

Alexis Chesney MS, ND, LAc
Naturopathic Medicine • Acupuncture • Education
Lyme Disease Specialist
www.DrAlexisChesney.com

Supportive Care for the Herxheimer Reaction

The Jarisch-Herxheimer reaction, or “herx”, is the result of the die-off from the use of anti-microbial pharmaceutical medications and/or anti-microbial herbs. When organisms are killed, they release toxins that can be difficult for the body to process and eliminate. Symptoms you already experience as a result of the infection may worsen with treatment. This usually happens within two weeks of treatment.

In order for treatment to be effective, the following is required:

- 2-3 liters of water daily
- Sugar, yeast and alcohol-free diet
- 8 hours or more of sleep per night - this is when our body is best able to heal.

Treatment and response to treatment is individualized. Here are some other ideas in order support your body and/or to promote detoxification, which will provide relief from the Herxheimer reaction:

- Avoid cardiovascular exercise especially during a Herxheimer reaction. Light weight lifting may be appropriate.
- Saunas, steam rooms and use of biomats are often helpful in order to increase sweating which is a way to detox through the skin. A cold shower after sweating is recommended.
- Drinking lemon or lime or using alka seltzer gold in water is an excellent way to alkalize the body, which provides an anti-inflammatory effect.
- Epsom salt baths
- Castor oil pack over the liver for 30 minutes (see handout)
- Lymph drainage: dry brushing, legs up the wall (self); or lymph drainage (occupational therapist, massage therapist or physical therapist).
- One or more of the following per individual recommendation:
 - Burbur-Pinella: 20 drops in water up to 6 times daily
 - Liver or Detox Support: 3 droppers in water up to 4 times daily
 - Multiphase Detox or SLF Forte: 3 caps up to 4 times daily
 - Tri-fortify Liposomal Glutathione: 1 tsp twice daily. *First*, purchase a trial size containing one dose. If you feel better within one hour, continue as a treatment.
 - Charcoal: 500mg at bedtime every night or every other night
- Glutathione Intravenous Infusions: Must be prescribed by practitioner.
- Stress relief: If our nervous system is on high alert our immune system is not able to work optimally and treatment efficacy may be compromised. Consider one or more of the following to help accessing your inner ability to modulate stress:
 - Meditation
 - Gentle yoga
 - Qi Gong
 - Walking
 - Mindfulness
 - Guided imagery
 - Myofascial Release
 - Cranio-sacral Therapy
 - Somatic Experiencing
 - Reiki
 - Aromatherapy
 - Massage
 - Mindfulness Based Stress Reduction
 - Dynamic Neuroal Retraining System: retrainingthebrain.com
 - Mindful Self Compassion: self-compassion.org
 - Read *Living Beyond Lyme* by Joseph Trunzo PhD