

HERBAL SUPPORT FOR GARDENERS DURING TICK SEASON

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- Dress appropriately. Pay attention to your body and stop when you are tired, before you feel overworked, exhausted, stressed. We are more vulnerable to tick bites when we are tired and less aware of our boundaries and surroundings.
- Keep your immune, digestive and nervous system healthy throughout the winter and the whole year. Rest and restore yourself during the winter months. Start using **Astragalus** tincture, tea or soup (**Avena's Immune Broth**), 2-3 times daily starting in March (or throughout the winter) to deeply strengthen the immune system. **Astragalus** improves the integrity of one's energetic boundary. I also recommend **Schisandra** berry tincture to take during the winter and to continue throughout the summer to strengthen immunity, tone the liver and ensure your energetic boundaries are vibrant and strong. Stop using tonic herbs like **Astragalus** and **Schisandra** during acute colds, fevers, flu or acute stage of tickborne disease. Medicinal mushrooms to keep immune system healthy.
- Begin using 1-3 drops of **Teasel** tincture to repair or maintain a healthy energetic field and use daily throughout the garden season. **Garlic flower essence** for protection. Use Badger's Bug Balm regularly or a spritzer that contains rose geranium and other essential oils. There are now many different herbal tick repellants being made-talk with other folks who are using them to see which product might match your situation. Check yourself really well when you come inside. Shower immediately and wash and dry your clothes.

If bitten by a tick:

~For tick bite: homeopathic Ledum, 30c-1M, 3x daily for three days. Then follow with homeopathic Thuja, 30c for 3 days. Thuja helps bring the body back to where it was before being bitten.

~Place Echinacea tincture or Andrographis tincture directly on bite and cover with band aid. Do this 2x/day for 2 days.

~Save the tick if possible and send to lab for testing for Borrelia and co-infections. Send to **Laboratory of Medical Zoology (LMZ) at the University of Massachusetts** www.tickdiseases.org

~Take Teasel root tincture, 1-3 drops, 1-3 times/day. Teasel heals the torn energetic field that makes us more susceptible to any kind of invading pathogen. Teasel restores what has been broken and supports us to hold our vital essence-prevents us from leaking our vital life force. Helpful for people who feel like they have lost their vitality.

~Anti-spirochetal herbs to consider using orally: Japanese Knotweed, Agarikon mushroom, Cat's Claw (1-4 capsules-500mg, 3x/day over 8-12 months). Andrographis (*Andrographis paniculata*)

also is a cooling bitter, anti-inflammatory, immune-stimulating and traditionally used for chronic fatigue, recurrent fever, syphilis and other spirochete-caused diseases (400-1200 mg, 3x/day)

~Flushing out neurotoxins: Japanese knotweed (*Polygonum cuspidatum*) contains Resveratrol in the roots which helps reduce neurotoxins and protects from oxygen radicals in the nervous system. Also consider using Jamaican Sarsaparilla (*Smilax ornata*).

~Stress: During the first acute phase of a tick born disease use Siberian Ginseng - known as Eleuthero (*Eleutherococcus senticosus*), 1/8-1/2 tsp tincture, 1-3 times per day for several weeks to ease stress, fatigue, brain fog, memory lapse and mild depression. Eleuthero helps people to feel like they are standing on solid ground.

~Arthritis in the joints: Teasel (*Dipsacus sylvestris*) tea or tincture is helpful to alleviate the pain of general arthritic symptoms-use 1/8-1/2 tsp of tincture, 3 times per day. Drink 2-3 cups of fresh or dried stinging nettle tea. Turmeric powder mixed in honey (take 1-2 tsp/day in tea or just eat) is anti-inflammatory, antimicrobial and protects cells. True Solomon's seal root tincture or tea supports musculoskeletal health. Rub Solomon's Seal root oil or tincture on sore joints.

~Sarsaparilla (*Smilax ornata*). The Chinese in eastern Asia use Smilax species for spirochete diseases. Sarsaparilla binds endotoxin in the blood, is anti-inflammatory and antibacterial. Strengthens and protects the liver, eases Herxheimer reactions, strengthens the immune reaction to the borrelia, protects the nerves and reduces fatigue (Buhner 2005: 26-31)

~Get a blood test in 10-14 days for Lyme and co-infections. Western Blot test is recommended-IGenex Lab if possible.

~Before you receive test results or before you take an antibiotic, and as soon as you find the tick, consider going to a practitioner who is using a group of homeopathic remedies specific for tickborne diseases called **Des Biological Series**. I recommend these remedies from personal experience along with using herbs. Start using these remedies immediately after you find the tick. If you do not find the tick, and come down with Lyme-like symptoms, consider going to a practitioner using these homeopathic remedies and/or a Lyme literate practitioner based on the severity of your symptoms.

~Also consider receiving flower essence treatments created by David Dalton of Delta Gardens www.deltagardens.com

~Read Stephen Buhner's 2016 revised Healing Lyme book and Wolf Storl's book Healing Lyme Naturally. Avena Botanicals offers Japanese Knotweed, Teasel, Eleuthero, Schisandra, Sarsaparilla, & Astragalus root tinctures & Immune Broth. We may have an acupuncturist joining us one day a week who will be working with Deb using Des Biological Series remedies and herbs.

~Rest is key for healing.