

# LEARN ABOUT LYME DISEASE

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As a clinic, we have treated hundreds of people with Lyme Disease over the years, and it is one of the most devastating and costly conditions some of our patients have had to deal with for an extended time. Creating Lyme awareness, especially in the area where we live, is critical. We are constantly being exposed to tick bites from April to October when we go hiking, mountain biking or camping in the beautiful outdoors of the Sea to Sky Corridor and beyond. Over 300 000 cases are detected every year in the United States and over 15 000 in Canada since 2020. British Columbia is one of the areas with high alerts on tick presence and exposure.

**The best way to protect yourself and your loved ones from tick-borne diseases is to prevent tick bites.**



Using the Anti Tick-Bite Spray from Atlantik, wearing a hat and brushing your hair after any outdoor activity can be a life-saver from these highly dangerous insects. Applying a similar treatment to your beloved pets can also help prevent the infection of your furry friends.

# WHAT IS LYME DISEASE?

Lyme disease is an infectious disease caused by the spiral shaped bacterium *Borrelia burgdorferi*. *B. burgdorferi* is transmitted to humans by a bite from an infected black-legged or deer tick. The tick becomes infected after feeding on infected deer, birds, or mice. A tick has to be present on the skin for approximately 48-36 Hours to transmit the infection. Many people with Lyme disease have no memory of a tick bite.

Lyme disease was first recognized in the town of Old Lyme, Connecticut, in 1975. It's the most common tick-borne illness in Europe, Canada and the United States.

People who live or spend time in wooded areas known for transmission of the disease are more likely to get this illness. Additionally, people with domesticated animals that visit wooded areas also have a higher risk of getting Lyme disease.

## SYMPTOMS

- a flat, circular rash that looks like a red oval or bull's-eye anywhere on your body
- fatigue
- joint pain and swelling
- muscle aches
- headache
- fever
- swollen lymph nodes
- sleep disturbances
- difficulty concentrating

## SYMPTOMS IN CHILDREN

Children generally experience the same Lyme disease symptoms as adults. These symptoms may occur soon after the infection, or months or years later. If your child seems to be acting differently and can't explain why or what they're feeling, it's important to talk with their doctor, as these changes could be a sign of many conditions, including Lyme disease.

## POST-LYME DISEASE SYNDROME SYMPTOMS

The symptoms of post-Lyme disease syndrome are similar to those that occur in the earlier stages of the condition. Unfortunately these symptoms persist longer after treatment may include:

- fatigue
- difficulty sleeping
- aching joints or muscles
- pain or swelling in your large joints, such as your knees, shoulders, or elbows
- difficulty concentrating and short-term memory problems
- speech problems

# **BEFORE YOU GO INTO A TICK HABITAT**

- Wear light coloured, long-sleeved shirts and pants to spot ticks easily
  - Tuck your shirt into your pants, and your pants into your socks
  - Wear closed-toe shoes
  - Apply insect repellent containing DEET or Icaridin to clothing and exposed skin (always follow label directions).
  - Wear permethrin-treated clothing (always follow label directions).
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# **WHILE YOU ARE IN A TICK HABITAT**

- Walk on cleared paths or trails
- Keep children and pets from wandering off paths.
- Avoid using trails created by animals (such as deer and moose), as ticks are often found on the grass and plants along these trails.



## **REDUCING TICK HABITATS AROUND YOUR HOME**

Blacklegged ticks thrive in damp, shady environments. They can't survive for long in dry, sunny areas. To create an environment that's unfavourable for tick survival:

- Mow the lawn regularly to keep the grass short
- Place patios, decks and children's playground sets in sunny areas of the yard and away from yard edges
- Place playground sets on a mulch or wood chip surface
- Talk to your veterinarian about tick-prevention products for your pets, as they can also bring ticks into your yard or home.

# DIAGNOSIS

**Diagnosing** Lyme disease begins with reviewing your health history, which includes looking for reports of tick bites or residence in an endemic area. A doctor or other healthcare professional will also perform a physical exam to look for the presence of a rash or other symptoms characteristic of Lyme disease.

**Testing** during “early localized” infection is not recommended. **Blood tests** are most reliable a few weeks after the initial infection when antibodies are present. A healthcare professional may order various tests based on the stage of infection.

# TREATMENT

Lyme disease is best treated in the early stages. Treatment for “early localized” infection is a simple 10- to 14-day course of oral antibiotics to eliminate the infection. Some medications used to treat Lyme disease include antibiotics. Oral and Intravenous (IV) antibiotics are being used for some forms of Lyme disease, including those with cardiac or central nervous system (CNS) involvement.

At Euphoria Natural Health, our Naturopathic Doctors use science-based therapies and oral supplementation with powerful antioxidants, binders, antimicrobials, probiotics and herbal extracts alongside Immune Support via Intravenous Nutrient Therapy.

According to studies, the South African herb Cryptolepis is one of the most potent remedies for treating Lyme Disease. We carry a large selection of natural herbal tinctures used in various combinations by our Naturopathic Doctors.

To make treatments accessible and affordable to our patients, we carry the professional supplements line Researched Nutritionals to help us create efficient long-term protocols to treat Lyme.



# THE BEST PART!

We can ship these high-quality professional supplements and herbal tinctures directly to your doorstep.

We package and ship those weekly within Canada and worldwide.

Most professional supplements require a doctor's note and are shipped within 24 hours from the time of your order.



FROM EUPHORIA STRAIGHT TO YOUR FRONT DOOR

# LYME DISEASE STAGES

Lyme disease can occur in three stages as follows:

EARLY LOCALIZED  
EARLY DISSEMINATED  
LATE DISSEMINATED

## STAGE 1: EARLY LOCALIZED DISEASE

Symptoms of Lyme disease usually start 3 to 30 days after the tick bite. One of the earliest signs of the disease is a bull's-eye rash.

The rash occurs at the site of the tick bite, usually, but not always, as a central red spot surrounded by a clear spot with an area of redness at the edge. It may be warm to the touch, but it's not painful and doesn't itch. This rash will gradually fade in most people.

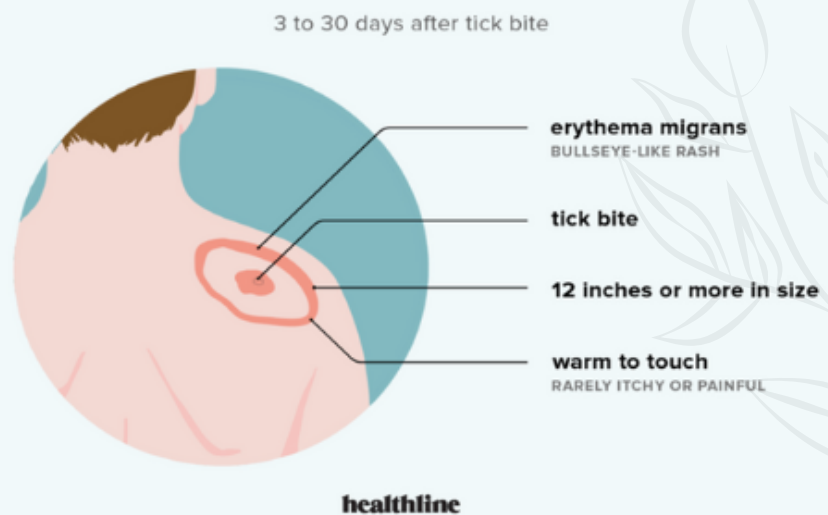
The formal name for this rash is erythema migrans.

Some people with lighter skin have a rash that's solid red. Some people with darker skin may have a rash that resembles a bruise.

The rash can occur with or without systemic viral or flu-like symptoms.

Other symptoms commonly seen in this stage of Lyme disease include:

- chills
- fever
- enlarged lymph nodes
- sore throat
- vision changes
- fatigue
- muscle aches
- headaches



## STAGE 2: EARLY DISSEMINATED LYME DISEASE

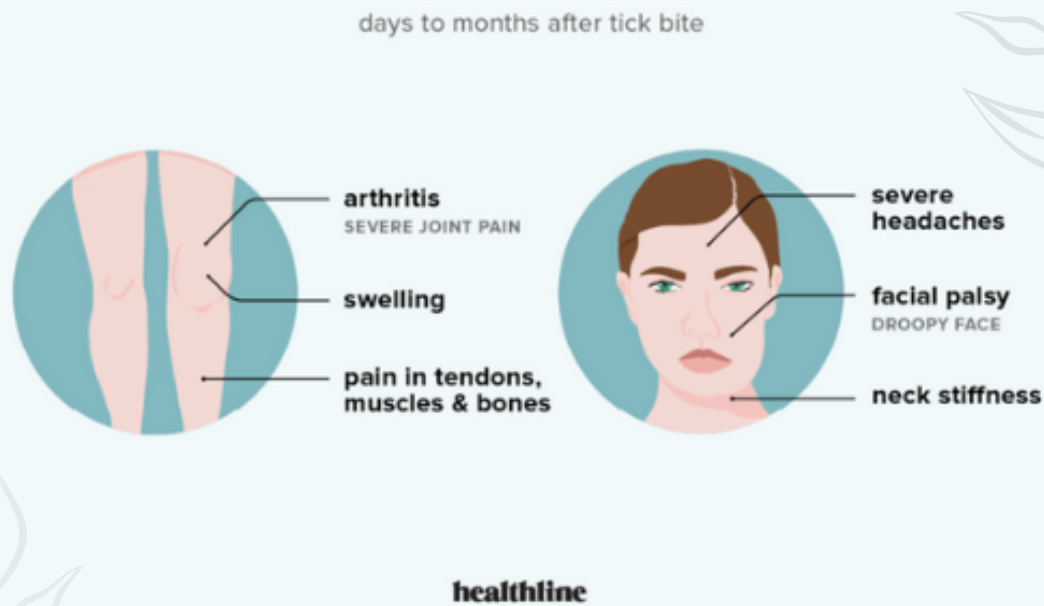
Early disseminated Lyme disease can occur months after the tick bite.

You'll have a general feeling of being unwell. A rash may appear in areas other than the tick bite. This stage of the disease is primarily characterized by evidence of systemic infection, which means infection has spread throughout the body, including to other organs.

Symptoms can include:

- multiple erythema multiforme (EM) lesions – skin eruptions
- disturbances in heart rhythm, which can be caused by Lyme carditis
- neurologic conditions, such as numbness, tingling, facial and cranial nerve palsies, and meningitis

The symptoms of stages 1 and 2 can overlap.




## STAGE 3: LATE DISSEMINATED LYME DISEASE

Late disseminated Lyme disease occurs when the infection hasn't been treated in stages 1 and 2. Stage 3 can occur months or years after the tick bite.

This stage is characterized by:

- arthritis of one or more large joints
- brain disorders, such as encephalopathy, which can cause short-term memory loss, difficulty concentrating, mental foginess, problems with following conversations, and sleep disturbance
- numbness in the arms, legs, hands, or feet



## To All LYME Disease & Mold Exposure Patients

Euphoria Natural Health will continue to support all of our patients treated for Lyme Disease with all the natural medicine, tinctures and supplements you may need. We are happy to package it and send it to your home address, no matter where you live. We also carry those products in our wellness store.

To place your orders please send email us at  
[clinic@euphorianaturalhealth.com](mailto:clinic@euphorianaturalhealth.com)  
or shop online at [shop.euphorianaturalhealth.com](http://shop.euphorianaturalhealth.com)

To see our team of practitioners please go to  
[www.euphorianaturalhealth.com/practitioners-squamish](http://www.euphorianaturalhealth.com/practitioners-squamish)  
Thank you for trusting us with natural health needs.

- The Euphoria Management Team

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