

LYME

Breaking the Disease Chain

Healing with Frequency
and Bioenergetic Medicine



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Lyme - Breaking the Disease Chain, Healing with Frequency & Bioenergetic Medicine

Chapter 1 - Who is this book for?

This book is about my journey of completely healing chronic Lyme without antibiotics. I hope it will be of interest and a useful addition to the library of anyone with chronic diseases and in particular Lyme and co-infections; or for those practitioners and doctors who are waging a war against this widespread disease and its multiple destructive symptoms. The clinic I went to introduced me to a whole new world of Frequency and Bioenergetic Medicine which, from now on in the book will be shortened to the acronym FAB Medicine.

Lyme Disease (*Borrelia*) is one of the most difficult illnesses to diagnose, treat and has appalling consequences. According to the ILADS (International Lyme and Associated Diseases Society) there are over 100 strains in the USA and 300 strains worldwide. It is spreading insidiously around the world, is more prevalent than breast cancer and is often the hidden cause of many other common diseases and illnesses. In August 2013 the USA Centre for disease Control (CDC) released an alarming report showing that Lyme disease strikes 300,000 people each year, affecting 10 times more victims than previously reported. In Scotland and England more and more people are getting Lyme from 'tick bites' but just don't know it, and in countries like Germany and Netherlands, the *Borrelia* spirochete has been causing acute and chronic problems for over a decade and is well known to both orthodox and complementary practitioners.

Lyme is also famous for its multiple co-infections namely *Babesia*, *Anaplasma*, *Ehrlichia* and *Bartonella*. Most people are aware of ticks as the carrier of *Borrelia* and co-infections but other vectors are being discovered all over the world. Horseflies, mosquitoes, lice and spiders are all found to be carriers. *Bartonella* is also called the cat scratch disease hence if you have ever had a cat scratch, its worth being checked out for *Bartonella* and Lyme. Recent studies show *Borrelia* can be passed on from mother to baby, which makes sense as the spirochete can get across the blood brain barrier so crossing the placenta and into the foetus is not a challenge.

Ticks can feed on mammals, birds, reptiles, and amphibians and can live for years without feeding on a host. Yes it's true, in fact as an experiment, when bitten again in 2015 in Fife, Scotland by three tiny nymph ticks, (about 1/3 the size of a pin head) I had the doctor remove them from places I couldn't reach, and we put them in airtight, sealed plastic sample tube. Twelve months later they are still crawling around! One of the blighters gave me Lyme again, but that's for a later part of the

story. We all keep strange things in our desk drawers and mine has three tiny pets Ernie, Ethel and Eragon.. (I'll keep you posted on their life span and activity on my website). There are lots of books and websites out now for you to read on Lyme disease, what it is and antibiotic approaches etc, so I have avoided mentioning all this extra data in my book.

Each of these co-infections can also cause major damage with symptoms ranging from fevers, to inflammation or neurological problems and more. Due to this multiple infection loading, the protocols laid out in this book may also be invaluable to therapists, doctors or patients with a wide range of health problems including: chronic fatigue, parasitic burdens, bacterial, fungal or viral diseases. You will find here a new ideas, protocols and a new and exciting paradigm towards financially sustainable healthcare. My wise grandfather had a favourite saying 'necessity is the mother of invention' and when we kids wanted something like a dolls house with lighting or later horse jumps, he would find a way to make them. This global Lyme epidemic may just be the 'necessity' that brings us closer to using and developing all the great 'energy, light and vibrational medicine' methods know to us today.

I was lucky that at my critical hour, I found a practitioner in Holland who has been specialising in healing Lyme patients for over 20 years. He brings together many of the latest methods, cutting edge Frequency technology, and the finest herbs and other Bioenergetic Medicines to create exciting and effective protocols. He studies continuously, dialogues with fellow practitioners and scientists in Europe, and treats hundreds of patients a week. Always seeking to try new devices, develop protocols and uncover powerful natural medicines, he has created a combination that is a first in the world and his clinic may well be the model for many to follow. Importantly for the patient, it works! Critical to a practitioner, the format for treating multiple patients at the same time, makes it financially viable. Please see my website for details, interviews and further protocols. [WWW===== link](#)

Detoxing and dealing with Herxheimer reactions is all part of the treatment plan and will be discussed in the various chapters. If you are coming in new to working with Lyme, this will be a critical section of your reading, please don't skip it. Borrelia releases serious neurotoxins which need careful removal as does the heavy metals and other nasty chemical toxins which are used by Borrelia for food and reproduction.

Chapter 2

My story and accurate diagnosis

It's hard to know exactly when I got Lyme disease, in fact with a well travelled, sporty and adventurous life it's almost impossible. It could have been when I taught bush-craft to inner city kids at a summer camp in USA. Whilst studying Biochemistry at Manchester University, a last minute thought propelled me to get away through BUNA Camps and found myself near the River Delaware, New Jersey. We lived in the woods, and enjoyed taking the children on the Appalachian trail for expeditions regularly being eaten alive by buzzing things. That part of America is now recognised as having some of the highest rates of Lyme in the USA. Perhaps I picked it up then but because of a very strong constitution, it lay dormant?

The red bullseye rash or erythema migrans (EM) is considered a classic sign of Lyme and normally associated with a tick bite. However statistics say the main ELISA and Western Blot blood tests are less than 50% accurate which means the majority of Lyme infected people don't know what they have, even after they have been tested. If you have symptoms (mentioned later) or suspect *Borrelia* get into action fast, don't wait for a blood test or assume because you didn't have a bulls eye ring you don't have it. I didn't have a tick bite, rash and multiple blood tests showed nothing.

Twenty years on, after my youth work in USA, I was still having adventures and ended up in Lokichokio on the northern Kenyan/Southern Sudan border. It's a refugee and UN medical base with many NGOs having camps there. I was working with a colleague teaching trauma healing programmes to Sudanese Catholic priests and nuns who ran schools for rehabilitation of child soldiers. A worthy and rewarding job, however it's hot there, very hot; the camps were low on water, we lived in single skin wooden huts with chicken wire windows. Accommodation was basic, a simple bed and a territorial scorpion living underneath it and us both surrounded by a mosquito net to keep out the zillions of flying bugs. Toilets were an 'experience' due to the lack of water and the paper went in open buckets for burning. We ate in an open air restaurant with the food prepared and cooked outside too. And you know what flies are like they take their pick of the fodder from kitchen to bathroom... Due to the Antonov bombs exploding shrapnel, the huge medical tents were full of limbless men, women and children. Hygiene was a constant battle for all of us.

In these conditions, medically, it's hard to determine what you have, when you get it. As for bites, we had so many from everything that crawls, jumps or flies, so no one bite stood out. People ask - did you have a bite? Gee, we were walking breakfasts for the masses. Prior to that trip I had just come back from a great weekend break on the coast at Watamu beach in a friend's tree top house. It also

has no windows, in fact only 3ft high walls and everything from monkeys to snakes to mosquitoes travel through the house 24/7. It's a malaria rich area and of course we took precautions and our cheff prepared fresh, vile tasting neem tea for us daily to ward off the mosquitoes with our stinky, botanical body odour.

Half way through our two week teaching programme I started to feel ill, no appetite, terrible fevers, chills, the runs, headaches, digestive discomfort and more. Visiting the camp doctor, he tested me for malaria, as it was 10 days since my coastal visit. He said it was positive, which I was to discover later through DNA tests in Nairobi hospital this was not true. He started injecting me with strong malaria drugs and I was in no state to check or ask what was going on. This tipped my body over the edge to the critical point.

Two nights later, I found myself looking down on my body and unable to move or call for help. I'm not sure what state I was in but I knew it wasn't good, something, somehow manoeuvred my body to the hut next door where my colleague Chris woke up to find me lying on the floor. Throwing on some shorts, and me over his shoulder, found some jeep keys, and rushed me back to the clinic, the doctor found my blood pressure had dropped to 40/0 and he spent all night pumping fluids into me body. I was flown out the next day for tests in Nairobi. Nothing was found! No malaria, no tummy bugs, zilch.

The slow decline as infection spread

This started a very long 12 year confusing and demoralising exploration of multiple sporadic health issues and repeated tests came up with nothing. Finally I ground to a halt, barely able to move, total brain fog, aches and pains everywhere, numbness and tingling in arms and legs, and my left arm became paralysed. I couldn't lift a fork to my mouth, things were very bad. The also led to a frozen shoulder, due to immobility. My hair was falling out, I had a gynaecological operation, went through the menopause 10 years early. Prior to that a monthly period brought days of PMS along and 7 hour vomiting sessions.

It got harder to think clearly and make decisions, and I would walk to the kitchen and forget to make dinner, or leave the house and not lock the door, booking a flight on line was impossible. I was almost completely bed ridden with fatigue, suffered regular 5 day migraines, started having heart problems, fainting, facial palsy and severe bouts of depression. My hand and feel joints were swollen and painful, my knees kept collapsing when walking downhill. As the disease moved around the body, organs and pathways, different symptoms appeared over the decade.

None of the tests I had over all the years visiting doctors, hospitals and the school of tropical medicine came up with anything. Except I was considered an attention

seeking Hypercochndriac, offered anti depressants, painkillers and steroids, (but never took them) and sleeping tablets. At night lying on the bed, I would wake up with totally numb arms and legs and somehow flip myself over and force them to move, it was terrifying. Insomnia became the norm and this is when I did succumb to herbal and very occasionally pharmaceutical sleeping tablets. After a whole week of trying to sleep with light bulbs flashing inside my head all night and extreme light and noise sensitivity, I would give in and take a tablet to get 5 hours rest. Some days between the pain in the muscles and joints I would have mini explosions of pain in the nerves in my limbs, spine or brain.

Desperate measures required

In desperation a friend took me to see an internationally acclaimed medical clairvoyant (What? Hang on before you park me in the loony asylum, think about it - at this point – you try and do anything). The first thing the clairvoyant said was “you poor thing you have Lyme disease”. Until then I’d never heard of it. She also mentioned a few kind of parasites lurking in the lungs, eyes and liver from various African and Indian trips, all of which were easily treatable (except Borrelia) with her unique homeopathic approach.

At this point I should add that as a scientist, yogi and health enthusiast, I refuse to be given drugs unless there is proof I need them, which there never was up to this point, despite many tests with my GP, private and public hospitals and The School of Tropical Medicine. I went home relieved. At last - there was a reason for all the years of illness. Research and hopefully healing could begin and this book contains much of my discoveries and the various treatment plans.

After researching the many treatment options for Borrelia, I chose a non-drug journey. This was in part because I have such a bad reaction to drugs, especially antibiotics and also because I have always believed in a more naturopathic approach to cellular health and wellness. When you read Lyme patients stories I books and online, the path of the antibiotic is not guaranteed to work, gives an already fatigued body, more unnatural drugs to cope with and most doctors who prescribe drugs are unaware of the need to support the detoxification pathways and treat the body as a whole.

When you start to do your research, and each person must find their own way, you start to see that there are many people with Lyme disease who started with antibiotics and ended up successfully using Rife type technology. The use of strong drugs over months and years can cause serious side effects and weaken the body’s immune system, gut and liver. This I could not afford to do, as my system was already badly weakened by ten years of disease, I needed to build my body and it’s immune system up not batter it down with drugs. I’m also allergic to many Lyme

and co-infection preferred antibiotics including Flagyl.

By this time I was already in the critical stage 4 of the disease where it had penetrated the brain barrier, fully infested the CNS (hence the paralysis of one arm) and hiding inside multiple co-infections like Babesia. By some grace, my friend met a therapist from Europe who has been successfully treating Lyme and its co-infections for over 20 years with FAB Medicine. Within 3 days I was on a flight to the clinic, and stayed at the Dutch Dru Yoga centre and the team there looked after me and drove me to the clinic 3 times a week, for which I am very grateful. Some days, they literally had to help me to the bathroom or haul me into the car.

To die or not to die, that is the question

Due to the extremely advanced stage of Lyme I needed to be treated for 3-6 hrs a day for 4 months. I'm lucky to be alive and thank the extraordinary therapist and scientist for my life. His treatment plan, I believe is unique and in this book you will read about his protocols; each part of the daily treatment plan; what was used and why and my own 'home' programme that helped me cope with the horrendous Herx reactions and the sheer mental, physical and emotional struggle for life. You will also learn how I rebuilt my nervous system, endocrine and brain! Hopefully therapists and practitioners will start to build similar Lyme FAB Medicine clinics near you but in the meantime there will be a section on how to develop a treatment rota using whomever is around you.

My practitioner had to dance a fine line between killing the Borrelia but not me this is why you need a really good therapist when treating advanced chronic diseases and infestations. When I started the clinic my extracellular Lyme count was over 40 (we didn't measure the intra cellular but it would have been as high) and I was fully incapacitated. When I left four months later it was 0.3 and I could walk for 45 minutes on the flat, and the nerves were working again in my arm. My brain was relatively clear again and I could rejoin the human race, rather than a bed ridden, pain filled, forgetful existence. A year later my brain really switched back on and I was back teaching in my Yoga School; walking 5 miles a day and laughing with life again. Two years later I celebrated my return to the human race with a week's climbing in the Dolomites, doing 500m (approx 1500ft) 3C level Via Ferrata rock climbs. And 8 hour mountain days walking up to 8500ft. Awesome – I was home in my body and home in wonderful mountain and being over 50 years old and after 12 years of disease hell and chewed up body... that's a miracle.

Chronic Lyme for over 12 years, had damaged quite a few organs and systems in the body, which took time and a daily home programme to rebuild. Chronic Lyme also causes adrenal fatigue which I am addressing in a different book.

You may not have a specialist clinic near you like the one I found, but even taking

some of the steps outlined could be to your advantage. This is my story, my treatment plan, my research and my opinions. I am not a medical doctor and you must follow your own thoughts and pathway to health, and choose your own doctors and follow their advice. For all you wonderful doctors and therapists fighting Lyme and trying to help your patients, I hope this book will give you some insights as to what is possible and broaden your own research, treatment plans and strategies. For me science begins with an open mind, the willingness to try something new, and the faith to go with your intuition and higher guidance. May your journey to health be blessed and may you be well.

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Lyme Disease or Lyme Borreliosis is a bacterial infection spread by ticks and tiny insects. It has reached epidemic proportions, sweeping through Europe and the USA and causing misery, chronic fatigue, financial distress and even death.

Antibiotics simply don't work any more.

The FDA (US Food and Drug Administration) and the WHO (World Health Organization) say "Today, almost all important bacterial infections in the United States and throughout the world are becoming resistant to antibiotics. This antibiotic resistance has been called one of the world's most urgent public health problems".

Doctors, therapists and patients can benefit from the author's research, experiential and clinical observations. From the highly successful Zwijsen Protocol and devices including Rife, Tesla, Bioresonance and Electromagnetism to supportive and detoxification methods and much more. The answers are here in your hand today.

It's all explained here – simply, scientifically, with humour and honesty. What you read here will change your life and the lives of your loved ones forever!

So embrace a new health paradigm: learn how photons, electrons, electromagnetism, water, cellular voltage and negative ions all feed into the living matrix of vital energy, cells and tissues of our body.



Paulette Agnew had to learn the hard way. But if you follow her simple wellness principles and understand what's making millions sick, you'll stay healthy. And you may also save thousands in future medical bills. After a 12 year battle with Chronic Lyme Disease that led to paralysis and a close shave with death, she's now healthy again. Paulette (wellness consultant and motivational speaker) has now set her sights on sharing these exciting new solutions with the whole world.