

*Lyme Borreliosis and Its Coinfections*,<sup>2</sup> reports that although transmission through a tick bite is still believed to be the most common way of contracting the disease, "little research has been conducted on other routes of transmission." He states, "spirochetes are passed not only through tick bites but also through other mechanisms. Once they infect people, they can be found in breast milk, in tears, in semen, and in urine. Babies have been infected in the womb."

Buhner says that, while gathering research for his book, he expected to find that non-pharmaceutical alternatives were not included in any mainstream medical discussion about treatment of Lyme disease. But he was surprised by something else he discovered, which is "that a significant amount of reputable research is being ignored by the mainstream medical community."

#### Resources

Health care professionals can request product samples from Nutramedix, LLC, Suite 301, 900 East Indiantown Road, Jupiter, Florida 33477; 800-730-3130 or 561-745-2917; Fax 561-745-3017; Email: info@nutramedix.com ; Website: www.nutramedix.com.

For comprehensive scientific information about Nutramedix products and Lyme disease, visit the following two websites hosted by Bionatus Laboratories in Ecuador: www.nutramedix.cc and www.samento.com.ec.

For information about the author of this article and for access to audio interviews with Lyme-literate physicians on the Lyme Disease Research Database, please go to <http://www.lyme-disease-research-database.com>.

#### Notes

1. Walker M, Walker RS. What makes Lyme disease tick and how Samento eliminates it. *Townsend Letter*. July 2004.
2. Buhner, SH. *Healing Lyme: Natural Healing and Prevention of Lyme Borreliosis and Its Coinfections*. White River Junction, Vermont: Chelsea Green Publishing; 2005.

## Dr. Cowden's Lyme Protocol

### Nutramedix Products in Dr. Cowden's Protocol Brief Descriptions

- Adrenal Support** replenishes the adrenal glands restoring normal function.
- Amantilla Relax** relieves stress and anxiety and aids sleep.
- Algas Metal Detox** mobilizes heavy metals out of the interior of the cells.
- Burbur Detox** aids detoxification of the liver, kidneys, lymphatic system, and the ground matrix.
- Carnivora** is a proteolytic enzyme that dissolves the fibrin coating around harmful microbes, helping the immune system identify and eradicate them.
- Chlorella** binds heavy metals and boosts the immune system.
- Cumanda** is an anti-inflammatory, broad-spectrum antiviral, antiparasitic, antibacterial, and antifungal, effective against *Borrelia burgdorferi* and the co-infections.
- Magnesium Malate** helps maintain normal cardiovascular, muscle, nerve, bone, and cellular function.
- Parsley Detox**-aids detoxification of the liver, kidneys, lymphatic system, and the ground matrix.
- Pinella Brain/Nerve Cleanse** eliminates neurotoxins.
- Quina** is an anti-inflammatory, broad-spectrum antibacterial and antiprotozoal, effective against *Borrelia burgdorferi* and the co-infections.
- Samento** is an immune system modulator, anti-inflammatory, broad-spectrum antibacterial, effective against *Borrelia burgdorferi* and the co-infections.
- Trace Minerals Relax** restores depleted mineral stores in the body, helps correct tissue acidity, aids in relaxation, aids in hydration, and enhances the effect of the antimicrobials.

### Lyme Borreliosis (Lyme Disease) Protocol Used by William Lee Cowden, MD

**Causes:** *Borrelia burgdorferi* bacterial infection and usually one or more of the following microbial infections; *Ehrlichia*, *Babesia*, *Bartonella*, *Mycoplasma*, *Coxiella*, etc. Heavy metal toxicity (usually mercury) plus pesticides, herbicides, petroleum byproducts, and plastics make the patient more susceptible to these toxins.

#### For the first three days, do only the following:

- Mix the following four products together in at least a one-half cup (4 oz./120ml) of water and take three times daily immediately before mealtimes (whether eating a meal or not): **BURBUR** – 10 drops, **AMANTILLA** – 10 drops, **PINELLA** – 10 drops and **TRACE MINERALS** – 15 drops. Continue this for the entire protocol unless the patient feels fairly well. If so, then the noontime dose can be eliminated.

#### Then add the following to the protocol:

- Mix the following three products together in at least a one-half cup (4 oz./120ml) of water and take twice daily 30 minutes before breakfast and supper: **PARSLEY DETOX** – 10 drops, **TRACE MINERALS** – 15 drops and **CUMANDA** – start with one drop adding a drop with every dose until reaching 30 drops. It should take approximately 15 days to reach the full dose of 30 drops. At the same time, take **CARNIVORA**- 4 capsules. If a dose of Carnivora is missed, it can be taken at bedtime when the other products are taken.
- Mix the following two products together in at least a one-half cup (4 oz./120ml) and take twice daily after mealtimes (whether eating a meal or not): **ADRENAL SUPPORT** – 20 drops and **BURBUR DETOX** – 10 drops. If feeling toxic (headache, muscle ache, nausea, joint ache, etc), take 10 drops of Burbur or Parsley in water or under the tongue every ten minutes until feeling better and then resume the protocol.

## Dr. Cowden's Lyme Protocol

- Take two to six capsules twice daily of **MAGNESIUM MALATE** (only if kidney failure is not present) with the liquid products before or after meals. Start with two capsules, twice daily, increasing the dose until bowels move at least twice a day.
- On day 18 of the protocol, add the following products mixed together in at least a one-half cup (4 oz./120ml) and take once daily at bedtime: **SAMENTO** – 20 drops, **PARSLEY DETOX** – 10 drops, **AMANTILLA** – 15 drops and **TRACE MINERALS** – 15 drops. **Every third night** take **ALGAS** – 10 drops mixed with the Samento, Parsley-Detox, Amantilla, and Trace Minerals.
- After two months on full dose of Cumanda, start taking **QUINA** in place of Cumanda. Then, alternate between Cumanda and Quina every two weeks for four months (some patients require only two months of rotating therapy, but it may be more prudent to rotate for four months). Take Cumanda for 12½ days stopping for 36 hours then, continue with the Quina for 12½ days, stopping for 36 hours. Then, restart with Cumanda for 12½ days, etc. Most patients with chronic, third stage Lyme Disease require four to six months of alternating treatment but never less than two months.
- If the patients suspects that a sensitivity or apparent resistance develops to either Cumanda, Quina, or Samento, **BANDEROL** can be substituted for any of these products.

- For pain: **CONDURA** – 20 drops as needed, placed under tongue and held for at least two minutes before swallowing, and applied topically on the site of pain using the number of drops necessary to cover affected area. May be repeated every ten to 15 minutes as needed.
- For Depression: **AVEA** – 15 drops three times daily, 15 minutes after mealtimes. If the patient becomes suicidal, take Avea-15 drops and Pinella-10 drops every hour.
- For Insomnia: **AMANTILLA** – 15-30 drops 15 minutes before bedtime, can be repeated every 30 minutes until patient falls asleep and if the patient wakes up at night. Amantilla can also be taken every 15 minutes for extreme anxiety or panic attacks.

**Also recommended: Drink three to four liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis), **Avoid common food allergens** – all cow milk and cow cheese products, all corn products (corn oil, corn starch and corn syrup), peanuts and peanut oil (most Asian foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute Nutramedix STEVIA) Take **Proteolytic enzymes (such as Carnivora)** – four capsules, two times daily – 30 minutes before food with water. Proteolytic enzymes can be taken at the same time as Cumanda, Quina, Samento, Banderol. **Consider having silver (mercury) dental amalgams replaced with composites by a biological dentist.** **Chlorella** (if sensitive to Chlorella substitute with Spirulina) – build up to 1500 mg daily before the mercury amalgams are removed and continue for three to four months after the amalgams are removed. After all dental amalgams are removed, **DMSA** – 100-300 mg, depending on kidney function, age, and body weight can be added every third night for two to three months with 10 drops of Algas and 1500 mg of Chlorella or Spirulina.

### Important Information

The dosages recommended in this protocol are for an average size adult weighing between 120-170 pounds (55-77 kilos). Adjust the dosage according to weight; i.e., a patient who weighs 30 pounds would take one-fourth of the recommended dose.

Unless the protocol specifies that products can be taken exactly at the same moment, it is best to separate the products by at least ten to 15 minutes so that one does not clash with another.

Unless otherwise specified, mix all Nutramedix remedies with at least one-half cup (4oz. / 120ml) of water and wait at least one to two minutes before drinking. The products are most effective when taken in water. The products can be taken directly in the mouth without water, but this should only be done when water is not available.



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