



## **Lyme Disease from a Chinese Medicine Perspective**

By Aimee Brown, LAc, MSOM

Having encountered several clients lately who suffer the debilitating effects of Lyme Disease, I was prompted to do some research to supplement my knowledge from a Traditional Chinese Medicine perspective. We have all heard of the disease, how to attempt to prevent the tick bites, but beyond that - what else do we know?

The Chinese consider it to be an invasion of what is called "fire-toxin." Toxins can be in any form, be it bacterial, viral, environmental, etc. The "fire" part of the phrase refers to the active, flared-up, strong symptoms the toxins elicit. A practitioner of Traditional Chinese Medicine (TCM), like me, would use acupuncture and patient specific herbal remedies to begin to clear and cool the toxic fire that is in the body, with specific further cooling and clearing of toxins (bacteria) from the blood and joint levels. The practitioner would then strengthen the immune system with acupuncture and generally nourishing herbs such as Reishi and Astragalus, among others. The length of the process would coincide with the length and severity of the disease.

Attached is a well written article I came across by a practitioner who mapped the progress of one of her Lyme Disease clients with the use of acupuncture > [Lyme Disease Case Study](#).

Schedule your appointment with me to begin our journey to treat your Lyme Disease or any other chronic or challenging problem. Acupuncture and Chinese Medicine can be a wonderful complement to just about any traditional medical treatment plan for a myriad of conditions. Appointments should be made by phone at 262.695.5311.