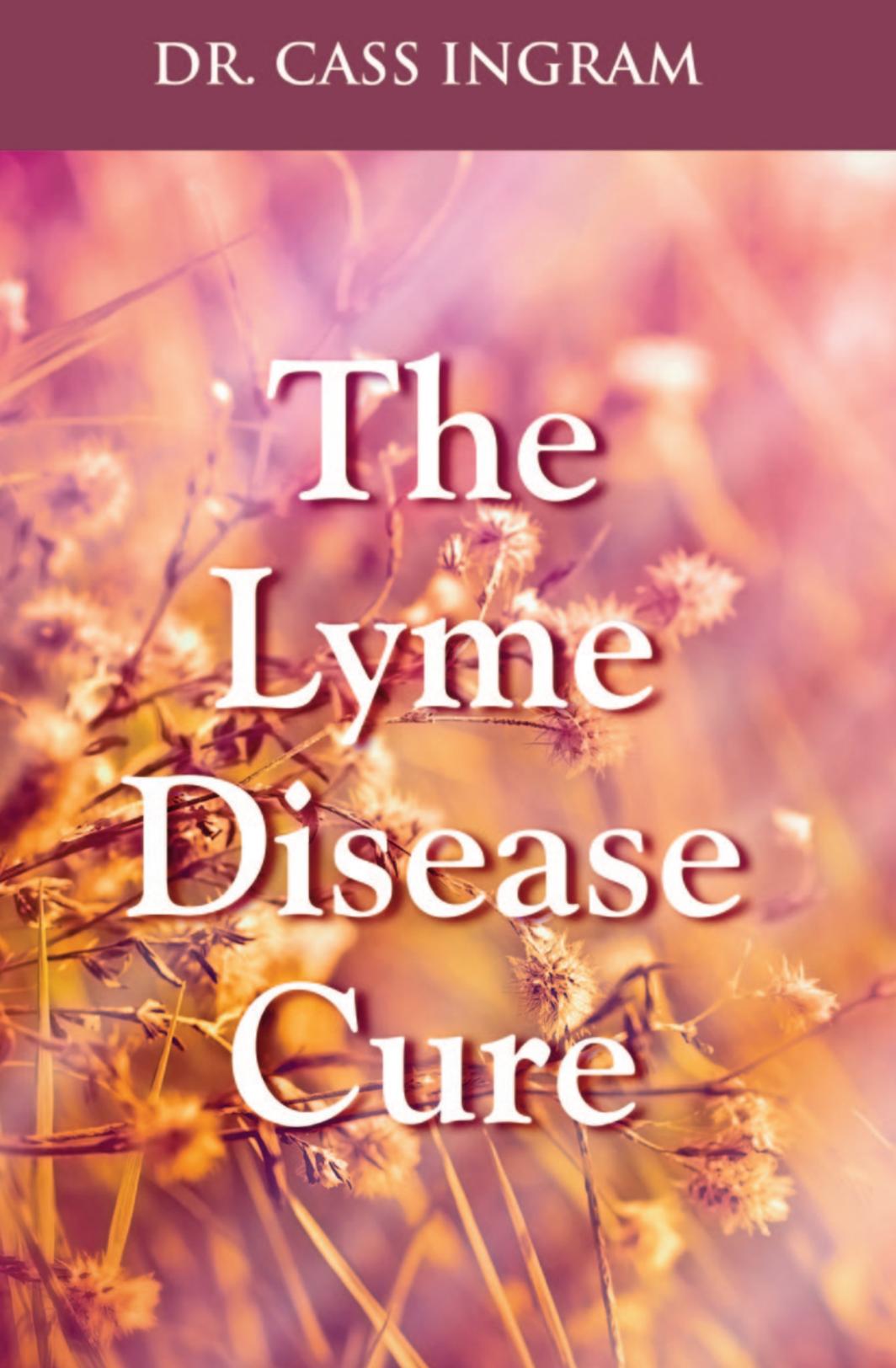


DR. CASS INGRAM



The
Lyme
Disease
Cure

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Second Edition
(Third Printing)

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Printed in the United States of America

ISBN: 9781931078382

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Chapter One

Nature is the Cure

Does nature provide the cure for Lyme? Or, are synthetic drugs the answer? Or, are antibiotic agents the sole means of hope? A cursory review of the literature demonstrates that by no means are drugs an efficient or even reliable cure.

Consider what was discovered by medical researchers as early as the late 1980s. In *Arthritis and Rheumatism*, 1987, a number of clinical cases were described, which demonstrate this point. According to the investigators R.J. Dattwyler and J.J. Halperin some five cases were evaluated for their response to the then standard treatment, tetracycline-class antibiotics. The patients, it was demonstrated, had despite receiving tetracycline therapy early in the illness "developed significant late complications." These after-treatment manifestations included paralysis of the facial nerve, damage to the nerves to the feet and arms (peripheral neuropathy), chronic fatigue, and alteration in mental state. Incredibly, the researchers concluded even in this early date that by no

means is the orthodox therapy effective and that, rather, it was so ineffective that it should be "reconsidered" as a dependable treatment for early Lyme.

Antibiotics have their place, yet clearly it takes much more than mere drugs to resolve the majority of cases of spirochete infestation. Make no mistake about it this is a difficult microbe to eradicate, even with the most potent medications. So, it is reasonable to pursue the benefits of all modalities of therapy, including the full spectrum of natural remedies—wild nature to the rescue. Even so, time is of the essence in order to properly treat spirochete infestation. The longer the agent has an opportunity to infect the body, unopposed, the more devastating are the consequences. Extracts of wild oregano and other spices are the answer for Lyme disease. Really, mere spices? For instance, oregano is a pizza spice, right? How could it also be a potent medicine capable of curing infectious diseases such as Lyme?

In fact, the pizza spice cannot achieve such results. Often, this spice is derived from non-oregano species such as Mexican sage, known botanically as *Lippia graveolens*. This can be seen by reading the oregano spice labels; it often says Mexican oregano. Too, it may be Spanish or Moroccan in source, a species known as *Thymus capitatus*. True wild oregano is actual *Origanum* species of a wide range, including the Greek type *Origanum heraculoticum* and various others. These medicinal types of oregano plants grow wild in the high Mediterranean mountains up to 12,000 feet above sea level.

Despite that high, seemingly infertile area it thrives in such an environment, growing poorly if at all in lower elevations. On dirt it fails to thrive. In fact, when forced to grow on farm land, the plant becomes diseased and even becomes contaminated with mold. Thus, avoid all sources of oil of wild oregano derived from farm-raised plants.

Truly wild oregano grows, impressively, above the tree line, nourishing itself on white, calcareous rock. Without the white rock environment this type of wild oregano is incapable of growing.

Additionally, commercial oregano is often adulterated and is mixed with weeds as well as dried leaves of trees. This dilutes its medicinal powers. Another reason that this is not medicinal is the fact that it is irradiated, apparently, routinely so by FDA policy. In health food stores there is, though, non-irradiated oregano, and this is a superior choice over the commercial type. Yet, it is not sufficiently potent to reverse diseases of the scope of Lyme. For this far more potent types of wild oregano must be used.

The key material to utilize in the reversal of Lyme disease is the wild oregano oil. This is an extract made from the true wild oregano species that grow on the mountain tops in the Mediterranean. Oil of wild oregano is the steam extract of this remote source wild oregano.

Only mountain-grown wild oregano and/or its extracts should be procured as a means of natural support in Lyme disease. It is this type of wild oregano which is entirely safe to use in tick-induced infections and which can, therefore, be used daily as well as in unlimited quantities.

Be sure to purchase only such an extract from the remote source, wild mountain oregano species. Too, it must be derived from the real, true oregano, the same type that is used in Mediterranean cooking. Avoid cheap imitations made from false oregano, including those made from Mexican sage and *Thymus capitatus* as well as those listed as *Origanum vulgare*. Too, for the protocols in this book avoid the consumption of oregano oil produced from farm-raised sources as well as genetically engineered spice.

Incredible as it may seem there actually is genetically engineered oregano and, therefore, oregano oil on the market. Such corruption is known as GMOs, which stands for “genetically modified organisms.” This means that this type of oregano, like the food of the same category, is tainted with foreign genes. In this case the oregano is injected with bacterial material from the germ *Pseudomonas auregenosa*. The purpose of such an injection is to provoke the plant to increase its levels of a key active ingredient, known as carvacrol.

All such oregano plants are raised in an environment that is unnatural to the plant, that is on standard soils at low elevations. In order to maintain the growth of such aberrant plants, often, herbicides and pesticides are used. Therefore, all oregano oil derived from GMO-tainted plants is inherently corrupt.

Typically, such GMO-based oregano oils have carvacrol levels of 80% or higher. In contrast, natural-source oregano has a carvacrol level of between 55% and 75%. Only small amounts in nature bear levels of 80% or higher. That level of the active ingredient in nature is actually quite rare.

Yet, carvacrol is only one of a number of active ingredients. In the true wild oregano oil from edible spice the number of such active ingredients often exceeds 30. In contrast, the number of such ingredients in genetically engineered versions is as low as 12. Independent testing of brands off health food store shelves conducted by a nutritional supplement company (North American Herb & Spice, the original maker of edible oil of wild oregano), proves a dire issue. In Canada and the United States some 35% of all brands tested are derived from genetically altered (GMO) oregano. Such brands have high carvacrol levels, while bearing a reduced number of other key

active ingredients, that is those miscellaneous synergistic compounds naturally occurring in the oil, less than half that seen in true wild oregano oil.

This means that there are a number of commonly available oregano oil supplements on the market that are corrupted with GMOs, in other words, bacterial genes and proteins. In nature oregano or its extracted oil is never contaminated with such aberrant genes.

One key means of determining quality is price. High-grade oil of wild oregano derived from 100% handpicked, wild spice is often twice the price of imitation brands.

As it can be readily imagined wild oil of oregano is surely a potent substance. It takes 100 pounds of the wild oregano dried spice to produce a pound of oil. That's about 500 pounds of the fresh, undried spice. Some 500 pounds to get 5 pounds: how absolutely potent and vigorous it is. In a pure, undiluted form it is too potent for human consumption. The original research on animals and humans regarding its germicidal properties was done with an emulsified form, that is oil of wild oregano in a base of extra virgin olive oil. The extra virgin olive oil emulsion in the animal studies was far more well tolerated than the undiluted oil, which was far too aggressive, causing significant gastric and intestinal irritation, leading in test mice even to fatality. Based on that research, largely conducted at Georgetown University, only such an emulsion can be recommended for daily or regular consumption.

How it works

This natural spice extract operates via a number of mechanisms. One of its key mechanisms is dissolution. In other words, it is capable of dissolving germs. This is true of