Conventional and Alternative Medicine Offer Hope for Lyme Disease
review by Katherine Duff

The Top 10 Lyme Disease Treatments: Defeat Lyme Disease with the Best of Conventional and Alternative Medicine
by Bryan Rosner
BioMed Publishing Group, P.O. Box 9012, South Lake Tahoe, CA 96158, www.LymeBookStore.com

Lyme disease is a bacterial infection that is spread to humans through ticks carrying the pathogen *Borrelia burgdorferi*. That is where consensus among medical professionals ends. The medical mainstream considers this infection very rare, geographically isolated, and self-limiting. Others see this as a burgeoning illness that is spreading geographically and does indeed result in long-term chronic illness if not treated early. Those suffering the chronic form of the illness are left to sort through the available information and formulate their own treatment plan for regaining their health. The Top 10 Lyme Disease Treatments by Bryan Rosner could prove to be a great help to patients caught in this limbo.

As a Lyme disease sufferer himself, Rosner has attacked this problem as an investigative journalist to arrive at five core treatments and five herbal and nutritional supplements that support the core therapies. The book is not a prescribed treatment plan, but rather a compilation of the best available treatments that combine alternative and conventional medicine. This is the second book from this author on the subject, and he often makes reference to his previous book *Lyme Disease and Rife Machines*. He also directs the reader to websites for more detailed information, including his own at www.LymeBook.com.

The tenacity of the pathogen *Borrelia burgdorferi* presents the greatest challenge in treatment. It exists in three different forms that are capable of changing to the other forms for survival. The spirochete form is responsible for the rapid spread throughout the body. The cyst form has no symptoms and is difficult to kill. The third form is the cell-wall-deficient form, which can hide inside cells of the body and cause the most severe symptoms. The five core treatments are intended to treat all forms of the bacteria.

Antibiotics will be necessary, so the first treatment addressed in the book is the Antibiotic Rotation Protocol. Rosner evaluates the various classes of antibiotics including non-pharmaceuticals such as colloidal silver and cat’s claw. We learn that problems with resistance and bacteria forms require a schedule that calls for changing the antibiotics and varying the length of treatment with breaks between each round.

Electromedicine through the use of a Rife machine is considered by the author to be the most important core treatment. Simply put, the targeted microorganisms have a specific vibratory frequency that can be matched by the Rife machine. When that electromagnetic field is applied to the body, the targeted organism dies. Rosner refers the reader to his previous book for the detailed discussion of the Rife machine, but for purposes of treatment, we learn that a Rife machine supports the other therapies and is used when there are breaks in antibiotic treatment.

The other treatments offered are the Salt/Vitamin C Protocol, Detoxification, and the Marshall Protocol. It is the Marshall Protocol that is considered the most significant breakthrough in the treatment of Lyme disease, because it targets the cell-wall-deficient form of the bacteria. Here again, the author refers the reader to a website for the detailed information, www.marshallprotocol, but offers a general understanding of the principles involved.

Trevor Marshall, PhD, built upon the work of Dr. Lida Mittman, who found that cell-wall-deficient bacteria are actually common and are responsible for many chronic health conditions. Marshall’s research demonstrated that people infected with cell-wall-deficient bacteria also have dysregulation of vitamin D. Specifically, the hormone 1,25-D, which is created from vitamin D in the kidneys in a slow and controlled fashion, is out of control in the infected person. In these people, the conversion to the hormone is no longer confined to the kidneys but now occurs all over the body, wherever the cell-wall-deficient bacteria reside. The hormone levels become excessive. The hormone 1,25-D causes immune system suppression. Treatment, still under study and research at this time, calls for the reduction of vitamin D in the body through avoidance of the sun and bright lights, reduced intake of vitamin D, and administration of the blood pressure-lowering drug Benicar.

Rosner cautions against excessive supplementation, especially for those whose systems are already overburdened with illness. He offers instead five supplements that are intended to address the root cause rather than the symptoms of Lyme disease. Systemic enzymes will assist with inflammation and detoxification. The tropical fruit mangosteen (not the same as mango) has antibacterial and anti-inflammatory effects. Lithium orate, which is an over-the-counter, weaker form of lithium, has been shown to protect the brain from toxins and help with mental confusion and depression. Coenzyme Q10 is a powerful antioxidant that is deficient in Lyme sufferers. Finally, magnesium supplementation is needed, because the bacteria utilize the body’s magnesium in their life cycle, leaving the person very deficient.

Beyond the treatments and supplements, Rosner offers valuable information for people working their way through Lyme disease. As he makes clear, it will be a long journey that will need additional support and resources. He offers guidance for obtaining that support and a wealth of resources that should make information-searching as convenient and fruitful as possible. This comprehensive, skillfully written book is a must have for anyone coping with Lyme disease.