

## Allying with Teasel Root tincture for LYME\*

Free teleseminar with herbalist LadyB via [www.lymehope.com](http://www.lymehope.com) Sept 8, '09  
\*This is all educational, not evaluated by the FDA and not intended to diagnose, prescribe, treat or prevent any disease.

These notes are meant to ACCOMPANY the teleseminar, not replace it.

What we're using is an alcohol tincture made from FRESH *Dipsacus sylvestris* (fullonum) ROOT.

**DOSAGE:** It's not NECESSARY to take more

But SELF TEST as you increase to see what your own body can use.

**Day one:** 1 drop in water

**Day five:** 2 drops, 2 drops, 1 drop

**Day two:** 1 drop 2x

**Day six:** 2 drops, 2 drops, 2 drops

**Day three:** 1 drop 3x

**Day seven:** 3 drops, 2 drops, 2 drops

**Day four:** 2 drops, 1 drop, 1 drop

**Day eight:** 3 drops, 3 drops, 2 drops

**Day nine:** 3 drops, 3 drops, 3 drops

And just stay at 9 drops/day for between 6 weeks and 3 months

Herxheimer response: overload on your system from massive spirochete die-off.  
Back down on dosage or skip a day if you're too uncomfortable.

OTHER ALLIES to be taken in conjunction, but AT DIFFERENT TIMES OF DAY:  
Cleavers tincture to help drain jammed up lymph glands. IS DIURETIC  
Milk Thistle (tincture or vinegar or ground up and eaten) to PROTECT your liver from both spirochete debris and drugs if you've been taking them.

**Assessing your immune system** (IS) and parts affected: SELF TEST!

Early: Spilanthes, a hot immune STIMULANT can blast your IS into attack mode

For a 'sluggish' IS: Echinacea root, again, a STIMULANT

For weary IS: Echinacea WHOLE PLANT – Immune SUPPORT

For an EXHAUSTED IS: Astragalus root – gentle immune support

For NON-EXISTENT IS: Something to do it FOR you – GrapeFruitSeed? Abx?

Think of Teasel as coaxing the beasts out of hiding, so SOMETHING can clobber them.

**How it manifests in YOU** these are vague, general, again – SELF TEST!

Digestive – Wormwood tincture – tiny 3-5 drop doses just once a day. Healing digestive damage – Slippery Elm bark powder with honey eaten from a spoon.

Like MS – Boneset (*Eupatorium perfoliatum*) start with small doses, heals nerve SHEATH.

Nerve damage – St John's wort tincture (NOT FOR EVERYONE) 10-25 drops 1-3x a day

Lingering joint pain even after Teasel – Honeysuckle leaf and flower tincture, Solomon's Seal root tincture, Goldenrod infused oil externally, St John's wort infused oil externally.

Persisting 'brain fog' Ginkgo leaf tincture, 10-25 drops as needed, or Rosemary SCENT (NOT tincture, VERY hard on kidneys), so infused oil on skin and inhaled, or needles as a steam, or just petting the plant.

Depression Lemon balm even more than St John's wort as Lyme depression has a feeling of being pushed DOWN upon. Rosemary may work here too.

Sleeplessness list is LONG, you need to research/self-test for each: Skullcap, Hops, California Poppy, Valerian, Wild Lettuce, Catnip, Motherwort (I've got a whole class on these)

Heart palpitations SEE YOUR DOCTOR. Lyme can CAUSE heart DAMAGE. For *occasional* palps or irregular heartbeats you might ally with Motherwort or Hawthorn Berry, but anything else may be SERIOUS.

#### SOURCES OF TEASEL ROOT –

The only sources of Teasel Root Tincture made from FRESH wild *Dipsacus sylvestris* that I'm aware of at the moment are:

Myself here in Oregon <http://www.ladybarbara.net/html/products.html>

Walker Farms <http://www.walkerfarms.com> in Minnesota

Jean's Greens <http://www.jeansgreens.com> in New York State

and Woodland Essence <http://www.woodlandessence.com> in Massachusetts

LadyB's online herb classes "Healing Allies for Regular Folk"

[http://www.ladybarbara.net/html/herb\\_classes.html](http://www.ladybarbara.net/html/herb_classes.html)

I do all my orders (classes or tinctures) via email and Paypal.

[ladyb@ladybarbara.net](mailto:ladyb@ladybarbara.net)

Be good to yourselves and anyone you know with Lyme. It's a mean disease, but there's hope, truly. Lots of rest, gentle gentle exercise when you're up for it, eat well for your healing, and welcome back!

LadyB