Please close/minimize other browsers and browser tabs and have pen and paper ready.

**Disclaimer:** This webinar is for general information only and not intended to diagnose, treat or cure any medical condition. It assumes you are under the care of a licensed health practitioner.

This webinar describes supportive therapies for Lyme disease, Lyme-like illness, other stealth infections, and mold illness/CIRS (chronic inflammatory response syndrome), it does not go into diagnosis or primary treatment of these conditions.

**Affiliate disclosure:** Mold Illness Made Simple may make an affiliate referral fee for other courses the reader purchases from links associated with this webinar.
Dr. Sandeep Gupta, MD

- Medical degree from The University of Queensland (1999)
- Hospital Intensive care for 5 years
- Private holistic practice for 10 years on Sunshine Coast and Sydney (3-4 per year)
- Can consult worldwide via Skype
- Author of *Surviving Mould Down Under* paper (2014)
- Co-author of *Physicians Consensus Statement* with Dr. Ackerley, Dr. Berndtson, Dr. Rapaport, Dr. McMahon and Dr. Shoemaker (2015)
- Launched Lotus Institute of Holistic Health in 2017. Same year became a director of International Society for Environmentally Acquired Illness (ISEAI)

- [www.drsandeepgupta.com](http://www.drsandeepgupta.com)
Dr. Nicola McFadzean Ducharme, ND

- Doctorate in Naturopathic Medicine from Bastyr University in Seattle, Washington
- Bachelor of Health Sciences (Naturopathy) from the University of New England in NSW, Australia.
- Two-year internship at the Bastyr Center for Natural Health, an internship in medical research at Columbia University as a Mountbatten Scholar, and four years at the Bastyr University Research Institute
- Began working with autistic children, then started seeing Lyme patients.
- Consults with patients around the world from San Diego (Restor Medicine)
- Recently released the first online course on chronic Lyme disease, *Lyme-Ed*.
WHY DO LYME & MOLD ILLNESS OFTEN CO-EXIST?

**Similar Genetic Susceptibility**
- Mold Illness/CIRS susceptible HLA genes have high overlap with Lyme susceptible genes

**Lyme/stealth infections can prime HLA genes**
- Any infection that causes a cytokine storm can prime HLA genes making you susceptible to water-damaged buildings/mold (that you weren’t before)

**Both involve biotoxins, chronic inflammation & immune dysfunction**
- Biotoxins will recirculate in genetically susceptible individuals causing continual inflammation
- Immune dysfunction occurs making you susceptible to further infections & environmental toxins


10 BIGGEST MISTAKES PEOPLE MAKE

Dr. Sandeep’s 10 biggest mistakes in dealing with Mold & Lyme

1. Not addressing the inflammatory side of the illness
2. Putting no or little emphasis on diet
3. Not having a regular detoxification program
4. Putting no or little emphasis on emotional release techniques
5. Not having a solid and healthy lifestyle that supports healing
6. Not staying on antimicrobials for long enough
7. Not getting totally out of mold exposure
8. Moving contaminated possessions to a new clean residence
9. Not addressing MARCoNS
10. Not using toxin binders such as cholestyramine etc

Dr. Nicola’s 10 biggest mistakes in dealing with Lyme Disease

1. Putting little or no emphasis on diet
2. Not having a detoxification strategy in place before doing any antimicrobials
3. Putting no or little emphasis on emotional release and healing techniques
4. Not adjusting lifestyle to support healing (doing too much)
5. Not staying on antimicrobials long enough
6. Not addressing all 3 forms of the Borrelia bacteria (spirochete, cell-wall deficient, cyst)
7. Not addressing co-infections
8. Not addressing biofilms
9. Not addressing mold exposure – removing self from current exposure and using binders and other agents to address body burden of mycotoxins
10. Not addressing other issues such as heavy metal toxicity, oral health (such as cavitations that harbor bacteria, amalgam fillings, adrenal/hormone imbalance, EMF exposure in home and environment.
INFLAMMATION, IMMUNE & PAIN SUPPORT

**Gut & Diet**
- Anti-inflammatory diet
- Remove food sensitivities
- Filtered water
- Treat Parasites, SIBO, Leaky gut, Dysbiosis

**Reduce exposure to & bind toxins**
- Pyroluria, EMFs
- Heavy Metals
- MARCoNS, Dental issues
- Methylation, MCAS
- Hormonal imbalances

**Treat other conditions**
- Low dose naltrexone, Ozone, HBOT
- Pulsed Electromagnetic Field therapy, Cold thermogenesis, VIP spray

**Anti-inflammatory / immune herbs and supplements**
- Curcumin, Resveratrol, Boswellia
- Proteolytic enzymes, Cytoquel, Vit C
- Transfer factor, Beta-glucans, Astragalus, Colostrum

**Binders - CSM, Welchol, Charcoal, Glutathione, Bentonite clay, Zeolite, Fiber, Chitosan etc**

**Reduce mold, VOC, plastic, pesticide, chemical & metal exposure**

Reduce exposure to and bind toxins.
SUPPORTING DETOX & ELIMINATION

Liver Support (Phase 1 & 2 detox)
- Antioxidants (Vits A, C, E, zinc, selenium, magnesium, B complex)
- Herbs (dandelion, milk thistle, artichoke, burdock, liquorice, curcumin, garlic, cayenne)
- Liposomal glutathione / NAC
- ALA
- SAMe / Methylation support
- Omega 3s
- Coffee enemas / Castor oil packs

Gut Elimination (Phase 3 detox)
- Binders
- Fiber rich diet (organic vegetables/low sugar fruit, chia/flax seeds)
- Adequate bowel movements (1-3/day)
- Magnesium / Vitamin C (if constipated)
- Lemon with (filtered) water

Skin, Kidney, Lymph Elimination
- Skin brushing
- Saunas (steam, near/far infrared)
- Lymphatic drainage
- Gentle exercise (yoga, rebounding)
- Ionic Footbaths
- Epsom salt/bicarb/essential oil baths
- Herbs for kidneys (dandelion, uva ursi, celery root, horsetail, marshmallow)
DIET & NUTRITION

Dietary Basics
• Anti-inflammatory
• Organic, wild caught, free range
• High in vegetables
• Low sugar/refined carbs
• Low Omega 6 ↑ Omega 3/9

Popular Lyme & Mold diets
• Lyme diet
• Paleo / AIP / Bulletproof
• Know the cause
  • Ketogenic
  • Raw food

Elimination Diets
• Low Amylose
• Low FODMAP
• Low histamine
• Low oxalate
• SCD / GAPS
SLEEP, LIFESTYLE & EXERCISE

Stress Reduction / Management
- Yoga,
- Meditation,
- Mindfulness,
- Playing music,
- Float tank,
- Friends & family

Exercise within limits (without crashing / PEM)
- Yoga,
- Rebounding,
- Walking, Pilates,
- Cycling,
- Swimming etc

Good sleep hygiene, low EMF, Blue light avoidance,
- Melatonin,
- Mg threonate,
- Glycine

Good quality & quantity sleep (7-9 hrs)
Emotional / psychological trauma & stressors can cause negative gene expression, increase in pro-inflammatory cytokines, hormone imbalances and activation of cell danger response.

Current stress /expectations

Childhood & past trauma

Trauma/stress/emotional release tools

**Stress reduction**
- EFT (tapping)
- Meditation, yoga, exercise
- Float tank

**Brain/Limbic retraining**
- DNRS
- Amygdala retraining
- EMDR
- Neurofeedback

**Trauma work**
- Talk therapy
- Modified CBT
- Expressive writing
- Core energetics
WHAT ARE CYTOKINES?
• Chemical messengers / proteins used by Immune cells to communicate with each other
• Trigger inflammation for healing
• But imbalance of proinflammatory and anti-inflammatory can lead to damage

BEYOND ERMI - VISUAL INSPECTION
Inspection by indoor air quality, indoor environmental professional or industrial/building hygienist
• Visual inspection (moisture meter) - identify problem areas
• Odor detection
• Additionally infrared camera, VOC, particle meter etc.

Covers the medical side and water-damaged buildings side

Weekly quiz

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2 versions –
• Patient version
• Practitioner version
Questions & Answers
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