



LYMEXICO
DR. OMAR MORALES

DETOX/HERX SHEET

Detoxing is an essential part of fighting Lyme Disease and achieving relief from a herx. Many people just think about what antibiotics to take and let the body do the rest from there, but killing the bacteria is only half the job. One must help the body remove the endotoxins that spirochetes release in the body once they're killed. In fact, well over 90% of the time you're not feeling well is due to a body that is not detoxing effectively.

The golden rule of detoxing states that if you're going to intentionally help your body kill a foreign invader, you should intentionally help your body remove those foreign invaders from your body.

A herxheimer reaction is not an immediate reaction to spirochete die off but more of a result of an accumulation of toxins over a period of time. You can kill off spirochetes and have no herx reaction as this is due to the body's ability to effectively remove the endotoxins the spirochetes release, in an effective manner. When you start to herx, the body's tactics for removing the endotoxins are overburdened due to an accumulation of endotoxins. This is where detoxification comes into play.

Certain detoxification methods are used for near immediate relief from a herxheimer reaction such as an Epsom Salt Bath or Burbur Detox. Other detoxification methods such as Milk Thistle or Cruciferous Vegetables work in the long term by continuously cleansing the body of endotoxins in small amounts, which in turn decreases the likelihood of encountering a herx in the first place.

IMMEDIATE RELIEF

Alkaseltzer Gold & Liposomal Glutathione:

- Alka-Seltzer Gold combined with the antioxidant glutathione are said to be quite effective in reducing an acute herxheimer reaction. (Some 70% are expected to feel better within hours).
- 2 Alka-Seltzer Gold tablets in 8oz of water with lemon or lime juice for alkalization and vitamin C.
- Follow the Alka-Seltzer Gold with 6-8 capsules (250mg/capsule) of glutathione or 1500-2000mg of oral liposomal glutathione.

Lemon Water:

- Lemons are known for their exceptional ability to cleanse the body of toxins.
- It is recommended to squeeze 2 whole lemons into 1 cup of water and sip this concoction slowly over a half hour's time.

Parsley:

- Parsley can be consumed with food but is most effective for reducing a herx when taken in tincture form.
- Nutramedix Parsley Detox is designed to reduce a herx by helping to drain the lymphatic system. 8-10 drops in 4 oz. of water every 15 minutes until symptoms subside.

Motrin:

- Reducing pain related to bone, muscle, or tendon injury or inflammation.
- Reducing fever.
- Alleviating pain and joint swelling associated with different forms of arthritis and other conditions.

Isoquercetin:

- Quercetin is a pigment flavonoid found in many fruits and vegetables such as apples, onions, blueberries, cruciferous vegetables, etc.
- In the case of herxheimer reactions, Quercetin acts as an anti-inflammatory agent by reducing the excessive production of cytokines by the immune system.



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- Reducing the excessive inflammatory response caused by a herx can help a person feel better.
- For herxing, the recommended dosage for Quercetin at 250mg per capsule is 2 capsules 3x a day.

Olive Leaf Extract:

- Freedom of colds and flu.
- Prevent intestinal muscle spasms.
- Kills viruses like Epstein Barr, Chronic Fatigue Syndrome, Fibromyalgia.
- Kills life threatening parasites.
- Inhibits the growth of salmonella & other food poisons.
- Natural self treatment for Candida, Yeast & Fungal Infections.
- Joint & muscular problems.
- Relief from herpes and bacterial problems.

Epsom Salt Bath:

- Epsom Salt is magnesium sulfate. It is absorbed through the skin when taken in a hot bath.
- Magnesium acts as a muscle relaxer and the sulfur increases bile production in the liver. Bile is the means of transportation for toxins from the liver to the colon.
- Dry skin brushing before an Epsom Salt Bath will clear any debris from your pores.
- Pour 2-4 cups of Epsom Salt into a bath that is hot but not too hot and soak for 20 - 30 minutes.

Warning: Bath water that is too hot may have the opposite effect and cause die off by killing spirochetes.

Burbur:

- Burbur Detox is a tincture produced by Nutramedix specifically designed to reduce a herxheimer reaction.
- It has the ability to cleanse the liver, kidneys, lymphatic system and blood.
- A herx can be significantly reduced, if not eliminated by placing 10 drops of Burbur into 4 ounces of water. Wait 1 minute before consuming. Repeat this every 15 minutes until herx has subsided.
- A person may find greater relief if they combine Burbur Detox with Pinella - repeat dosage for Pinella.
- Turmeric (Curcumin): Turmeric is one of the best herbs for detoxification of the liver as it's well known for increasing bile production. Bile is the means of transportation for toxins from the liver to the colon.
- Curcumin, the active ingredient in Turmeric, is known for its exceptional anti-inflammatory properties. Shutting down inflammation (i.e., cytokines) helps reduce the symptoms of a herxheimer reaction.
- Add a teaspoon of turmeric to your eggs for breakfast or enjoy it on chicken.

Warning: Turmeric is also an exceptional anti-fungal so if you notice a herx arising after a few days of use, discontinue use and consider a yeast problem.

LONG-TERM DETOX

Cruciferous Vegetables:

- Cruciferous vegetables such as Kale, Collard Greens and Cabbage have the incredibly ability to increase the detox activity of cells in the liver.
- Steam Kale for 2 minutes or Collard Greens for 4 minutes to keep the living enzymes they contain alive. Then add Sea Salt, Black Pepper, Diced Avocado and Extra Virgin Olive Oil.

Activated Charcoal:

- Activated Charcoal comes in tablet, powder, or capsule form and is fundamentally known for
- adhering to the endotoxins responsible for a herxheimer reaction.
- It will work best if consumed a couple hours after a protocol.



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- Activated Charcoal is said to pass through the body without causing a detox reaction.
- Used with magnesium citrate, a charcoal/magnesium flush will help soak up excess ammonia
- in the body caused by Lyme and/or a CBS gene mutation.

Apple Cider Vinegar:

- When the body becomes ill or is over burdened with toxins, the PH level becomes very acidic and the body becomes an environment where illness can thrive.
- Apple cider vinegar is best known for its ability to alkalize the body which is a level of PH that allows the body to function much more properly.
- It can be used on salads or two teaspoons in a cup, add water and then drink.

Warning: Apple Cider Vinegar is also an excellent anti-fungal. If you're currently dealing with candida, Apple Cider Vinegar will likely induce a herx instead of reduce.

Benadryl:

- Benadryl is recommended by some LLMDs to reduce a herx.
- Most people find it brings a little relief for a herx though it seems to be quite effective against herx induced headaches.

Warning: Talk to your doctor first before adding Benadryl to your regimen.

Chorella:

- Chlorella has the powerful detoxifying ability to bind to toxins and prevent them from being reabsorbed in the digestive tract. It's commonly used in conjunction with cilantro for removing heavy metals.
- Some people can't digest the cell membrane of Chlorella, therefore finding a chlorella product with a "broken cell wall" would be best.
- Chlorella works best when taken on an empty stomach.

Itires:

- Itires is a homeopathic remedy specifically designed to drain the lymphatic system.
- The lymphatic system collects toxins, dead spirochetes, and fallen immune cells for removal from the body, but when it becomes over burdened, it can become sluggish or backed up.
- It's one component of Pekana's "Big 3" for detoxification alongside Renelix (i.e., kidney drainage) and Apo-hepat (i.e., liver drainage).

Milk Thistle:

- Milk Thistle is an herb synonymous with maintaining healthy liver function as well as the kidneys.
- Milk Thistle has the ability to protect the liver from toxic damage while at the same time helping it to detoxify.
- Milk Thistle comes in capsule form but eating Milk Thistle Seeds is best. Grind 1 teaspoon of Milk Thistle Seeds and place them in your oatmeal for breakfast.
- It won't provide immediate relief from a herxheimer reaction but using it every so often can decrease the frequency of a herx due to a clean liver.

Tip: Milk Thistle is great for the liver, but it only helps with phase I detoxification. To completely support the liver, phase II detoxification of the liver must be supported as well and liposomal glutathione should be considered.

Pinella:

- Pinella is a combination of herbs in tincture form produced by Nutramedix and is commonly used for its unique ability to reduce brain fog.



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- Pinella cleanses the nerves and brain of toxins which results in a reduction of brain fog and toxin induced seizures.
- Can be paired with equal parts of Burbur Detox to further enhance a reduction of a herxheimer reaction.

BODY TREATMENTS

Lymphatic Drainage Massage:

- Lymph massages help to stimulate the lymph flow of the lymphatic system as it can become sluggish while battling Lyme Disease.
- The lymphatic system is responsible for collecting toxins from cells; thus allowing the body to remove them through sweat, bowel movements, and urine.
- A lymph massage is recommended 3 or 4 times during first part of Lyme treatment and 2 times after.

Warning: The masseuse must be certified in lymph massage specifically. Avoid deep tissue or muscle massages as they will expel toxins from the tissue and leave you feeling worse for a day or two.

Castor Oil Pack:

- Castor Oil Packs are very effective at helping the liver and lymphatic system detox from strong herxheimer reactions much like an Epsom Salt Bath.
- To create and use a Castor Oil Pack, pour the castor oil over the absorbent side of the flannel, lie down and place the side of the flannel with the castor oil directly onto your skin above the liver, and then place the heating pad on top. Leave the castor oil pack on for about 30-45 minutes.

Warning: Do not ingest castor oil. It is for external use only. Women who are menstruating should not use castor oil packs as it can cause heavy bleeding. Castor oil will stain so be sure to lie upon a protective barrier.

Coffee Enema:

- Coffee enemas stimulate production of glutathione S-transferase (GST) in the liver. GST is a powerful enzyme that binds to, metabolizes, and removes toxic substances from the body.
- The constituents in the coffee are absorbed directly into the liver through the colon wall.
- Add 3 tablespoons of organic ground coffee to boiling water. Boil for 3 minutes, then reduce to a simmer for about 15 additional minutes covered. Strain if needed and let cool before administering. Lie on right side in the bathroom, and begin administering the coffee into the rectum via the enema. Hold the coffee for 5-15 minutes, and then evacuate the colon.

Warning: Don't hold the coffee for any longer than 15 minutes as it then will begin to be absorbed into the body at greater concentrations than desired, or what is considered to be healthy. Also check with your doctor or treating physician first before performing a coffee enema to be sure that your body can tolerate it. Malabsorption of certain vitamins and minerals may occur with long term use of coffee enemas, specifically calcium and fatsoluble vitamins.

Colon Hydrotherapy:

- Colon Hydrotherapy, also known as a colonics or colon cleansing, is a procedure in which a unique mixture of water, and sometimes herbs, is injected into the colon via the rectum to assist the removal of unwanted constituents.
- The colon is responsible for absorbing nutrients from food for the body and forming feces for evacuation.
- Overtime, as one ages and depending on a person's lifestyle, a colon can become sluggish, and detoxification becomes impacted. Such consequences include stagnant fecal matter, wall-impacted mucus, toxins being re-absorbed into the body, and even parasite thriving.



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Dry Skin Brushing:

- Dry Skin Brushing utilizes a natural bristle brush to clear the pores of debris, thus allowing toxins to flow out easier.
- It also stimulates the lymphatic system, which harnesses toxins from the body.
- Dry Skin Brushing is most commonly used before an Epsom Salt Bath but can be used daily.

Exercise (Light):

- Light exercise such as walking or riding a bike is an excellent tool for expelling toxins from the body.
- It forces the muscles to contract which is the catalyst for the lymphatic system. The lymphatic system is in charge of transporting toxins throughout the body for disposal.
- Exercise will inevitably induce sweating which allows the body to remove toxins stored in fat cells through the pores of the skin.

Sauna:

- Utilizing the skin as a means of detoxification is genius as 20 minutes of sweating is equivalent to the work the kidneys accomplish in 24 hours.
- Portable Saunas are available on Amazon for around \$100.
- Don't use soap after a sauna as even after you're done, your body is still removing toxins through the pores. A cool shower without soap will suffice.

Warning: Heating up the body too much can induce a herx by killing off spirochetes. Those who are heat intolerant should be wary about using a sauna as a means of detoxification.

Infrared Biomat:

- The temporary relief of minor muscle and joint pain stiffness.
- The temporary relief of joint pain associated with arthritis.
- The temporary relief of muscle spasms.
- Minor sprains and strains, and minor muscular pain.
- The relaxation of muscles.
- And the temporary increase of local circulation where applied.

Shower (Cold):

- Jumping into a cold shower forces the muscles to contract, which in turn moves toxins along to be processed. It also opens the arteries allowing a fresh supply of blood to infiltrate the organs.
- Once jumping into a cold shower, it takes about a minute for the body to adjust and become comfortable.
- 3 minutes in the shower will suffice.

Warning: Make sure the environment you'll endure after a cold shower allows the body temperature to rise.

Bentonite Clay:

- Bentonite Clay is an edible clay that collects toxins as it passes through the digestive tract and remove them from the body. The longer it is used, the more toxins it will remove.

Warning: Bentonite Clay can cause intestinal discomfort so it is important to consume plenty of water while taking it.