

Naturopathic Lyme and Tick-Borne Disease Prevention and First Aid

Prevention During Deer Tick Season

- Deer tick season = anytime temperature above 28F.
- Body checks for ticks every night after a day of possible tick exposure. Remember that ticks love warm moist areas.
- Put your clothes in the dryer on high for 15 minutes after coming indoors after possible tick exposure.
- **Tick Shield** by Cedarcide
 - Natural repellent spray of cedar oil. Safe for humans and dogs over 20 pounds. Apply every 1-2 hours.
- **Permethrin**
 - 100% tick kill rate; toxic to our skin when wet.
 - Treatment of shoes, socks and gear: Find permethrin at a hardware store or online to do-it-yourself; treatment lasts only 6 weeks; mark your calendar and re-apply every 6 weeks.
 - Go to www.tickencounter.org to watch video on how to apply safely: permethrin is toxic when wet.
 - Treatment of clothing, blankets, etc: Go to **www.insectshield.com** to buy permethrin-treated clothing or to send your clothes away to be treated; treatment lasts 70 washes.
 - Tick tubes: Go to **www.ticktubes.com** to buy permethrin-treated tick tubes to kill ticks on mice. Place 6 tubes per 1/8 acre of mouse habitat. Decreases tick population by 93%.
- **Herbal Support**
 - Deer Tick Bite Formula: ½ teaspoon in water 30 min before breakfast, lunch & dinner daily during possible tick exposure (dosage is for adult weight). Substitute appropriate formula for type of tick in your area.

Tick Testing for Lyme and Tick-Borne Disease

- The University of Massachusetts has an academic research laboratory called the Laboratory of Medical Zoology that houses Tick Report. Go to **www.tickreport.com**. Send your tick to be tested for a fee. There are many testing options.
 - For \$50, the lab tests for DNA of the most common deer tick-borne diseases: *Borrelia* general species, *Borrelia burgdorferi* sensu lato, *Borrelia miyamotoi*, *Borrelia mayonii*, *Babesia microti*, *Ehrlichia muris*-like agent, *Anaplasma phagocytophilum*.
 - Receive results via email within one week.

***Living Tick-Free: Preventing Lyme and Tick-Borne Disease* by Alexis Chesney MS, ND, LAc**

- For more detailed information regarding comprehensive strategies for tick identification, tick control, tick bite prevention and tick bite management/treatment, purchase the eBook *Living Tick-Free: Preventing Lyme and Tick-Borne Disease* online at www.amazon.com.
 - Download the Kindle app for free to read on *any* device (computer, iPad, iPhone, Kindle, etc).
- For even more detailed information, read Dr. Chesney's paperback that is due out in the spring of 2020.

What to Do if You Get a Deer Tick Bite

- Use an **O'Tom Tick Twister** to remove tick.
- Put **andrographis** or tick bite formula on the bite.
- Save tick and mark date on the calendar.
- **Identify the tick:** go to www.tickencounter.org to help you.
- **Test the tick:** go to www.tickreport.com. (See reverse side.)
- Use **homeopathics**:
 - For a tick bite that is not hot and swollen:
 - *Ledum 30C*: 3 pellets under your tongue 3x daily for 3 days. Take 15 minutes away from food/drink.
 - For a “bull’s eye” rash or hot, swollen bite:
 - *Apis 30C*: 3 pellets under your tongue 3x daily for 3 days. Take 15 minutes away from food/drink.
 - Homeopathic first aid does not replace proper treatment of a tick bite.
- Begin ***herbal protocol**:
 - Protocol #1:
 - 30 day treatment for tick bite without rash or symptoms:
 - *Deer Tick Bite Formula: 1 teaspoon in water 30 min. before breakfast, lunch & dinner (dosage is for adult weight). You may substitute with appropriate formula per type of tick bite you received.
 - Serrapeptase: 1 capsule 30 minutes before breakfast & dinner daily.
 - Protocol #2: (child friendly by weight, dosage stated is for adult weight 120-150 pounds)
 - 30 day treatment for tick bite without rash or symptoms:
 - Samento: 30 drops in water 30 min. before breakfast, lunch, dinner (anti-Lyme spirochete and cyst).
 - Mora or Enula: 30 drops in water 30 min. before breakfast, lunch, dinner (anti-Babesia).
 - Houttuynia: 30 drops in water 30 min. before breakfast, lunch, dinner (anti-Anaplasma / Bartonella).
 - Serrapeptase: 1 cap twice daily on an empty stomach 30 min. before breakfast and dinner (biofilm).
 - Homeopathic first aid does not replace proper treatment of a tick bite.
- Consider **diet** change: no sugar, yeast and alcohol because these food feed pathogens; drink 2-3 liters of water daily.
- **Watch** for symptoms especially over the next 30 days from a deer tick bite: “bull’s eye” or other rash around tick bite, fever, flu-like symptoms, joint pain or swelling, muscle pain, headaches, neck pain, facial palsy, lymph node swelling, palpitations, night sweats, air hunger or non-exertional shortness of breath, chest pain, nausea, vomiting, abdominal pain, loss of appetite, cough, sore throat, confusion, disorientation, difficulty breathing or speaking, loss of coordination, seizures, lethargy, paralysis, body rash.
 - **If you develop symptoms, you are no longer treating an asymptomatic tick bite. It is essential to make an appointment with your tick-borne disease literate practitioner, go to the emergency room or urgent care. You may have active tick-borne disease which requires further evaluation and treatment.**

*Note: If you received a bite from tick other than a deer tick, take the formula appropriate for the type of tick.