

GAPS MASTERCLASS



Bacterial Infections

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BROAD SPECTRUM ACTIVE INFECTIONS

In this section, we'll talk about strategies for broad spectrum "active" bacterial infections, followed by a spotlight on—Lyme Disease. The broad spectrum strategies can generally be incorporated into the spotlighted conditions as well.

****IMPORTANT NOTE**** Natural remedies can be powerfully effective, but a statement needs to be made about how they are used. Bacteria double every 20–30 minutes, so don't mess around. The more consistently that you can give a remedy, the better. Teach your children to come to you at the slightest hint of feeling "different," a tickle, a hot feeling, etc.—and that goes for you as well.

Many "serious" colds, respiratory infections, stomach bugs, flus, etc. can be shortened, and even stopped in their tracks, if remedies are given often, and enough, and if nursed well at home.

Dietary Strategies

For an active infection, the best foods are going to be GAPS Intro-like foods. Stocks, broth, egg yolks, sour cream, probiotics/ferments, smoothies/juices—whatever foods are easiest to digest—that is what you want to be eating.

Patient Management

Even if the patient is you! Here are some useful actions to take:

1. **Magic sock treatment** - great for stimulating circulation and the immune system, and for bringing down a fever.
2. **Hot baths** - The good old detox bath. This is good to follow up with the magic sock treatment (linked above).

3. **Essential oils** of lavender, tea tree & eucalyptus mixed with carrier oil (like olive or coconut oil) and rubbed every hour or so over the area of concern. For an upper respiratory infection, this would be across the ribs, both front and back.
4. **Emotional support** - As much as is applicable to the patient in question, see *Emotional Support QuickSheet*.

Top 4 Systemic Herbal Strategies

With inspiration from the excellent work [Herbal Antibacterials](#), by Stephen Harrod Buhner. I highly recommend having this book in your home. *All herbals to be checked with physician if pregnant or nursing.

Systemic herbs work against widespread, dispersed infections that affect the entire body by passing through the GI tract membrane, building up in the circulatory system, and invading the whole body. This is especially helpful for widespread bacterial infections such as staph. It can also be noted that these systemic herbals are useful for resistant bacteria (those that have developed resistance to antibiotics). The descriptions below are primarily for their tincture dosage. For a complete description of the herbs, as well as the diseases and infections they are useful for, refer to the book, [Herbal Antibiotics](#).

1. ***Cryptolepis sanguinolenta*** - Effective as a systemic & for staph/malaria. Tricky to find in the US, but can be found through [Woodland Essence](#).
 - *Used for* - Systemic infections like malaria, MRSA, strep, babes, campylobacter, UTI's, tuberculosis, wound sepsis, klebsiella, salmonella, shigella, E. coli, enterobacter, gonorrhea.
 - *Tincture* 1:5, 60% alcohol, 20-40 drops, up to 4x daily.
 - *Powder* can be sprinkled liberally on skin infections.
2. ***Sida acuta*** - Good systemic antibacterial. Can be found at [Woodland Essence](#).

- *Used for* - Anemia, blood cancer, diarrhea, eye infections (eyewash), fevers, infected wounds, malaria, skin rashes, systemic staph & tuberculosis.
- *Tincture* 1:5, 60% alcohol, 20–40 drops, up to 4x daily.
- *Capsules/powder*, take up to 30 capsules daily or 1–3 tablespoons daily in water or juice for acute situations. Powder can also be used to sprinkle on skin infections.

3. ***Alchornea cordifolia*** - Systemic antibacterial. Found at Woodland Essence.

- *Used for* - Malaria, staph, pseudomonas, anemia, fevers, Strep pyogenes infections; diarrhea from E. Coli, Salmonella, Entamoeba, Shigella & amoebic organisms. Also for infected wounds, sickle cell anemia, sleeping sickness, resistant respiratory infections, conjunctivitis (eye wash) and UTI's.
- *Tincture* 1:5, 50% alcohol, 50% water, 1/4 tsp tincture every 4 hours
- *Powder* can be sprinkled in wounds and on skin infections.

4. ***Bidens pilosa*** - Can be found through Woodland Essence.

- *Used for* - Any systemic infections with problems in the mucous membranes (like chronic diarrhea, dysentery, UTI, vaginitis & respiratory infections)
- *Fresh juice tincture* 1:2, 95% alcohol, 45–90 drops in water, up to 4x daily.

Supplement Strategies for Acute Infection

Dosages are for adults; use half the recommended dose for children. By Biotics Research. As stated in Module 1, I recommend to take under the direction of your own health practitioner. These supplements tend to have standard “fillers,” but I feel that in an acute situation, that can be excused.

1. **Bio-Immunozyme Forte** - 2 tablets, 3 times a day
2. **Cytozyme-THY** - 5 tablets, 3 times a day (thymus tissue)
3. **ADP** - 5 tablets, 3 times a day just before meals for 7 days, then 3 tablets, 3 times a day before meals for another 21 days. After 14 days on ADP, take 1 capsule of BioDoph-7 Plus 2 times a day (or comparable probiotic)
4. **Bio-C Plus 1000** - 2 tablets, 3 times a day
5. **IAG** - 4 - 6 teaspoons a day
6. **21st Century Homeopathic For Lymphatic Drainage** - 1 capful, 2 times a day
7. **21st Century Homeopathic For Bacteria Drainage** - 1 capful, 2 times daily

SPOTLIGHT ON LYME DISEASE

Lyme Disease is one of our more pervasive and seemingly intelligent bacterias. It has the ability to shape-shift, hide in cells, and is considered a “stealth pathogen.” New infections number in the tens, possibly hundred thousands each year, with too many insufficiently treated and suffering.



In this section, we’ll talk about what Dr. Natasha and others have to say about Lyme Disease and its treatment. It is helpful to find out definitively through testing whether you have it or not, but that is too often not the case. It can also be determined on a symptomatic basis.

Strengthening the immune system is a priority for Lyme disease.

Along with GAPS to nourish and strengthen the body’s own innate defenses, taking care of Lyme with the right protocols is a first measure to take in recovering one’s health. Surprisingly, an indirect approach may be as effective as a direct approach. The Lyme borealis bacteria, and its five common co-infections, cause just as much of an issue by setting off the inflammatory cytokine cascade, to mask themselves. Interrupting cytokines and inflammation may do as much for symptoms and infection as directly addressing the organism itself.

Dr. Natasha on Lyme Disease

Question: Many people are coming to the GAPS diet with or after having been treated for Lyme disease. What are your recommendations for these individuals?

I recommend that you follow the Introduction Diet. If you find it too difficult, then implement the Full GAPS Diet first; you may be able to do the Intro diet later. The standard treatment for Lyme disease is antibiotics, lots of them. So, the gut flora in these people is damaged and needs restoring.

Question: Is the GAPS Diet enough to eradicate Lyme disease or do we need to do something else to deal with this infection?

This is an extensive answer. Click on [this link](#) and then use your “Find” feature (from the Edit menu at the top bar) and search for “Lyme.”

Testing

Tests for Lyme disease are notoriously unreliable...there is no 100% accurate test and the group of your symptoms may be how a diagnosis is best determined. This is because the Lyme bacteria is a stealth pathogen and may hide itself from the immune system...therefore testing for immune markers like antigens/antibodies can be unreliable. There is new evidence that blood testing for elevated C3a and C4a may be a reliable marker.

ELISA test - Unreliable antigen test, up to 55% or more inaccurate. Most often covered by insurance, but if this is the only option offered by your doctor, you may need to find another practitioner.

Western blot test - More reliable, and most common. Have it done through [Igenex](#). Pay attention to the specific “bands” and not the negative or positive. More info [here](#).

PCR - DNA testing for the Lyme bacteria that is very sensitive, but will only find the bacteria if it happens to be in the sample taken from the patient, so unreliable for diagnosis.

CD-57 - These are natural killer cells that are generally suppressed when there is a Lyme infection, so monitoring your levels *could* be useful for determining if treatment is helping. Click [here](#) for more info.

Elevated C3a and C4a - For information on this test, and how to order, go to <http://www.publichealthalert.org/role-of-c3a-and-c4a-complement-proteins-in-chronic-lyme-disease.html>

Tests by Fry Labs & Clongen Labs - They offer a number of tests for Lyme and co-infections. Fry info, click [here](#). Clongen info click [here](#).

Labs

- [Igenex](#)
- [Fry Laboratories](#)
- [Clongen Laboratories](#)
- [LabCorp](#)

Treatment Options

Treatment is personal and individual and should be decided upon with your own health practitioner. There is not ONE way to treat it, and how it presents and where the bacteria take up residence is different for each person. The following protocols are those that I feel are worth looking into as viable treatment options:

1. **Cowden Program** (for an image of the plant medicines used [click here](#))
2. **Buhner Herbal Protocol** (Click here for the book [Healing Lyme](#) and click here for his [website](#))
3. **Klinghardt Protocol**
4. **No-Plant Version of GAPS** Click on the link to read an excerpt of what Dr. Natasha has to say about a no-plant diet. I feel this version of GAPS has some merit for those who are struggling with the more debilitating (especially neurological) symptoms of Lyme. (For an interesting story of a woman who healed her Lyme disease by meat & water alone, [click here](#).)

A Note on Bio-films

Bio-films are another aspect of Lyme and other pathogenic organisms; they are used to hide and evade treatments that would otherwise annihilate them. ***More on the topic of bio-films to come***

RESOURCES

Websites

1. **International Lyme and Associated Diseases Society** - good place to find a Lyme literate practitioner, click [here](#).
2. **Planet Thrive** - great resource for Lyme disease
3. **Igenex** - Information about Lyme from a testing lab
4. **Klinghardt Protocol** website

5. **Buhner Healing Lyme** website
6. **Cowden Method** website
7. **Buhner Lyme Group** - Yahoo group for support around Buhner protocol
8. **Dr. Schweig** - a functional medicine doctor who specializes in tick borne illness
9. **Better Health Guy** - informative website

Books

1. **Healing Lyme**: Natural Healing and Prevention of Lyme Borreliosis and Its Co-infections
2. **The Lyme Disease Solution**: By an MD who cured his own Lyme
3. **Natural Treatments for Lyme Co-infections**: Anaplasma, Babesia, Ehrlichia
4. **Healing Lyme Disease Co-infections**: Complementary and Holistic Treatments for Bartonella and Mycoplasma
5. **Cure Unknown**: Inside the Lyme Epidemic

Documentaries

Under Our Skin: The Untold Story of Lyme Disease



Under Our Skin 2, Emergence: The sequel to Under Our Skin



Articles

Diagnosing and treating Lyme disease, by Chris Kresser

Lyme Testing, by Better Health Guy (his personal recommendations)