

## **Bee Venom Therapy Information for Lyme Disease**

By Ellie Lobel

Bee Venom Therapy (BVT) is used for many conditions including Lyme Disease where bee venom has been found to kill the bacteria in labs (ref: Rocky Mountain Laboratories Microscopy Branch). It is believed to have the same effect in humans.

The process includes BVT three times a week along with a regime of detoxing which includes Epsom salt baths, drinking apple cider vinegar and plenty of water.

Please note this is a 2 to 3 year process and commitment, many who have stopped at one year for several months and then tried to resume BVT experienced anaphylaxis on the test sting and needed to undergo desensitization before they could continue with BVT. A brief stop of just a few weeks did not seem to cause this, but 3 to 6 months did, so be mindful of how long of a break you take. Lyme does not have any natural defense to bee venom and seems if given the chance it will change the body chemistry to reject the venom.

The first 3 to 5 months can be really rough. This is not easy and you will herx so be prepared.

People with Lyme Disease undergoing BVT experience side effects due to the toxins given off by the bacteria as they die. This phenomenon is known as the **Jarisch-Herxheimer Reaction** and is often referred to informally as herx or herxing.

Herxing is believed to occur when injured or dead bacteria release their endotoxins into the blood and tissues faster than the body can comfortably handle it. This provokes a sudden and exaggerated inflammatory response. The occurrence of herxing is seen as evidence of continuing elimination of these very persistent bacteria.

The most common symptoms of herxing reported include increased fatigue, joint or muscle pain, skin rashes, photosensitivity, irritability, paresthesia, dizziness, sleep disturbances, asthenia, muscle cramps, night sweats, hypertension, hypotension, headaches (especially migraines) and swollen glands. Also reported are heavy perspiration, metallic taste in mouth, chills, nausea, bloating, constipation or diarrhea, low grade fever, heart palpitations, tachycardia, facial palsy, tinnitus, mental confusion, uncoordinated movement, pruritus, bone pain, flu-like syndrome, conjunctivitis and throat swelling.

Recommendations:

- Minimize exposure to other sources of toxins, including airborne chemicals and pollutants, food containing additives or other chemicals, unnecessary medications, poor water, etc.
- Maximize the quality of your food, water and air.

- Avoid unnecessary stress.
- Rest during the day, especially if experiencing sleep problems at night.
- Keep a perspective that symptoms, though unpleasant, are rarely life threatening and will diminish with time.

You MUST obtain an Epi-Pen before starting BVT and make sure you read the instructions and practice with your epi-trainer. It is also recommended to keep a bottle of Liquid Benadryl without alcohol and preferably with no dye on hand.

**CAUTION:** You cannot be on any beta blockers while performing BVT. Google “beta blockers” for a list of medications. A beta blocker will block the same receptors that utilize epinephrine, so if you were to have an allergic reaction anaphylaxis the epi-pen will not work.

PLEASE purchase anti-itch cream, wait at least 30 mins after stings to use, any alcohol free brand will do. Benadryl can also be used here. You will need this for the first few weeks until the histamine effect wears off. You will itch like crazy, it is normal and will subside.

## **Supplements**

### **Absolutely Necessary**

- Vitamin C 3000 mg per day, time release is best. It is very important to keep up your vitamin C intake while doing BVT every day even on no sting days. If you are not accustomed to taking Vitamin C you need to build up before beginning BVT.
- Magnesium 300 mg a day
- A very good Multi bio align vitamin
- I recommend taking a very good Probiotic also. Garden of life makes a good one.

### **Detoxing the Herx's**

1: Braggs Apple Cider Vinegar, two tablespoons in large glass of water (add 1 TBSP raw honey if desired). Apple cider vinegar is very helpful in maintaining alkalinity in the body.

When you're really toxic: Spend two or three days flushing constantly with the apple cider (4 glasses a day) with plenty of water in between. Stop before you get too sick of it though, it's nasty and you WILL need it again.

You can drink apple cider vinegar for one day then take a few days off when your toxins are kept at a minimum.

2: Alka Seltzer GOLD (not available in Canada). Six tabs at once in a large glass of water, 1 to 3 times a week. Important to flushing with plenty of water.

Alternate your detoxing routine as you go. Give yourself a break in between for a few days with just drinking a lot of water (with lemon is good) and take detox baths as needed.

Always listen to your body and do not push it. You will know what you need. Better to go easy then to push and possibly do harm. This is not a race.

### **Detox Bath**

One large bottle of Hydrogen Peroxide with Epsom salts. Sit in the hot bath for at least ten minutes.

Note: if you cannot get in a bath but can get in a sauna or steam room to sweat, place sheets in the freezer, sweat for at least ten minutes then immediately wrap yourself up in the cold sheets, you will sweat out many toxins this way.

Please remember, anything you do in nature that is healing your disease will give you all the symptoms of the disease, including but not limited to Epstein Barr and the Herpes Zoster Virus so you may get a cold sore.

The first two months are awful, but when it breaks, you will be starting to enjoy a quality of life again.

It is necessary to start slowly and listen to your body, it is recommended to do no more than 30 to 40 bee stings a week after the initial ramp up of bees. Your body needs time to filter out all the toxins, so be patient and you will come out of it in much better shape. If you try to hurry the process you may cause damage to the liver and kidneys (Lyme spirochetes love to hang out in the kidneys and bee venom processes through the kidneys so be kind to your inner organs, you will be thankful you did).

It's best to start with one inch to the right and left of the center of the spine, stay with the spine for a minimum of one month preferable two, before venturing out to the limbs and go slow, maybe to the elbows or knees. You will not need to do too much on the extremities, the spine stings will take care of most of your issues,

You can sting your knees, 1 bee sting on either side of the knee cap, and your elbows, 1 either side. Stay away from really sensitive areas until you are completely accustomed to stinging.

If at any time you feel overwhelmed, first please cry, its good for you, your cells are releasing all the emotions as well as the toxins. It's a side effect of the bee venom balancing out your emotions along with your hormones.

If you feel overwhelmed with herxing, its OK to stop stinging for a few days, detox out and then get back to it. Give yourself a break anytime you need it, you can always resume.

If however there is a 2 week break or more, you will need to do the test sting again and wait, then ramp up when you feel comfortable, this should not take nearly as long as the initial ramp up.

Saunas are highly recommended, infrared is best.

Note: You can add Pepto Bismol to your regimen as the Bismuth is known to kill Lyme once it is exposed.

### **BVT for Lyme protocol**

#### **Where to sting?**

We always start at one inch to the left and right of the center of the spine, as this is where all the nerve stems start. The bee venom travels down the nerve stem so it will reach your extremities from this area.

One inch out from the center of the spine. On both sides, keeping it even as you go down the spine.

**NOTE:** For women, it is best not to sting where your bra strap sits. Also avoid below the belt line. You do not want to sting where your pants fit around your waist.

#### **Ramping up stings**

Always begin with 1 test sting, wait at least 30 mins to see how you're feeling, pay attention to the throat and sinuses. If you're going to have an allergic reaction you will feel your sinuses and throat start to swell shut, if this happens, use the epi-pen and get medical attention immediately. NOTE AND BE AWARE: If you have the MTHFR gene mutation, you must ramp up slowly, much slower than anyone else.

If you're feeling fine, just at the sting at the site (usually lasts approximately 60 to 90 seconds), then you can do a second sting. Remember to do this each side left and right 1 inch from the center of the spine.

Wait 2 days and do 2 more stings, if this goes well and you're tolerating the stings well, on your next session do 4 stings, continue with 4 stings, 2 days later, then ramp up to 6, do this for a few sessions, then go to 8 stings for a few sessions.

Continue this gradual ramp up until you are at 10 stings, and tolerating them well.

You want to be on a 3 day a week schedule, Monday, Wednesday and Friday. Give yourself the weekend to relax, detox, and recover.

Pay attention to how you're feeling and how much you are or are not herxing.

You will herx and you will have relapses on BVT. This is normal. You can control it so that it is not unbearable.

### **Remember this is not a race and if you push you may hurt your organs.**

Around week 3 you will really start to experience the histamine effect, itching like crazy, use your anti itch cream and this will pass within a few weeks. Your itching will fade and you will experience only slight itching now and then as the sting sites heal.

As there are only a few of us who have now come out of the other end of Lyme using BVT, in our limited knowledge, it will take 2 years of stinging 3 times a week before you will have the full benefits of no longer relapsing and just chasing the pain around with a few stings here and there.

My experience was that I relapsed every 3 months for the first year. I did not even realize I was relapsing as the bee venom killed off the active bacteria as it was coming out of dormancy and I was just toxic with terrible muscle pains, etc. Just detox, flush, flush, flush with your apple cider until you are over it, usually within a few days. Keep up your stinging during these relapses.

As we know, Lyme causes major arthritis, for me that pain always came back if I stopped BVT for a week in the first year, by the second year I could go almost 3 weeks before the pain would start to come back, at the 2 year mark I started tapering down on the stinging and only would sting a few times a month for 56 months and the RA is gone. Yes I have become accustomed to not being in pain at all.

### **Things to be aware of while stinging regularly**

It seems with certain strains of Lyme, in particular Nero-Lyme or Borellia Bergdorferi, you may undergo physiological instances.

These usually start between the 2<sup>nd</sup> and 3<sup>rd</sup> month of stinging regularly and last up to 3 weeks, depending on the amount of emotional stress you hold.

Your body is dumping all the negative emotions you have held on to possibly for years. Some, including myself, go through about a 2 week period of hallucinations, seeing dead loved ones or having a fear of an old past abusive relationship. Dreams become very vivid. You may experience anxiety regarding past experiences or relationships. This varies from person to person.

I cried for 2 months straight and dumped 20 years of pain and suffering in that time. If you're going to cry and feel emotional, make it count. **Get yourself a journal and start writing** everything down, this is the perfect opportunity to dump all the old hurts, fears, letters you never intend to mail, etc.

Talk about feeling the weight of the world lifted off your shoulders. Lyme damages more than your body, it derails your entire life. These emotions are stored up as you become so strong in dealing with all the physical pains along with the isolation it causes you having had no real outlet for these emotions. Also, Lyme damages your thyroid, adrenals and lymphatic system and causes all of your bodily functions to be out of balance.

Bee venom returns this balance. I no longer needed thyroid meds from the moment I started BVT. I have not needed them for these past 4 years. I dropped excess weight and my menses also returned to normal.

As you become more comfortable with stinging and feel adventurous, you can now go for more acupuncture points, get yourself a chart. There are several acupuncture points that are wonderful for neuropathy of the arms, legs, and feet. There is one on the forehead hairline and another nice point right on the crown of your head. I even sting my jaws on occasion. The Lyme damaged my jaw bones and I get occasional jaw pain. Both sides of the knee cap and both side of the elbows are great places to sting to get rid of hiding Lyme bacteria in the joints.

As each person is different, the experiences will vary to some degree and with so many different strains of Lyme and all its lovely co-infections you may experience things not listed here. Please feel free to share your knowledge and experiences and to pass this on to anyone you think it may help.

May the divine intelligence of the universe watch over you and protect you. May you find health and happiness again and a quality of life worth living.

**Things to avoid:** Ozone, as this suppresses bacteria and we want them rendered acute. Meprone, as this will make you unnecessarily sick, and colostrum that has Lyme antigens in it like the Cowden protocol. The verdict is still out on LDI, remember less is better, as the BV is causing your body to heal itself while it kills off bacteria and viruses.

Nothing contained in this document is or should be considered or used as a substitute for medical advice, diagnosis, or treatment by your physician.

Ellie Lobel, Lyme Disease patient and BVT practitioner

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