

Lyme Disease Treatment Protocol

Introduction

This document provides a comprehensive 5-month protocol designed to address Lyme Disease using essential oils and supplements. The protocol alternates between three different approaches to effectively target Lyme bacteria while supporting the body's natural healing processes.

Understanding the Protocol Cycle

This protocol follows a strategic rotation approach:

- **Month 1:** Gentle Cleanse Protocol - Prepares your body's filtering organs
- **Month 2:** Lyme Disease Oil Protocol - Directly targets Lyme bacteria
- **Month 3:** Gut Cleanse Protocol - Addresses common Candida overgrowth
- **Month 4:** Lyme Disease Oil Protocol (repeat)
- **Month 5:** Gut Cleanse Protocol (repeat)
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Protocol Duration Guidelines

The duration of treatment varies based on individual cases. Two recommended approaches:

1. **Complete the full 5-month protocol** - This ensures thorough elimination of viruses and bacteria. After completion, continue strengthening your body with essential oils as needed and maintain use of the Life Long Vitality Pack (or VMG+ and EO Mega).
2. **Continue for 2 months after symptoms subside** - This approach ensures the infection is fully addressed after symptoms disappear.
- 3.

Note: Both Lyme bacteria and Candida tend to respond better when protocols are changed periodically, which is why this program alternates between different treatment approaches.

Core Components

1. Daily Nutritional Support

Lyme Disease protocol

The **Life Long Vitality (LLV) Pack** (*or VMG+ and EO Mega*) provides essential nutrients, supports metabolism, and delivers powerful antioxidants. This forms the foundation of the protocol and should be taken daily throughout all phases. Substituting VMG+ and EO Mega are great options for those who prefer not to swallow capsules, as VMG+ is in liquid form and EO Mega can be chewed with no taste of fish oils.

2. Digestive Support

TerraZyme Digestive Enzyme Complex helps with the digestion of proteins, fats, carbohydrates, sugars, and fiber. It supports the body's production of enzymes critical for healthy biochemical functions and proper nutrient absorption.

Lyme Disease protocol

3. Targeted Lyme Treatment

The core Lyme protocol features specific essential oils in capsule form:

- **Oregano** - Anti-bacterial properties
- **Clove** - Anti-inflammatory and antioxidant effects
- **Thyme** - Healthy immune support
- **Cassia** - Interrupts bacterial communication
- **Melissa/Black Pepper** - Protection against environmental threats

4. Gut Health Restoration

The gut cleanse phases address the common Candida overgrowth associated with Lyme Disease:

- **GX Assist** - Features antimicrobial essential oils
- **PB Restore ProBiome** - Replenishes beneficial gut bacteria

Important Protocol Notes

- **DO NOT** use the Lyme Protocol and Cleansing Protocol simultaneously. The monthly alternating schedule is intentional.
- If a **Herxheimer reaction** occurs (pain from too-rapid toxic elimination - headaches, stomach pain, joint pain, rashes), pause the protocol and use doTERRA Zendocrine Capsules and/or Zendocrine oil. After 10 days, slowly reintroduce the regimen.
- **Alternative oil options** are available:
 - Basil instead of Oregano
 - MetaPWR oil blend instead of Cinnamon/Cassia
 - Lavender instead of Thyme

Additional Supportive Options

Based on your specific symptoms, consider these additional essential oils:

- **For sore muscles & joints:** Deep Blue Oil/Rub, Lemongrass, AromaTouch
- **For energy:** Basil, Rosemary, Citrus Bliss
- **For nervous system support:** Patchouli, Vetiver, Tea Tree
- **For relaxation & sleep:** Lavender, Serenity (diffuse/inhale)
- **For mood enhancement:** Serenity, Citrus Bliss, Balance, Adaptive
- **For focus & mental clarity:** InTune, Vetiver
- **For circulation support:** Vetiver, On Guard

Disclaimer

These statements have not been evaluated by the Food and Drug Administration. Nothing herein is intended to diagnose, treat, cure, or prevent any disease. This information is shared knowledge and should not be construed as medical advice. We encourage you to make your own health decisions based upon your research and in partnership with qualified healthcare professionals.

Lyme Disease Treatment Protocol

Comprehensive 5-Month Program

Month 1: Gentle Cleanse Protocol

Purpose: Open up your filtering organs and help your body adjust to supplements.

Required Products

Product	Description	Supply
LLV (Lifelong Vitality Pack) or VMG+ and EO Mega	Daily nutrients, metabolism support, and antioxidants that promote energy, health, and vitality. Aids in natural cleansing and digestion.	30-day supply
TerraZyme Enzymes	Proprietary blend of whole-food enzymes supporting healthy digestion and metabolism of proteins, fats, carbohydrates, sugars, and fiber.	90 capsules
Zendocrine Detoxification Capsules	Whole-food extracts that support healthy cleansing functions of the liver, kidneys, colon, lungs, and skin.	60 capsules
Zendocrine Softgels	Proprietary blend of Tangerine, Rosemary, Geranium, Juniper Berry, and Cilantro essential oils to support natural detoxification.	60 softgels
Lemon Essential Oil	Naturally cleanses the body and aids in digestion.	240 drops (approx.)

Daily Protocol

Morning

- ½ dose of LLV (2 capsules of each of the 3 bottles) with food
- 1 Zendocrine Detox capsule
- 1 Zendocrine oil softgel

Afternoon/Evening

- ½ dose of LLV (2 capsules of each of the 3 bottles) with food
- 1 Zendocrine Detox capsule
- 1 Zendocrine oil softgel

Throughout the Day

Lyme Disease protocol

- 1 TerraZyme Enzyme with each meal (approximately 3 per day)
 - 8 drops of Lemon essential oil in water daily (approximately 2 drops per glass)
 - *Important: Use ONLY glass, ceramic, or stainless steel containers with essential oils*
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Months 2 & 4: Lyme Disease Oil Protocol

Purpose: Directly target Lyme bacteria with powerful essential oils.

Required Products

Product	Description	Supply
LLV (Lifelong Vitality Pack) or VMG+ and EO Mega	Daily nutrients, metabolism support, and antioxidants that promote energy, health, and vitality. Aids in natural cleansing and digestion.	30-day supply
TerraZyme Enzymes	Proprietary blend of whole-food enzymes supporting healthy digestion and metabolism of proteins, fats, carbohydrates, sugars, and fiber.	90 capsules
Citrus Essential Oil	Lemon, grapefruit, tangerine, wild orange, lime, or green mandarin. Naturally cleanses the body and aids in digestion.	240 drops (approx.)
Lyme Protocol Oils	- Oregano (anti-bacterial) - Clove (anti-inflammatory, antioxidant) - Thyme (healthy immune support) - Cassia (interrupts bacteria communication) - Melissa & Black Pepper (alternating; protection against environmental threats)	5ml/80 drops each

14-Day On / 14-Day Off Protocol

Days 1-14: Active Treatment

Morning

- ½ dose of LLV (2 capsules of each of the 3 bottles) with food
- **Lyme AM Capsule:** Place 3 drops of each oil in a capsule:
 - Oregano
 - Clove
 - Thyme
 - Cassia
 - Melissa
 - *IMPORTANT: Make capsule fresh each time - DO NOT prepare in advance*

Afternoon/Evening

- ½ dose of LLV (2 capsules of each of the 3 bottles) with food
- **Lyme PM Capsule:** Place 3 drops of each oil in a capsule:
 - Oregano
 - Clove
 - Thyme
 - Cassia
 - Black Pepper
 - *IMPORTANT: Make capsule fresh each time - DO NOT prepare in advance*

Lyme Disease protocol

Days 15-30: Rest Period

- Continue ½ dose of LLV (2 capsules of each of the 3 bottles) with food in AM & PM
- NO Lyme oil capsules during this rest period

Throughout All 30 Days

- 1 TerraZyme Enzyme with each meal (approximately 3 per day)
- 8 drops of Citrus essential oil in water daily (approximately 2 drops per glass)
 - *Important: Use ONLY glass, ceramic, or stainless steel containers with essential oils*

Months 3 & 5: Gut Cleanse Protocol

Purpose: Enhance natural cleansing, eliminate waste, support proper digestive function, and address Candida overgrowth common with Lyme Disease.

Required Products

Product	Description	Supply
LLV (Lifelong Vitality Pack) or VMG+ and EO Mega	Daily nutrients, metabolism support, and antioxidants that promote energy, health, and vitality. Aids in natural cleansing and digestion.	30-day supply
TerraZyme Enzymes	Proprietary blend of whole-food enzymes supporting healthy digestion and metabolism of proteins, fats, carbohydrates, sugars, and fiber.	90 capsules
Citrus Essential Oil	Lemon, grapefruit, tangerine, wild orange, lime, or green mandarin. Naturally cleanses the body and aids in digestion.	240 drops (approx.)
GX Assist	Formulated with therapeutic-grade oregano, tea tree, lemon, lemongrass, peppermint, and thyme essential oils with antimicrobial properties.	30 softgels
PB Restore ProBiome Complex	Contains prebiotics, probiotics, postbiotics, and bacteriophages with 18 billion CFUs from 24 active cultures across 22 species.	30 capsules

30-Day Cleanse Protocol

Days 1-10: GX Assist Phase

- **Morning:**
 - ½ dose of LLV (2 capsules of each of the 3 bottles) with food
 - 1 GX Assist softgel with food
- **Afternoon:**
 - 1 GX Assist softgel with food
- **Evening:**
 - ½ dose of LLV (2 capsules of each of the 3 bottles) with food
 - 1 GX Assist softgel with food

Days 11-15: Intensive PB Restore Phase

- **Morning:**
 - ½ dose of LLV (2 capsules of each of the 3 bottles) with food
 - 1 PB Restore ProBiome probiotic
- **Afternoon:**
 - 1 PB Restore ProBiome probiotic
- **Evening:**

Lyme Disease protocol

- ½ dose of LLV (2 capsules of each of the 3 bottles) with food
- 1 PB Restore ProBiome probiotic

Days 16-30: Maintenance PB Restore Phase

- **Morning:**
 - ½ dose of LLV (2 capsules of each of the 3 bottles) with food
 - 1 PB Restore ProBiome probiotic
- **Evening:**
 - ½ dose of LLV (2 capsules of each of the 3 bottles) with food

Throughout All 30 Days

- 1 TerraZyme Enzyme with each meal (approximately 3 per day)
- 8 drops of Citrus essential oil in water daily (approximately 2 drops per glass)
 - *Important: Use ONLY glass, ceramic, or stainless steel containers with essential oils*

Important Protocol Notes

- **DO NOT** use the Lyme Protocol and Cleansing Protocol simultaneously.
- Always follow GX Assist with PB Restore to replenish beneficial gut bacteria.
- If a **Herxheimer reaction** occurs (pain from too-rapid toxic elimination), pause the protocol and use Zendocrine products. After 10 days, slowly reintroduce the regimen.
- LLV (Lifelong Vitality Pack) can be taken during all protocols.
- TerraZyme should be taken with all meals throughout all protocols.

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