



Health Space Lyme Disease Information

My amazing recovery from lyme disease has sparked a lot of interest about the services offered at Health Space Clinics and of course the German St. Georg Klinik. In order to streamline the information so we can help as many people as possible I have created a Lyme Disease Consulting Page on our website.

My husband Nick and I have created a Lyme disease consulting section on our website. <http://healthspaceclinics.com.au/service/lyme-disease-consulting>.

My full story can be read at <http://healthspaceclinics.com.au/assets/lyme%20disease/KATE%20WOOD'S%20LYME%20JOURNEY.pdf> as well as many other great Lyme and health related blogs.

I suggest you sign up to our free newsletter which can be found on the Health Space home page <http://healthspaceclinics.com.au> as well as follow me (Dr Kate Wood) and Health Space Clinics on social media to keep up to date with the latest and greatest in health:

Facebook - Dr Kate Wood - <https://www.facebook.com/pages/Dr-Kate-Wood/861106757248567?ref=hl> and Health Space <https://www.facebook.com/healthspaceclinics?ref=hl>

Instagram - #DrKateWood - <http://instagram.com/drkatewood> and Health Space <http://instagram.com/healthspaceclinics#>

Twitter - @DrKateWood - <http://twitter.com/DrKateWood> and Health Space <http://twitter.com/Hclinics>

Please have a read through the information. If that doesn't answer all your questions I am available to do a phone conference call for those wanting to get more information about Germany or further information on Lyme disease and my story.

If you wanted to use the sauna, float tank, book in for kinesiology, chiropractic or any of the other services offered at Health Space you can contact your closest clinic to make an appointment. Depending on where you live and what you want, I am happy to make personal recommendations as to which service and practitioner may be best for you both within and outside of Health Space Clinics.

St. Georg Klinik (SGK) Information

Center for Internal Medicine, Oncology, Immunology & Environmental Medicine

Meditherm Kliniken GmbH & Co. KG Rosenheimer Str. 6-8, 83043 Bad Aibling 08061-398-0 - Fax 08061-398-200

What is SGK?

The (SGK) is a place where people with Lyme disease and cancer go for treatment. It is an integrative therapy concept which combines conventional, alternative and scientifically based therapies in one location.

What sets SGK apart from other places that treat Lyme disease?

In my opinion, the WBHT (Whole Body Hyperthermia) in combination with ozone therapy, detoxification and an immune biological support program is the key to healing from Lyme Disease. Treatment includes IV vitamins and antibiotics, magnetic therapy, **singlet oxygen**, detox foot baths,

colonic irrigation, enemas, herbal supplements and even Reiki, meditation and yoga. The fact that the medical staff and alternate therapists work together under one roof with a true belief that they can cure Lyme disease is truly amazing and unique.

Where is the SGK located?

The SGK is located in a gorgeous town called Bad Aibling, which is just under an hour from Munich.

What are the contact details?

Phone: +49-8061-398-233

Fax: +49-8061-398-454

E-Mail: info@klinik-st-georg.de

Website <http://www.klinik-st-georg.de/en/>

How long is the program at SGK?

The treatment cycle is 14 days.

How much does it cost?

15000 EUR

What does the Lyme Disease Package include?

-- Infusions/detoxification program are established according to the individual situation but everyone will receive:

- Room and board
- Daily Care Charge (around the clock nursing and Doctors care)
- Initial and Final Lab Controls
- Dark field blood analysis (when indicated by our physicians, this may also be substituted by other tests like VCS)
- CRS
- Infusions with Vitamin C, chelation, selenium, procaine, antibiotics
- Infusions/detoxification program are established by the physicians according to the individual situation of the patient.
- Ozone Therapy
- Singulet Oxygen Therapy
- Laser Therapy (red and green)
- Magnetic Field Treatment
- Detox foot baths
- Colon cleansing
- Systemic whole Body Hyperthermia
- Detoxification Program
- Daily oral medications and supplements

What other services are available?

Other services may be recommended by the physicians based on a patient's individual clinical condition and wishes and are optional and at an extra cost such as.

- Stress diagnostic or Lüscher test
- Dr. Douwes Mouth hygiene – Detox set
- Reiki



- Physical therapy and massages
- Hormonal modulation
- Cell therapy for regeneration
- Yoga and meditation

* Upon request pricing can be provided.

Are there any extra expenses?

- When needed the cost for a central line is approximately 80 euros. This will be charged separately, since it is not part of the package price.
- Room and Board Accompanying Person (non patient) /day in the patient's room is 67.85 Euro.
- Wifi

Can I bring a friend or family member?

Yes you can and I highly recommend that you do. The program is quite intense, and it's nice to have someone there to comfort you and hang out, as there is a lot of sitting and lying around (usually hooked up to a machine or an IV). They can share a room with you or have a separate room for 68 EUR a day (includes accommodations and meals).

How do I pay?

You can pay with certified bank cheques, traveler cheques (not smaller than \$100 bills) or wire transfers. For a wire transfer, they will need a bank confirmation of the outgoing transaction. You can also pay by credit card (add an additional fee of 3% for Visa and MasterCard, and an additional 5% for American Express). However, with such a large amount of money, I don't recommend using credit card!

Bank details for payment:

Account holder: St. George Hospital, Medi-Therm Kliniken GmbH & Co. KG
Bank: VR Raiffeisenbank Rosenheim, Tegernseestr. 20, 83022 Rosenheim
SWIFT-Code: GENODEF1VRR
Branch Code No.: 71160000
Account No.: 7 249 470
IBAN: DE 31 711 600 00 000 72 494 70

It is important that they receive your payment before you check in. Please fax or email a copy of the payment and include your name and the address of your bank as well as the account holder name (if different from your name). Have the bank write your name in RE.

How do I get there?

The nearest airport is Munich (MUC), and it is about a one hour drive from the clinic. On the way over, many patients find that it's easier to stopover for a day or two in order to break up the flight and preserve their health. If you live in Australia, I highly recommend a stopover for a day or two on the way over to help prevent jet lag. I also recommend Etihad Airways with a stopover in Abu Dhabi. Once you arrive in Munich, you can have the clinic organise a private transfer for you for about 85 Euro, or you can just catch a cab (which is about the same amount). I recommend organising the transfer so that you can just relax and not stress about where to go.

How do I organise transport from the airport to the St. Georg Klinik?

You can find precise directions on the website www.cancerclinicstgeorg.com under Contact. You can get there easily by public transport, but I highly recommend that you allow the SGK to arrange for a pickup by a shuttle company (do this when you leave as well). Again, all info including pricing can be found on the website. The Director of Admissions, Gabi Rudolph (Gabi.Rudolph@klinik-st-georg.de) can arrange the shuttle pick up for you.

Will I need accommodation in Bad Aibling before or after the treatment?

You are more than welcome to arrive early or stay longer. However, the package includes your accommodation at the SGK the night before your treatment starts. On the day you are assigned to checkout, you should be ready to leave by about 10am. This should help you with booking flights and accommodation and timing everything.

Below you will find links to hotels and apartments in Bad Aibling for accompanying guests or if you decide to stay longer:

**Most patients like Hotel Lindner and Pension Helga*

<http://www.lindners.net/> (across from the the clinic)

<http://www.lindl-hof.de/>

<http://www.sanktgeorg.com/de/>

<http://www.schmelmer-hof.de/cms/>

<http://www.hotel-bihler.de/>

<http://www.ferienwohnungen-gallinger.de/>

<http://www.hotel-pension-maier.de/>

Pension Helga - Rosenheimer Strasse 25, 83043 Bad Aibling. 5 min walk from the clinic.
TEL: +49 (0)8061 36171 They have no website. Rooms with toilet and shower in the room, television and a breakfast buffet.

What should I Pack?

Comfortable clothes - the temperature inside is usually nice all year round

Toiletries - toothbrush, toothpaste, soap, shampoo, conditioner, tampons, etc.

Bathrobe/dressing gown

Joggers - there is a beautiful park which is nice to stroll around and get some fresh air

Slippers/UGG® boots

Nightgown/pajamas/underwear/socks or stockings

Reading material/reading glasses

Stationery/pens

Needlework or other recreational things

Laptop/iPad with DVDs/games - There is TV, but it is in German. You will have a lot of downtime in your room, so it's super handy to have lots of movies or TV series to help pass the time

Camera

Supplements/medications, if required

****Recommend leaving any expensive jewellery at home**

Recommended Pre-Germany Protocol:

1. Stop medication and anti-microbials if possible: Come off all antibiotics for 2-3 months prior to give your body a rest. Also if possible come off all anti-microbials - but only if it doesn't make you relapse. Its important to work with your dispensing doctor/practitioner to progressively and safely decrease your doses if it is possible. If coming off your medications is not realistic then stay on them. Use your intuition and support to get the right protocol for you.

2. Diet and Nutrition: It is important you have a clean, ideally organic diet. If you stick to a paleo like eating plan you can't go wrong with basic rules being: no caffeine, no processed sugar (even keep fruit to a minimum of 1-2 pieces per day maximum), no alcohol, no gluten, no processed foods, no vegetable oils, minimal grains (ideally ancient grains that are soaked before cooking), no corn or corn based products, minimal dairy (1-2 serves a week maximum), ideally organic produce (especially the produce on the dirty dozen list), and filtered water. It sounds very restrictive but eating clean is important to give your body the least amount of toxins from food so it can detox the toxins and die off that are already overloading it. There are many great paleo recipes and even just yummy salads and soups so you don't need to go hungry or eat plain foods. I have actually kept eating this way since recovering and love it! Decreasing your toxic load includes what you put on your skin.

3. Daily Far Infrared sauna's - or as many is logistically possible

4. Supplements: See table below:

Supplement	Dose	Where to get it
BodyBio - Phosphatidylcholine (PC): caps or liquid (detoxifier) <i>*take on non PC IV days</i>	<u>Caps:</u> 6 caps 1x day building to 6 caps 2x day <u>Liquid:</u> 1tsp 1x day building to 1tsp 2xday	order on http:// healthygoods.com or amazon.com
Ortho Molecular - Candidid Forte (antifungal)	1 cap 3xday and work up to 2 caps 3x day	order on www.iherb.com

Bioray - NDF (heavy metal chelator / detoxifier) <i>*optional (i loved this supplement so highly recommend it)</i>	2 drops on empty stomach before breakfast working up to a full dropper	order on www.iherb.com
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5. IV's: 1-2x week for 2 -3 months prior (and 2-6 months post)
 Phosphatidylcholine (PC) - buy from Switzerland is best (2 amps per IV)
 Glutathione - 500mg
 Vitamin C - 50g

If you have a doctor who can prescribe the above IV vitamins then we have an IV nurse that administers the IV's at Health Space Clinics. Please contact Nicole Johnson nicole@infusedvitality.com.au for more information.

IV PRICING AND SPECIALS

All treatments at Infused Vitality include:

- all medical equipment for infusing or pushing of prescribed vitamins or antibiotics
 - fresh cool herbal tea
 - peaceful environment for you to relax and rest your body, mind, and spirit
 - pillows, blankets
 - TBM body balance
 - access to holistic health care options (chiropractic, nutrition, acupuncture, massage therapy, and reflexology)
- SINGLE TREATMENT:**
- any dose/volume infusion \$150
 - push of antibiotics \$50
 - any dose/volume infusion with FAR infrared sauna \$170
- PRE PAY PACKAGES**
- 9 infusions \$1200
 - 9 infusions with FAR infrared sauna \$1300
 - 10 push of antibiotics \$450

*please note that packages are available for combination IV Therapy, massage therapy, acupuncture, and chiropractic.

If you are doing IV's via a PICC or portacath then contact your local compounding chemist. We use Kingsway Compounding Chemist.

Kingsway Compounding

40/9 Powell's Road
 Brookvale NSW 2100 Australia

Tel: 1300 564 799

Fax: 1300 564 899

compounding@kingswaycompounding.com.au

6. Home Helps in preparation for Germany:

Skin Brushing

Any chemist, health food store, department store or your local supermarket usually sell skin brushes for just a few dollars. Removing dead skins cells helps the body's detoxification pathways which is essential with any chronic disease. Always start at the extremity and brush towards your major lymph glands. You have major lymph glands on the inside of your ankles, behind your knees, in your groin, under your arm pits and in your neck. Use light brisk strokes. Start at the foot and brush up the calf and shin towards the back of the knee, up the thigh to the groin (repeat on other leg), then brush down your tummy to the groin, up your fingertips up the arm to the armpits, across the chest / breasts to the armpits and up the neck front and back. Do this just before you have a shower at least 1 to 2 times a day.

Keeping hydrated

If your body is not hydrated then it will not eliminate toxins as quickly and your organs and systems will also not work as effectively. Most people are dehydrated. The rule of thumb for anyone that is sick, exercising or stressed is 43ml of water per kilogram of body weight EVERY DAY. This is your bare minimum water requirement and it can take up to a month to rehydrate a body that is dehydrated. Ideally you should drink up to a litre more than your daily minimum. Hopefully you are not drinking alcohol or caffeine but if you are you need to add another 3-500ml of water per coffee or standard alcoholic beverage. So get drinking because its FREE! Handy tips are to always carry a water bottle with you and ideally make it a big one so you don't have to fill it up regularly. ideally drink out of glass or stainless steel as opposed to plastic.

Nutrition

Honestly if you don't get your basic nutrition right you are not going to heal. Think what your ancestors would have eaten and eat that. Thats how you are built to digest your food. It sounds hard (and it is at the start) to eliminate or cut down on gluten, dairy, grains, caffeine, alcohol etc., but the key is to add things you do like before trying to take anything away. As you start to feel better you will naturally make better health choices! If you need any help we have fantastic kinesiologists, naturopaths and nutritionists to help you. The closer you stick to a Paleo or paleo-like eating plan, the better you will feel and the quicker you will heal!

Epsom salt baths

Epsom salt baths are really cheap and relaxing. Buy a box of epsom salts from your local supermarket and throw it in a warm bath and soak away. It will help replenish your muscles with much needed minerals including magnesium, so it's great for people with aches and pains and who aren't sleeping well. The other option is to go to a place that has a float tank. We have one at our Potts Point clinic and it's believed that one hour in the float tank is equivalent to 4-5 hours of sleep! The salts are so dense that you actually float on the water.

Green Drink

Whether its a wheatgrass shot, spirulina, barley greens or green smoothies/juices, replenishing with greens you will help your body become more alkalised and energised. Ideally use the whole fruit in smoothies or frappes but avoid anything too high in sugar if you are juicing. Good combinations may include celery, spinach, kale, broccoli, asparagus, zucchini, cucumber, lemon, lime and/or ginger. If you are fussy and it doesn't taste good try blending it with some berries. Depending on your genetics green juices might not be appropriate for everyone.

Yoga / Pilates

Aerobic exercise is generally not recommended when you are sick with Lyme disease. However it is important to keep your body active and moving. Yoga and Pilates are the perfect way to keep your muscles activated and your lymphatic system flowing, without exerting yourself too much. Yin or restorative yoga classes are very energising. You can also download yoga and Pilates apps or watch youtube videos if a class isn't in the budget money or energy wise. Tai chi and chi gong are other great options.

Far Infrared Sauna

Far infrared sauna's are heated by metallic or ceramic elements that emit a narrow spectrum of mainly far infrared energy. They were introduced in the early 1980's and heat the body using radiant energy that heats the body from the inside as well as the surface. Research supports that the infrared can penetrate about 3.5-4cm into the body and for this reason they get great results at much lower temperatures. Not only is the cooler temperature more comfortable for people but far infrared also cleanses the tissues more effectively. Increasing body heat is like inducing a fever which is unfavourable for "bad" bacteria. The heat is not just great for eliminating bacteria but has a whole host of other detoxification effects like killing co-infections and elimination of heavy metals. One off sauna's are great but to get the effects you need to be doing 30 minutes (building to 60 minutes) at least 3-7 times a week. If you have easy access to a sauna Lyme protocols support building up to having saunas twice a day (morning and night) for 1-2 years for best results.

Earthing and electromagnetic radiation

If you are exposed to a lot of electromagnetic radiation then its important that you get your shoes off and put your feet back on the ground (grass, dirt, sand etc) to ground yourself. Aim to do this for at least 10 minutes everyday. You can also buy earthing devices to sit on in the car, put your feet on in the office and put on your bed at night. Biggest tip is to not have anything plugged in next to your bed while you sleep. Turn lights and bedside clocks off at the power point and make sure your mobile phone is either 2m plus away or turned onto flight mode. If you have wifi in the house make sure it is turned off when not in use (especially at night). These seem like little things but can make a big difference.

Meditation and down time

Many people think meditation is for hippies. It is important to have down time in order for our body to heal. For some it may be using meditation apps that are free, attending a meditation class, sitting quietly for 10+ minutes a day or listening to healing music.

Sleep

Lymies will often go through times where they don't sleep well, if at all. Sometimes sleep is intermittently disrupted and sometimes the disruption is constant and ongoing. Sleep disruption can come from many different sources such as pain, anxiety, nerve interference, hormonal imbalance and/or electromagnetic disturbances. Identifying the cause(s) of sleep interference is an important step. If you can't sleep then its very hard to heal as most of our healing and regeneration is done while asleep. If you fail to establish the cause of your sleep problems, then as a last resort there are some supplements and even drugs that you can take to assist sleep. Please know that any pharmaceutical drug you take will consciously "knock you out" but your body does not go through the normal sleep cycles or get into deep sleep for as long (if at all). That is why you often feel groggy after a sleeping tablet and sometimes wake up feeling even more tired than before. If you are unable to switch off mentally, or are stressing about being awake, then taking a sleeping tablet might be an option for you in the short term. However know this is only a short term solution for a long term problem. If you don't find the cause of your sleep disturbance and re-establish your sleeping patterns, it will be near impossible to heal. Kinesiology and acupuncture are great to help get to the

bottom of sleep issues. Turn off any electronics at least an hour before bed and create a bedtime routine for your body.

Bone Broth

Bone broth has so many amazing health benefits including boosting the immune system, optimising mineral and nutrient status, improving connective tissue (decreasing joint and muscle pain), improving digestion (assisting IBS, SIBO, leaky gut), improving detoxification, decreasing inflammation, improving nervous system function, enhancing brain health (helping to improve alertness, memory and mood), repair of cell damage and supporting adrenal function. You can use bone broth to drink on its own, braise vegetables and meat in it and make soups, stews and sauces. Tips for making bone broth include: purchase bones from grass fed animals (many butchers will just give them to you), roast bones first for 20-30 minutes, use filtered water, use apple cider vinegar to make the water slightly acidic (which increases leaching of minerals and nutrients from the bones into the bone broth), add onion, garlic and ginger for extra nutrients, keep all your off cuts from vegetables to throw in, cook for at least 24 hours, freeze some broth in ice cube trays to use for braising and use a slow cooker.

Post - Germany Protocol

It is essential that you continue to support detoxification and anti inflammatory processes to ensure complete resolution and long term results. You may be feeling close to 100% health or it may take you anywhere from 3-12 months (or even longer) to feel fully recovered. However no matter what stage of healing you are at please understand that regardless of how you feel, for most people it often takes the body much longer to recalibrate and just going on how you are feeling is not a good way to assess your health and subsequent recovery. The best way to monitor your recovery is to use various symptom charts plus other testing to objectively monitor your health including: FBC, thyroid, liver function, adrenal function (salivary cortisol), base hormones and lipids. If you are not recovering as quickly as expected then further functional testing is recommended. The key is to detox the bugs out of your system and then support your body's natural self healing capacity by ensuring you are feeling good but more importantly functioning optimally both inside and out!

In my experience as your body starts to heal and strengthen it provides a structural platform for the body to detox emotionally. Do not be surprised as you start to feel physically better that you are an emotional wreck. The body will have many stored emotions and trauma from your illness journey and when the body is physically weak it is often unable to healthily process and integrate these negative emotions. You may think to yourself that you should be the happiest person on earth due to your physical recovery, but have deep seated feelings like dread, anxiety, sadness and even depression. Do not feel bad if this happens to you. Reach out to people who can help you clear these stored emotions like kinesiologists (particularly holistic, NET [neuro-emotional technique], TBM), psychologists, counsellors, Reiki therapists, yoga therapy, acupuncturists, herbalists and mediation to name a few. If you live in Sydney please book in at Health Space to help support you through this tough but necessary journey or ask us for suggested referrals in your area.

You will have been given a recommended herbal and IV program from St Georg when you checked out. We have an IV nurse, Nicole, available at Health Space to help you with your intravenous recovery needs. Nicole is a trained nurse who has also studied kinesiology and brings love and support to all her IV treatments which as you would understand is a very important part of the healing process. You will need to do 2-6 months worth of IV's when you get home to help you detox properly. I recommend having it all ordered and ready so you can start straight away.

The St Georg herbal and IV post program in combination with the following recommendations will give you the best chance of a full and long term recovery! We are here to support you either in person at our clinics or via phone for those outside of Sydney should you need further advice and support.

I also personally recommend:

- A good whole food supplement (I take Juice Plus)
- A specific probiotic (either Metagenics, Bioceuticals Ultrabiotic or VSL#3) - Ideally dosed after stool testing for specificity (I used Bioscreen)
- High dose fish oil (once again Metagenics or Bioceuticals) or fermented cod liver oil
- Magnesium (best in powder form, and my favourite for taste, quality and price is Bioceuticals Ultra Muscleze)
- Adrenal support (if indicated via saliva or blood cortisol testing, e.g. Metagenics Adrenotone)
- Enzymes (I swear by vitalzymeX www.worldnutrition.info, but they are expensive)
- Good liver support (I take DefenCell® by Cell-Logic - <http://www.enduracell.com/defencell-capsules-1/defencell-capsules> and Seeking Health Liver Formula)
- Fermented foods to heal your gut - e.g., sauerkraut, kefir, kombucha (they are easy to make, but you can order fermented foods and beverages online (e.g. GPA Wholefoods), or if you live in Sydney you can buy them many health food and whole food stores including our very own Health Space Wholefoods in Potts Point.

Even as you start to feel better, don't overdo it! Keep your diet as clean as possible and drink lots of filtered water. Sleep as much as possible and don't overdo it with exercise! Slowly and progressively get back to your old life! My rule is that it's better to do less and feel good, than overdo it and have to go back to square one! There may be times you need to give your body a rest from all supplements too.

If you have any questions let us know via lyme@healthspaceclinics.com.au.

Yours in Health,

Dr. Kate Wood

(Chiropractor / Kinesiologist / Doula / Lyme Survivor)

Director and Owner of Health Space Clinics and Health Space Wholefoods