk in the center of trails when hiking.

When you return indoors

- ❖ Do a detailed check for ticks all over your entire body, including groin area, creases, hair, neckline, ears, underarms, behind knees, etc...
- ❖ If possible, have someone else check you. Use a flashlight for ticks that are too small to see with the naked eye.
- ❖ Wash and dry your clothes immediately.
- ❖ Continue to check for ticks for 2-3 days after.

How to remove ticks

- ❖ Grasp tick as close to the mouth parts as possible with tweezers or tick remover.
- ❖ Pull tick straight out.
- ❖ Be sure head parts have been removed 100%.
- ❖ Thoroughly clean skin, hands, and tweezers with antiseptic.
- ❖ ALWAYS see a physician for possible diagnosis, testing and treatment, especially if tick parts remain after removal.
- ❖ SAVE THE TICK! And have it tested.
- ❖ Do not burn tick, use alcohol, gasoline, or any substance on it.
- ❖ Do not twist, squeeze or otherwise agitate the tick.
- ❖ Irritating the tick can cause it to regurgitate into your bloodstream, including any infectious disease it is carrying.

Don't forget your furry friends!

- ❖ Ask your veterinarian about prevention for your pets and check them, too!
- ❖ Dogs are more likely to get Lyme disease than humans, and they can bring ticks into your home.

Educational Resources & Links

To learn more go to www.LivingLyme.com

Information:

www.LymeDiseaseAssociation.org
www.LymeDisease.org
www.LymeInfo.net
www.TBDAlliance.org
www.ILADS.org
www.TruthAboutLymeDisease.com
www.LymeInducedAutism.com

Support:

www.LymeNet.org
www.LymeFriends.org
www.LymelightFoundation.org

Prevention:

www.TickEncounter.org
www.LymeDisease.org
www.LymeDiseaseAssociation.org
www.StopTicks.org

Donations:

www.LymelightFoundation.org
www.LDUC.org
www.TBDAlliance.org
www.LymeDiseaseAssociation.org
www.LymeDisease.org
www.ILADS.org
www.Columbia-Lyme.org

Film:

www.UnderOurSkin.com

Reading Material:

Articles by Thomas M. Grier
Advanced Topics in Lyme Disease
by Joseph J. Burrascano, Jr., MD
Treatment of Chronic Lyme
by Burton Weisbren, MD
Cure Unknown
by Pamela Weintraub
PJ Langhoff Books
Kaleidoscope of Hope
by Tina Garcia

Living Lyme

Did You Know?

Lyme disease is currently the most rapidly increasing Infectious Disease.

You can get Lyme disease in your home, in the city, or in your workplace; and you may never see a tick or develop a rash.

Lyme disease has been found in all 50 states and across the globe.

To learn more, please visit www.LivingLyme.com

Email: info@livinglyme.com

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Lyme Disease Facts

- ❖ **You are over 10 times more likely to get Lyme disease than West Nile Virus.**
- ❖ **Lyme disease has surpassed HIV as the #1 infectious disease in the U.S.**
- ❖ **Ticks are not the only way Lyme disease is transmitted.**
Other vectors: Mosquitos, biting flies, mites.
Other carriers: deer, birds, mammals, rodents
Most common carrier: white-footed mouse
- ❖ **50% to 75% of those with Lyme disease NEVER get a rash or see a tick. Only 10% of children diagnosed with Lyme disease have a history of the classic bulls-eye rash.**
- ❖ **All testing for Lyme disease is UNRELIABLE.**
- ❖ **Lyme disease can be fatal if not diagnosed and treated properly!**
- ❖ **Lyme disease is one of the most commonly misdiagnosed diseases.**
- ❖ **There are over 150 symptoms of Lyme disease.** Symptoms can be devastating and severely disabling or minor and go unnoticed.
- ❖ **People infected with the Lyme bacteria often have tick-borne co-infections** such as Babesia, Bartonella, Erlichiosis, Rocky Mtn. Spotted Fever, and many more.
- ❖ **The #1 cause of treatment failure and relapse is due to doctors and specialists remaining misinformed about Lyme disease.** Only a Lyme Literate Medical Doctor (LLMD) can diagnose and treat Lyme properly.
- ❖ **Treatment for Lyme disease cannot be constrained to one generic approach. Customized treatment is necessary for success.**
- ❖ **The #1 cause of death from Lyme disease is suicide.** It is responsible for many psychiatric illnesses.

Classic Lyme Disease Symptoms

Abdominal/stomach pain
Allergies (increased)
Anxiety, panic attacks
Bladder/bowel dysfunction
Brain Fog/Confusion
Burning/stabbing sensations
Cardiac Impairment
Concentrating, thinking difficulties
Depression
Ears: buzzing, ringing, sound sensitivity
Emotions: over-emotional reactions
Eyes: double vision, light sensitivity
Facial paralysis (Bell's palsy)
Fatigue, tiredness, poor stamina
Fever, sweats, chills, flushing (unexplained)
Forgetfulness, short-term memory loss
Headaches/Migraines
Heart palpitations
Immune dysfunction
Insomnia
Joint pain/stiffness/swelling
Lightheaded/Woozy/Vertigo
Malaise
Mood swings/Irritability
Muscle pain/cramps
Name blocking
Nausea
Problem solving difficulties
Reading difficulty
Restless Leg Syndrome
Rheumatoid Arthritis
Sensitivity to heat and cold, smells
Sexual dysfunction/loss of libido
Shooting pains
Shortness of breath/cough
Skin hypersensitivity
Tinnitus (ringing in the ears)
Tremors, twitching of face/muscles
Weight loss/gain (unexplained)

Understanding the Lyme Spirochete

The Lyme Borrelia Spirochete is a highly evolved and stealthy bacteria that is still not fully understood by science and medicine. **It evades immune responses and antibiotic treatments.** To learn more about how it works and why testing is unreliable, please go to

www.livinglyme.com/Lyme-Borrelia-Spirochete

Candida & Lyme Disease

Candida is naturally occurring yeast that exists within the human digestive system. When a person takes antibiotics, all of the "good bacteria" is killed along with the bad. This creates an imbalance which allows Candida to thrive and turn into a pathogenic infection with symptoms that closely mimic Lyme disease symptoms (They share all of the symptoms listed here and more). It makes it difficult, if not impossible, to monitor the progress of Lyme treatment accurately if Candida overgrowth occurs. **Discuss taking Probiotics and eating a strict diet with your doctor while being treated with antibiotics in order to keep this in check and prevent infection.**

Candida infection can also occur due to a diet high in processed foods and sugar. This is why it is important to be properly diagnosed. It is possible to have a negative Lyme test, and based on symptoms, be diagnosed with Lyme disease when, in fact, your symptoms may be due to Candida infection, Vitamin deficiency, Genetic mutations, or other underlying conditions.

For more information, please go to

www.livinglyme.com/Candida-Yeast

Be Your Own Advocate!

Please, educate yourself and inform everyone you know, including friends, family, colleagues, medical practitioners, and government representatives about the dangers and complications of Lyme disease.