

My Story

- Name: [REDACTED]
- Age: [REDACTED]
- My address is: [REDACTED]
- My postal address is: [same as above]
- You can contact me on: [REDACTED]
- I want my story to be confidential

About my journey

- In January 2012 I was bitten by a redback spider. While I had a reaction to it I did not receive anti venom. Immediately after the bite I had flu like symptoms for 1 month, suffered fatigue, and on numerous visits to my GP nothing was found. I managed to get back to reasonable health including back to running half marathons. Prior to the spider bite I never got sick.
- Fast forward to June 2013, went to Palm Cove Cairns. After walking through long grass, within 24 hours I had flu like symptoms which lasted a week and again fatigue.
- A week after returning I went to the Blue Mountains for a weekend and was amongst the bush. On return within 24 hours I broke out in a rash that covered my legs and mid torso. Went to the doctors, requested a lyme test and I was told it was probably psoriasis. This took 10 weeks to go.
- In October 2013, I was hospitalised for 10 days with sudden changes in blood pressure. Various tests were conducted, including an MRI, adrenal issues etc. Nothing was found.
- In January 2014 I got bitten again by another redback (both bites were in our backyard) and again got flu like symptoms. This time along with the random blood pressure issues, I found I became a little unsteady with my gait when walking.
- Again went to GP and requested a lyme test. I wasn't treated seriously but on my insistence, they ran the test. I then read that the test done through normal testing was pointless.
- Went and saw a lyme specialist in Sydney to get a referral for testing. I also decided to get the family tested due to a family history of illnesses that could well have been lyme disease.
- In April 2014, out of the entire 5 family members tested through Australian Biologics, I was confirmed positive, 2 of my children were positive to borrelia and mycoplasma pneumoniae and my husband and other son were inconclusive.
- I was given the option of taking antibiotics and I refused on the basis that I was going to find a more natural way of overcoming this illness for the sake of my children and their own health.
- In total I saw approximately 10 different medical and alternative specialists, spent over \$6,000 for the specific lyme testing of my family alone, got minimal costs covered by our private health insurance. I believe I have spent close to \$20,000 on appointments, testing, and all forms of medication in the space OF

- I have done herbal supplements and essential oils. I have had DNA testing done to see if I had detox blockages. I saw a holistic chiro who used kinesiology. I saw naturapaths and put myself on a massive detox and parasite killing protocol. I have also done essential oils.
- I gave up wheat, dairy and sugar.
- I took loads of supplements on the advice of the alternative therapists above.
- I believe all the above helped in my recovery, especially essential oils. While I am not back to running half marathons I am back running and continue to keep inflammatory foods to a minimum and take maintenance natural supplements.
- I detoxed my children although they have not been on any lyme protocol.

My Theory

I believe our gut is 90% of our immune system. If we have a healthy gut and we eat minimal inflammatory foods and minimise our exposure to metals, pesticides etc, our gut protects us from these harmful things.

I also believe we all have lyme bacteria in our bodies like loads of other types of bacteria, but for those with healthy guts (and so a strong immune system) can keep lyme like illness dormant. This bacteria, like most, is opportunistic in that a big shot of toxin whether it be redback spider venom, or in one of my child's case, black paint put on the arm for Halloween made in China (no doubt full of lead) on top of an unhealthy gut is all that's needed for lyme bacteria to wake up and possibly take hold. Gut dysbiosis has a lot to do with it getting into the blood stream.

Why I believe it lies dormant is that I have been healthy almost all my life. Never really got sick. Out of my 3 children, only one has been bitten twice by a tick as far as I'm aware but its not this one that shows lyme symptoms. It's the one who had the black paint on his arm. On top of this the two children who haven't been bitten (as far as I'm aware) are the two with positive results to borrelia, while the child bitten (tested after one bite) was inconclusive. If the test results are accurate then they must have acquired it through me but I have been healthy and fit for almost my entire 45 yrs, so I can only think that the bacteria has been dormant in me.

While the natural protocol has helped me I do believe based on numerous factors we all react differently (just like any illness where two people with the same illness can have very different outcomes). I believe a natural approach ie. Massive detoxing and healthy eating should definitely be part of any lyme like illness protocol.

So much energy is being wasted on trying to determine whether ticks in Australia carry a lyme like illness. The fact is regardless where we attain this illness, there are more and more people coming down with lyme like illnesses and the energy and time being wasted could be better spent on researching treatments.