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### **Spirit of Health Lyme Protocol**

\* This is for informational purposes only and we encourage everyone to DO YOUR OWN RESEARCH! Vaughn Lawrence, nor anyone at Spirit of Health, is a Lyme Disease expert in any way. However, due to the overwhelming number of cases of Lyme's, and very few answers by the mainstream medical community outside of antibiotics, we have created this protocol to assist you on your healing journey. It is YOUR CHOICE to attempt the following therapies.

NOTE: Die-off (Herxheimer) reactions are very real. Go slow, build a foundation first and slowly work these supplements into your routine. We firmly trust and believe in God and His creations for healing. A strong immune system can resist ANY AND ALL infections!

Lyme Disease is very real. It is a man-made disease released upon an innocent public by evil people and wicked covered up government bio-terrorism experiments. Research Plum Island and the history of Lyme, CT that started around 1975. It is often misdiagnosed. The Western Blot is maybe 50/50 on accuracy and the Lyme spirochetes don't live in the blood, so the tests are often not accurate. Many have Lyme's disease and are not diagnosed properly. Do multiple tests, and re-do them to try to get a positive result. Many do not have Lyme's but assume they do because the symptoms are similar to Rocky Mountain Spotted Fever, Chronic Fatigue, Rheumatoid Arthritis and other disease conditions.

Because Lyme is aggressive, YOU must be aggressive! Take it seriously. The diet, exercise, the supplements, prayer and the right mindset are crucial to winning this battle...

**Step 1: Diet...** Infections live on sugars, starches and carbohydrates. It is crucial to avoid all sugars and grains, including fruit. Also avoid all dairy products as they are congesting and mucus forming. The Body Ecology Diet is a great program for this. Eat a healing, nourishing diet of chicken broth, minimal lean meats, vegetables (except potatoes and corn), herbs, spices, minerals and healthy fats like olives, avocado, nuts and seeds. FASTING is the quickest way to heal the body, and cleaning out all wastes from the colon, kidneys, lymphatic system and liver are the key to you being healthy long-term! An infectious disease cannot survive in a healthy body.

**Step 2: Movement and exercise** are important. A one mile walk daily, or jumping on a rebounder for 30 minutes is strongly encouraged. Fresh air and sunshine are powerful healing elements. 2-3 hours of morning sunshine daily can accelerate healing greatly.

**Step 3: Supplementation:** This may seem overwhelming but fighting Lyme's is a BATTLE inside your body of epic proportions. This a multi-faceted approach that is explained briefly below.

**\*\* Note \*\* - Start the supplements in the following order. In cases of extreme infection and/or immune system weakness there can be healing responses and time needed for the body to adjust to the various products. This is the order of introduction.**

**Step 1 - Foundational: (Start with these all at once or one at a time if very sensitive) These products alone will make a huge difference, when tolerated, move to step 2. The quicker the better!**

- *Quintessential Bioterrain Restore Minerals by Quicksilver .9* for 1 month (1 vial daily), then *Quintessential Optimal Mineralization by Quicksilver 3.3* for 1 month (1 vial daily) and beyond
- *Inner Vitality Plant Minerals by Morningstar* - 2-4 ounces daily in water or anything
- *Methyl-B Complex by Quicksilver*, 2 pumps morning and 2 pumps evening
- *CBD Oil 300MG or 3600MG by Elixinol (the stronger the better!)* (1/2 dropper 2x daily) Can do more if needed or desired... Regulates entire nervous system and relieves pain.
- *Probiotics Primal Defense Garden of Life* (2-4 capsules before bed)
- *Flax oil or fish oil (Polar Power by North American Herb & Spice, 1 capsule 2x daily)*

**Step 2 - Break down biofilm: These infectious organisms have a protein biofilm on them that must be broken down and destroyed. It is almost impossible to eliminate them without it.**

- *Neprinol by Arthur Andrew Medical* (start with 1 upon rising, 1 before bed on empty stomach for 1 week. 2nd week do 2 upon rising and 2 before bed. 3rd week do 3 upon rising and 3 before bed. 4th week do 3 upon rising and 3 before bed. Max dosage is 5 upon rising, 5 before bed.

**Step 3 - Kill Infections: (Full spectrum germicides to kill all co-infections as well) This could take a while depending on the die-off effects occurring. When all are tolerated at the suggested dosages, move to step 4.**

- *1oz. size Superstrength Oreganol North American Herb and Spice* - 10 drops 3x daily
- *Biocidin LSF by Bio-Botanical Research* (Specifically for Lyme's) Take as instructed on included sheet
- *Olivirex by Bio-Botanical Research* - 1 capsules 2x daily

**Step 4 - Boost Immune System: (With diet and the above steps working for you, we want to boost the immune system to stimulate deeper healing and allow the immune system to regain control.**

- *Lymphatic System Tonic 1-5 capsules and Lymph Node Support 1-5 Tinctures by Dr. Morse Capsules - 3 capsules 2x daily. Start with formula 1 and move through 2,3,4,5 when empty. Tinctures - 3 droppers 2x daily. Start with formula 1 and move through 2,3,4,5 when empty. These are most important above all else. These herbs stimulate lymph flow and kill infections. This is crucial to your immune system and long-term health.*
- *Turmerol by North American Herb and Spice* (3 capsules 2x daily)
- *Immune Tree Colostrum powder* - 1 teaspoon 2x daily
- *Spirulina by Nutrex* (up to 1 tablespoon daily)
- *Vitamin D 10,000IU by Harmonic Innerprizes* (1 daily)
- *Pure Radiance C powder by Synergy Company* ( 1 teaspoon 2x daily)

**Step 5 - Increase cellular function and antioxidant production (glutathione pathways). This final step is stimulating healing at the cellular level to drastically boost your body's own immune systems within each cell. These products ALONE are heaving tremendous results with Lyme's and other serious illnesses.**

- ***MitoSynergy*** (2 capsules, 2x daily)
- ***Glutathione by Quicksilver*** (2 pumps 2x daily)
- ***Protandim*** (3 capsules daily for 10 days, take 5 days off and repeat)

\*\* Note. Long-term and optimal results include cleansing the COLON, KIDNEYS, LIVER and LYMPHATIC SYSTEMS! We have all of these cleanses on the website Fasting is a powerful tool against all sickness, disease and imbalances within the body... Consider juice fasting, water fasting or even dry fasting for amazing benefits to overcome these issues.

May God Bless You AND Heal You!

- Vaughn