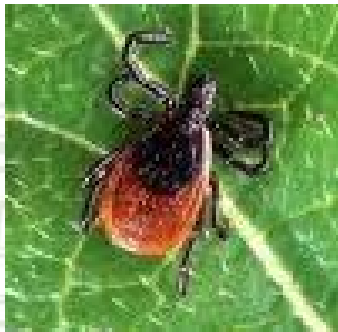


---

# Holistic Treatment of Lyme Disease

Stockholm, 02.10.2010



**Carsten Nicolaus, MD, PhD**

Medical Director  
Center for Tick-borne Diseases  
and Co-infections

Chairman ILADS Networking Committee  
Borreliose Centrum Augsburg



*Your complimentary  
use period has ended.  
Thank you for using  
PDF Complete.*

[Click Here to upgrade to  
Unlimited Pages and Expanded Features](#)

# of Holistic Treatment

---

Holistic medicine is the art and science of healing that addresses care of the whole person - body, mind, and spirit.

The practice of holistic medicine integrates conventional and complementary therapies to promote optimal health, and prevent and treat disease by addressing contributing factors.

American Holistic Medical Association:

<http://www.holisticmedicine.org/displaycommon.cfm?an=1&subarticlenbr=5#Medicine>

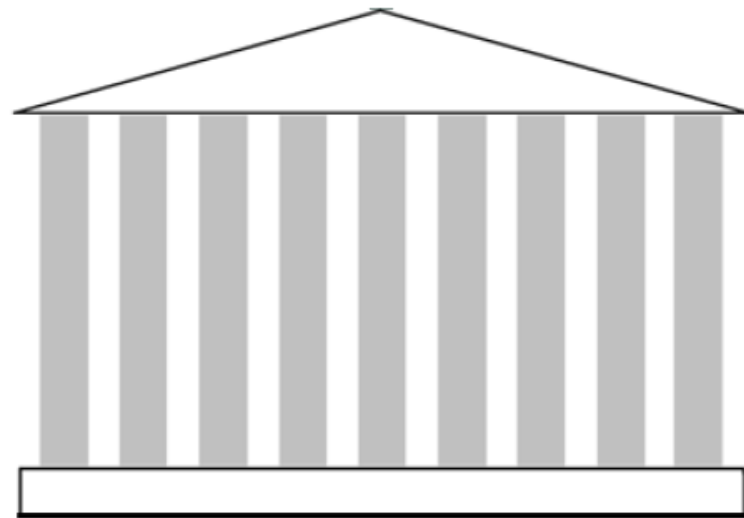
---

## holistic approach mean?

---

It is just like building a stable house ã ã ..you need

- “ a foundation
- “ supporting walls (columns)
- “ a roof top



# ation of Holistic Treatment

---

## The foundation is based on

1. Medical history (anamnesis) of the patient, including special anamnesis types (e.g. homeopathy, etc.)
  
  2. Traditional Diagnostic Tests
    - => Laboratory testings
    - => Physical and Technical examinations (ECG, ultrasound, etc.)
    - => SPECT (single photon emission computerized tomography)
-

# Amnesia Checklist (Questionnaire 15 pages)

A	General symptoms	visit	Since when	30 days	intensity	frequency
01	Abnormal fatigue, chronic exhaustion, permanent tiredness	1				
		2				
		3				
02	Incompatibility of alcohol, „hangover“ which lasts longer then normal,	1				
		2				
		3				
03	General weakness, low condition, physical and mental tiredness	1				
		2				
		3				
04	State of health is improving or degrading with movement	1				
		2				
		3				
05	State of health changes within short periods	1				
		2				
		3				
06	Fever, feeling of fever	1				
		2				
		3				
07	Shiver, to be cold	1				
		2				
		3				
08	General aches and pains	1				
		2				
		3				
09	Cold hands and feet although you`re staying in a warm room	1				
		2				
		3				

B	Joints	visit	since when	30 days	intensity	frequency	Left	Right	up	down	pain	turgor	stiffness
01	Elbows	1											
		2											
		3											
02	Fingers	1											
		2											
		3											
03	Foot, ball of the foot, heel	1											
		2											
		3											
04	Wrist, carpus	1											
		2											
		3											
05	Hip	1											
		2											
		3											
06	Jaw	1											
		2											
		3											
07	Knee	1											
		2											
		3											
08	ankle	1											
		2											
		3											
09	Neck	1											
		2											
		3											
10	Shoulder	1											
		2											

# or Co-infections

CO	Symptoms please mark	X	Score-Points
01	Stomach-ache		Ehrlichia:
02	Anemia		Babesia:
03	Diarrhea		Bartonella:
04	Fever		Rickettsia:
05	Lack of concentration, disturbance of memory, amentia,		Yersinia:
06	Encephalitis (Brain inflammation)		Chlamydia:
07	Icterus (Jaundice)		Mycoplasmas:
08	Painful joints		Coxsackie virus:
09	Aches and pains		EBV:
10	Flu-like symptoms		
11	Rush,		
12	Petechiae, punctate purpuric lesion		
13	Heart-trouble		
14	Cough		
15	Headache		
16	Affected liver-function or liver blood results		
17	Pneumonia		
18	Swollen or inflamed lymph nodes		
19	Tonsillitis, Yellow dinger to the almonds		
20	Splenomegaly (Enlargement of the spleen)		
21	Fatigue, exhaustion		
22	Muscle pain		
23	Shivering		
24	Vision problems, blurry		
25	Nausea, vomiting		
26	Dark urine		
27	Painful urinating, itching while urinating		

# Risk Assessment Questionnaire for Chronic Inflammations

## Risk Assessment Questionnaire for Chronic Inflammations

Source of this questionnaire: "The Lyme Disease Solution" (Chapter 5 The Inflammation Diet) by Kenneth B. Singleton M.D., M.P.H. (ISBN 978-1-934812-00-6 / Brown Books, Dallas) [www.lymedoctor.com](http://www.lymedoctor.com)

The following questionnaire focuses on factors that can improve or worsen inflammations. It is an effective self-assessment tool you can use to quickly determine whether or not you are at risk of a chronic inflammation. The good news is that every bad thing is reversible and every good thing is capable of being added to your program.

This test is very easy. Simply write down the numbers that indicate "positive" or "negative" for each item. Then add the positives together. Then add the negatives together. The final score is the sum of positives and negatives, and this total will tell you your personal score.

### Positive (Anti-Inflammatory) Daily Dietary and Lifestyle Factors

Award yourself the indicated positive (+) number for each of the following items that are part of your *average* daily or weekly dietary and lifestyle routine. If the item does not apply to you, leave that particular score blank.

<b>Fruit Consumption:</b> (5 points for each serving of fresh, frozen, or dried organic fruit you consume each day; 3 points for each serving of unsweetened fruit juice)	....
<b>Vegetable Consumption:</b> (5 points per each serving of raw or steamed vegetables)	....
<b>Daily Vitamin/Mineral/Antioxidant Supplementation:</b> (5 points)	....
<b>Consumption of Oily Fish (e.g., Salmon) or Omega-3/Fish Oil Supplements:</b> (7 points for consumption four or more times/week; 4 points for consumption 1-3 times/week)	....
<b>Organic or Free Range Meat Consumption:</b> (5 points)	....
<b>Regular Use of Olive Oil and/or Other Healthy Oils for Cooking:</b> (5 points)	....
<b>Regular Exercising:</b> (3 points for each 10 minutes of exercise performed per day)	....

According to Kenneth B. Singleton, "The Lyme Disease Solution"

# Laboratory Testings

---

“ **The following lab tests are necessary for Lyme disease:**

- Borrelia IgG and IgM EIA
- Borrelia IgG and IgM Blot
- Lyme Elispot LTT
- Lyme CD 57+ cells
- Borrelia-DNA-PCR





# Laboratory Testings

---

## Plus:

⇒ Checking for possible bacterial co-infections

- Ehrlichia
- Bartonella
- Babesia
- Rickettsia
- Chlamydia
- Mycoplasma
- Yersinia

# Laboratory Testings

---

## And/Or:

⇒ Checking for possible viral co-infections

- EBV
- CMV
- HSV
- Coxsackie
- Toxoplasma
- Parvo B19
- XMRV

# Laboratory Testings

---

## Important:

- Exclusion of rheumatic and/or autoimmune diseases

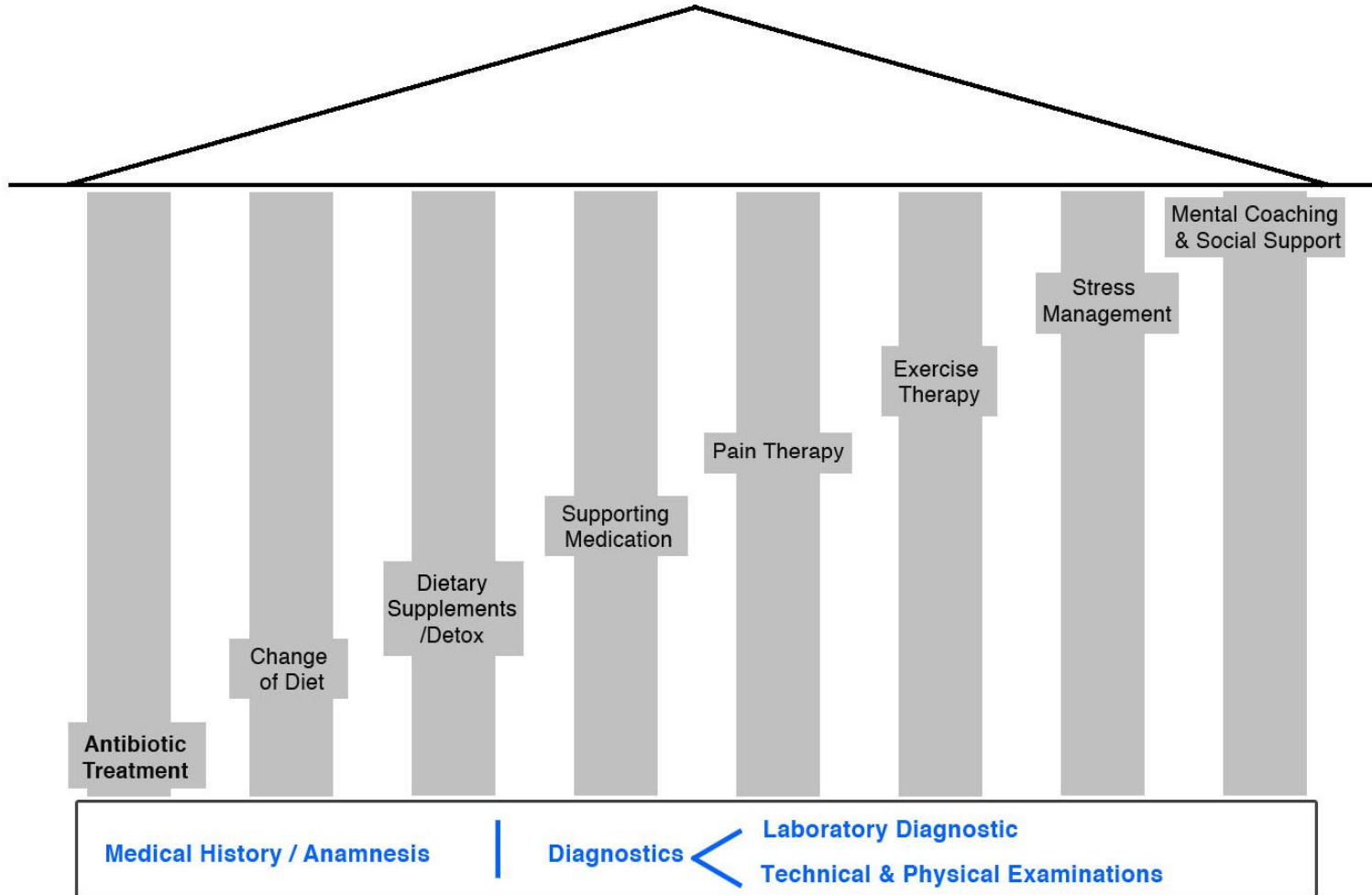
## - Physical and Technical IS

---

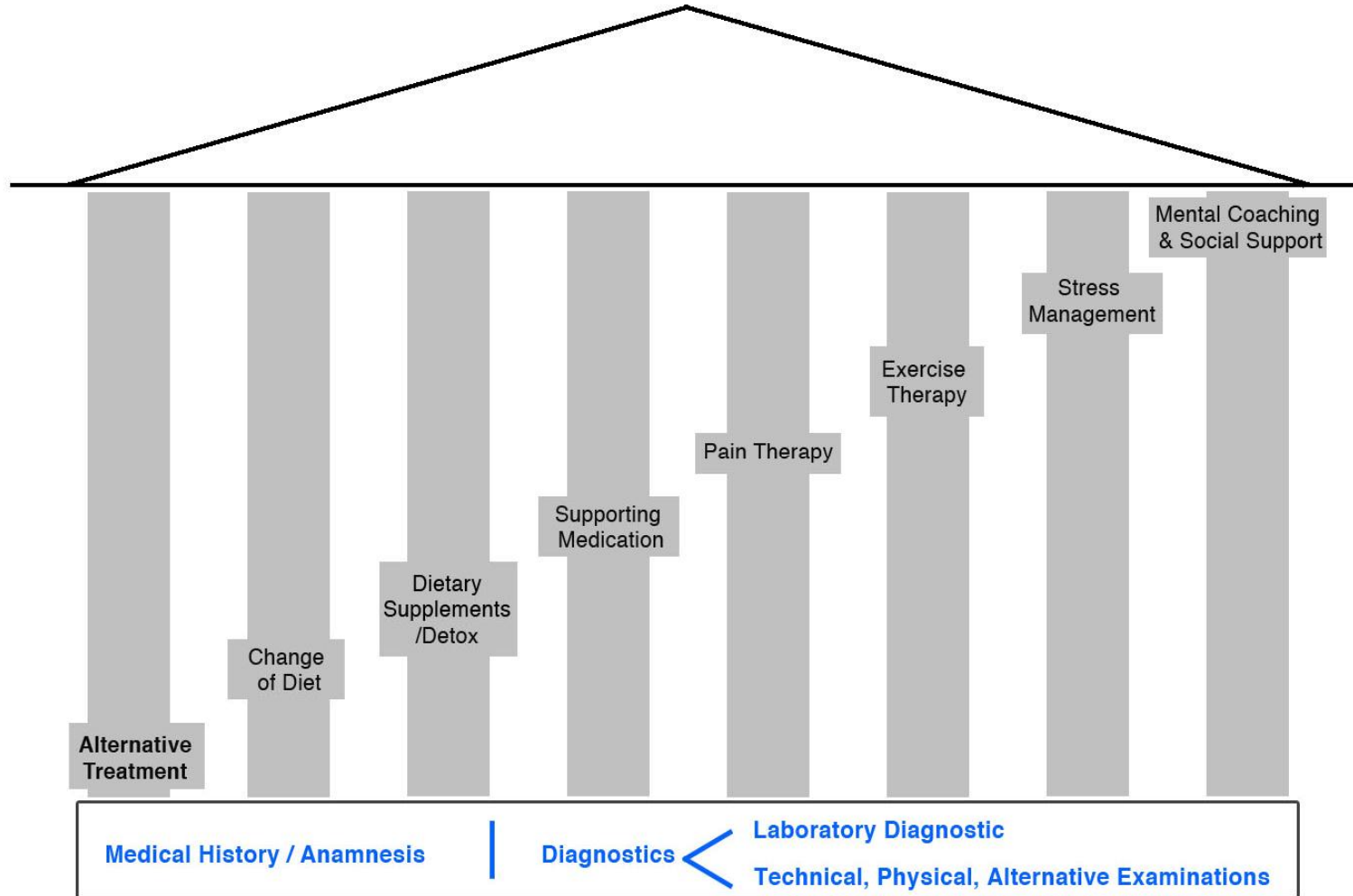
“ The following examinations are necessary in terms of **traditional diagnostics**:

- Electrocardiogram (ECG)
- Ultrasound of abdominal organs
- Physical examination

# of Holistic Treatment - Traditional



# of Holistic Treatment - Alternative



## oach to Therapy (1st module)

---

### 1. Antibiotics:

- To fight borrelia bacteria (destruction, prevent further dissemination, etc.) as well as potential co-agents
- Considering the different structures of borrelia bacteria (Cyst,  $\%_{\text{L}}$  form, intracellular) and of co-infections for the right selection of antibiotics
- Sufficiently long treatment duration (considering the life cycles of borrelia bacteria).



## BCA treatment recommendation antibiotics

---

### Stage I (acute stage)

**Oral therapy (Duration: minimum / taking until disappearance of í bull's eye rash / respectively of lymphocytic infiltration).**

**According to guidelines of ILADS 4-6 weeks.**

**Doxycyclin** (from 8 age)

(also works against Ehrlichia as Co-infection)

**Cefuroxim \***

**Amoxicillin \* + (Probenicid)**

**Clarithromycin / Azithromycin\***

(\* for children under 8 years and for pregnant women)



## BCA treatment recommendation antibiotics

### **Stage II (pathogen spreading and acute organ manifestation)**

If possible parenteral antibiotic treatment:

e.g. Ceftriaxon, Cefotaxim, Azithromycine 4-6 weeks.

### **Stage III (chronic organ manifestation)**

Very important is the parenteral antibiotic therapy:

Ceftriaxon, Doxycycline, Clarythromycine/Azithromycine) 8-14 weeks + additional oral treatment with e.g. Clarythromycin, Azithromycine and Metronidazol.

### **Treat co-infections before *Borrelia* bacteria!**

Therapy in accordance with the international guidelines of ILADS by J. Burrascano und the German Borreliosis Society (Deutsche Borreliose Gesellschaft e.V.)!

## s of Infusion Therapy

---

### Pros:

- Highest concentration of tissue in antibiotics
- Consequently, higher chances of recovery
- Less stomach strain (e.g. nausea ,vomiting and diarrhea)
- Independence from the absorption of the gastrointestinal tract

### Cons:

- You need a vein (sNeedle phobia %)
  - Daily time request of approximately one hour
  - Local dependency (Doctors practice, ambulance)
  - Reduction of physiological flora (especially intestines) with a risk of diarrhea
  - Higher total costs of therapy
-

## eme (ILADS/USA): Tablets therapy

---

1. **Cefuroxim 500 mg** 1-0-1 for 4 weeks, follow by ð
2. **Clarythromycin 500 mg** 1-0-1  
+ **Hydroxychloroquin 200 mg** 1-0-1 for 4-8 weeks, followed by ð
3. **Metronidazol 400 mg** 1-0-1 for 2 weeks

Treatment duration: 10 - 14 weeks in total

During 10th week sStaging% considering physical complaints, Borrelia LTT  
and the CD57+ Cells

---

## Tablets therapy

---

Clarithromycin 500 mg	1 tbl. twice daily
Hydroxychloroquin 200 mg	1 tbl. daily
Doxycycline 100mg	2 - 4 tbl. daily

- For **Try Out** in clinical secured, but laboratory diagnosis questionable Lyme disease . at first for 4 weeks
- In cases of fresh Lyme infection (bull's eye rash)
- In cases of insufficient treatment: follow up treatment according to **Burrascano** scheme.

## Pros of tablet therapy

---

### Pros:

- Spatial and temporal independence
- No need for a vein (sNeedle phobia%)
- Lower total costs of therapy

### Cons:

- Lower concentration of tissue
  - Consequently, lower chances of recovery
  - Dependence from the absorption of the gastrointestinal tract
  - Often poor tolerability (e.g. nausea and vomiting)
  - Often antibiotic associated diarrhea
-

## chemelí for chronic Lyme Disease (I)

We recommend consequently high dosed antibiotics for a minimum of 8 weeks:  
**Ceftriaxon infusion** (e.g. Ceftriaxon Saar, Cefotrix© or Rocephin©) as **pulsed treatment I** (follow by oral antibiotics) .

### I. 8 weeks i.v. treatment

At 4 consecutive days per week (e.g. Monday-Thursday or Tuesday-Friday or Friday-Monday).

Short infusion for min. 30 - 60 minutes!!!

At the beginning of therapy

(1st and 2nd day of treatment): 2g Ceftriaxon in 100 ml Common salt solution (NaCl 0,9%)

With good tolerability

(from 3rd day of treatment): 4g Ceftriaxon in 100 ml NaCl 0,9%

*(in body weight  $\geq 50$  kg dose reduction on 3 g Ceftriaxon)*

## chemelí for chronic Lyme Disease (II)

### II . Additional treatment: from 2nd week oral antibiotics

Basis: Azithromycine 500 mg 1 tbl. on Mo, We and Fr  
Additional: Quensyl (Hydroxychloroquin) 200mg 1 tbl. daily

- If drugs are not tolerated -

Alternative: Minocyclin 100mg 1 tbl. twice daily  
Additional: Artemisia annua 200mg 2 capsules twice daily

### Laboratory control at BCA:

- Before starting treatment: Borrelia serology (IgM & IgG ELISA and Immunoblot) plus CD3-CD57+ Cells and Borrelia Lymphocyte transformation test (EliSpot), if needed also test for co-infections
- 7th therapy week: CD 57 test, Borrelia Lymphocyte transformation test (EliSpot), test for co-infections if needed.
- 3 month after finishing treatment: Borrelia serology (IgM & IgG ELISA and Immunoblot) plus CD3-CD57+ Cells and Borrelia Lymphocyte transformation test (EliSpot), test for co-infections if needed.

# Cheméí for chronic Lyme Disease tions

1.) 1th week Mo . Fr: Azithromycine 500 mg\* i.v. with 500 ml NaCl 0,9%

2.) from 2<sup>nd</sup> to 8<sup>th</sup> week at Mo,We and Fr: Azithromycine 500 mg i.v. with 500ml NaCl 0,9%

additional	Quensyl (Hydoxychloroquine) 200 mg	1 tbl. daily
	Doxycycline 200mg	1 tbl. daily

\* If no contra-indications (Heart rhythm disturbances, AV block, pregnancy)

## Laboratory control at BCA:

- Before starting treatment, during 7th therapy week, as well as 3 months after completion of treatment (see the chart above).



# ns of Holistic Treatment

---

## 1. Alternative Treatments (naturopathic, homeopathic and traditional Chinese remedies)

- “ Elimination of *Borrelia* (destruction, to prevent further dissemination, etc.) as well as potential co-infections is the role of the body
- “ Herbal remedies can only help the body in accomplishing this task
- “ Regulation of the body's immune reaction
- “ Promotion of damaged tissue repair



## Dr. Carsten Nicolaus (1)

---

The BCA Alternative Treatment Protocol is mainly based on regional and local European herbs.

### **Basis for Lyme Disease only:**

- “ Teasel Root
  - “ Liver/Kidney Mixture, alcoholic tincture, containing
    - **Milk Thistle**
    - **Nettle**
    - **Solidago** (Goldenrod)
    - **Parietaria officinalis** (Lichwort)
    - **Ground-Elder** (Aegopodium podagraria)
    - **Ramsons** (Allium ursinum)
    - **Calendula**
    - **Ononis**
  - “ Cistus
  - “ Probiotics
  - “ Alkalizing Capsules . maintaining a healthy ph level
-

## I Ë Dr. Carsten Nicolaus (2)

---

### Basis for Lyme Disease with Co-infections:

“ Teasel Root & Co - alcoholic tincture containing:

- **Teasel Root**
- **Artemisia annua**
- **Teucrium scorodonia**  
(Woodland germander)
- **Nasturtium** (%nose-twister%)
- **Jiaogulan** (Gynostemma pentaphyllum)

“ Liver/Kidney Mixture - alcoholic tincture containing:

- **Milk Thistle**
- **Nettle**
- **Solidago** (Goldenrod)
- **Parietaria officinalis**  
(Lichwort),
- **Ground-Elder** (Aegopodium podagraria)
- **Ramsons** (Allium ursinum)
- **Calendula**
- **Ononis**

“ Cistus

“ Probiotics & Alkalizing Capsules (maintaining a healthy ph level)

---

# ns of Holistic Treatment

---

## 2. Change of Diet

A diet and ~~lifestyle~~ change is important in case of chronic inflammation and infections.

Treatment Aims:

- Restoration of homeostasis in the body
- Supporting and strengthening the immune system
- Termination of chronic inflammation
- Alleviation and elimination of ailments and symptoms



# ns of Holistic Treatment

## 3. Selected Dietary Supplements during Lyme Therapy

The therapy and immune system can be supported by additionally taking micro-nutrients.

### Important Vitamins / Minerals

- **Vitamin A** (daily 3-5.000 I.E) +  $\beta$ - Carotin (5-10.000 I.E.)
- **Vitamin B-Complex** ( B1 Thiamin , B2 Riboflavin, B3 Niacin, B5 Pantothenic acid, B6 Piridoxin, B9 Folic acid, B12 Methylcobalamin)
- **Vitamin C** (daily 500 . 2000 mg) + possibly Quercitin (Bioflavonoid , daily 500- 1500 mg)
- **Vitamin D** (D3 Cholecalciferol 400-5000 I.E.)
- **Magnesium** (daily 400 -1000 mg)
- **Coenzyme Q10** (daily 50-200 mg)
- **Essential fatty acids** (Omega 3 daily 1000-4000 mg, Omega 6)

Probiotics (Acidophilus B. / Lactobacillus, Bifidus B., Sacchromyces boulardii)



# ns of Holistic Treatment

---

## Dietary Supplements:

### Major importance for the **healing process**:

Chronic Borrelia infections decrease the levels of important vitamins (e.g. B-12, etc.) and minerals in host organisms. Additional dietary supplements are needed during therapy.

### Major importance for the **intestinal flora**:

Chronic infections, such as Lyme, and additional chronic inflammation have a major impact on the intestinal flora and therefore on the immune system.

It is important to support and build up strength and immunization in the intestinal flora by taking additional **probiotics**.

---

# ns of Holistic Treatment

---

## Probiotics

- High-quality **probiotics** are very important along with a high-quality multi-vitamin-mineral-CoQ10 supplements and essential fatty acids.
- Probiotics should be taken in high dosage, very high quality and optimal composition, containing: Lactobacillus acidophilus, Bifidobacterium sp and Saccharomyces boulardii.

### Effects:

- Balance of normal, beneficial bacteria in the intestinal bowel, often destroyed by antibiotics.
  - Prevention of mycoses (e.g. Candida albicans)
  - Prevention of antibiotic-associated diarrheas (AAD), particularly Clostridium difficile infections
  - Improving the immune function and preventing infections
  - Reducing inflammation
  - Improving mineral absorption
-

# ns of Holistic Treatment

---

## 4. Supporting Medication / Detox

The following positive effects can be reached through well-aimed %supporting therapies%(treatment & supplements):

1. Better tolerance and effectiveness of %anti-infectious herbs%
  2. Strengthening the immune system (holistic)
  3. Pain relief (even for chronic pain)
  4. Create %unfavorable environment%for Borrelia reproduction
  5. Decreasing cytokine production, which supports inflammations, and balancing TH1 and TH2
  6. Treating mood swings
  7. Support and improvement of organ functions (incl. liver and kidneys) and detoxification (endotoxins, heavy metals)
  8. Improving the body physique
-



# ns of Holistic Treatment

---

The following treatment options can be used:

## **Naturopathic Therapies (natural remedies):**



- Various plants and herbs used to build-up and stabilize the immune system and block chronic inflammation processes
  - Detoxification and support of organ functions
  - Dietary consultation within the range of the *Milieu therapy*, i.e. restoration of homeostasis
  - Special salts (e.g. Dr. Schuessler's Nutritional Biochemic System of Medicine)
-

# ns of Holistic Treatment

---

## Traditional Chinese Medicine:

- Based on a balance between yin and yang
- Sees disease as a deviation from this balance
- Seeks to restore the balance

## TCM diagnosis:

- Inspection
- Auscultation and olfaction
- Inquiring
- Palpation



# ns of Holistic Treatment

---

## Traditional Chinese Medicine - TCM treatment:

- Dietetics
- Herbology (Chinese herbs / herbal teas)
- Acupuncture
- Chiropractic and massage techniques (tui-na)
- Qigong (meditation and energy work)



# ns of Holistic Treatment

---

## Homeopathy:

- Nosode therapy
- Definition of constitutional type (based on patient's symptoms and often refined according to a person's constitution)

## Prevention of Lyme:

- Homeopathic borrelia nosode C30
- Ledum C30

## Tickbite:

- Ledum (no signs of swollen lymph nodes)
- Mercurius solubilis (Onset of regional lymphnodes)



# ns of Holistic Treatment

---

## Homeopathy for Lyme Disease continued...

### Acute Lyme with Erythema migrans (Bull's eye rash):

- “ Apis C 30
- “ Sulfur
- “ Sepia
- “ Sulphur

### Chronic Lyme:

- “ Nosode therapy
  - “ Arachnida remedies (Homeopathic Medicine from Spiders)
  - “ Mercuris solubilis
  - “ Auris arsenicosum
-

# ns of Holistic Treatment

---

## 5. Pain therapy in Lyme

Pain amongst many others is the most common ailment and symptom of chronic *Borrelia* infections. An efficient pain therapy of acute and chronic pain demands consistent application of pain relief medication at fixed times and should be part of the holistic approach to therapy.

Common forms of Lyme pain:

### Musculoskeletal pain:

- Joint pain
- Muscle pain

### Neuropathic pain:

- Polyneuropathy
  - Mono- and Polyneuritis
  - Neuralgia
-

# ns of Holistic Treatment

---

## Central pain:

- Meningitis
- Meningoradikuloneuritis

## Treatment according to the 3 stages of WHO (World Health Organisation):

### **WHO Stage I**

- Non Opioids (e.g. Paracetamol, Ibuprofen, Diclofenac, Metamizol . COX-2 inhibitors)

### **WHO Stage II**

- Weak Opioids (Tramadol, Tilidin-Naloxon, Dihydrocodein ret.) + Non Opioids

### **WHO Stage III**

- Strong Opioids (Morphium, Hydromorphon, Fentanyl, Buphrenophine) + Non Opioids
-

# ns of Holistic Treatment

---

## Accompanying medication in pain therapy ∩ Co-Analgetics :

- . Antidepressant (Amitriptylin, Doxepin)
- . Anticonvulsants (Carbamazepin, Gabapentin, Pregabalin)
- . Sedatives (Lorazepam, Midazolam)
- . Spasmolytics (Butylscopolamin)
- . Antiemetics (Metoclopramid, Haloperidol)

## Accompanying therapies in pain therapy :

- . Electro therapies:
    - “ TENS therapy (Transcutaneous Electrical Nerve Stimulation)
    - “ High-tone therapy (Transcutaneous High Frequency Nerve Stimulation)
    - “ Magnet therapy
  - . Acupuncture
  - . Photon therapy (e.g. Bionic 880)
  - . Swedish Massage
-



# ns of Holistic Treatment

---

## Herbal Pain Killers

### Naturopathic Remedies:

Devil's Claw

Nettle

Curcumin

Bromelain

White Willow Bark

### Homeopathic Remedies:

Arnica

Traumeel (homeopathic complex remedy)

---

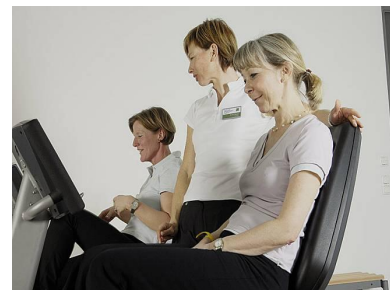
# ns of Holistic Treatment

## 6. Physiotherapy

- Physiotherapy (Brügger, Bobath, Cranio Sacral, KGG)
- Classical massages, connective tissue massage
- Manual lymph drainage
- Thermo therapy (incl. Infrared therapy)

## Exercise Therapy

- Individual cardiovascular training from the beginning of treatment onwards
- Exercise with ionized oxygen therapy
- At later therapy stages: easy weight training



# ns of Holistic Treatment

---

## 7. Stress Management

- Determination of causes of mental stress
- Identify stress caused by %external environment+(e.g. conflict consultation)
- Modification of mental stress:
  - Progressive Muscle Relaxation according to Jacobsen
  - Autogenic training
  - Qigong / Tai Chi
  - Photon therapy (e.g. Bionic 880)

# ns of Holistic Treatment

---

## 8. Mental Coaching & Social Support

**Mental Coaching** is a modified form of Psychokinesiology. The aim is to treat and solve problems, which cause conflicts for the patient (e.g. Lyme).

This is usually done by a certified %mental coach+or psycho-therapist.

**Social Support** aims

- to support and help Lyme patients to live with their disease in the private and professional environment, e.g. at home, work, with the family/friends, and in relationships;
  - to support them with the recognition of the Lyme disease, i.e. health insurances, pension insurance funds and authorities;
  - to help them with expert report, i.e. insurance claims.
-

# ns of Holistic Treatment

## Example of an Alternative Holistic Treatment Approach (naturopathy):

Time	Monday		Tuesday		Wednesday		Thursday		Friday
8:00 a.m.	Welcome and admittance (incl. medical consultation with therapy plan)*	8:00 a.m.	Welcome in the BCA	8:00 a.m.	Welcome in the BCA	8:00 a.m.	Weekly consultation interview *	8:00 a.m.	Welcome in the BCA
9:00	Cardiogram *	8:30	Ultrasound *	8:30	Oxygen therapy	8:30	Oxygen therapy	8:30	Oxygen therapy
10:00	Assessment and findings physiotherapy	9:00	Infusion special vitamin cocktail *	9:00	Infusion special vitamin cocktail *	9:00	Physiotherapy	9:00	Infusion special vitamin cocktail *
10:30	Introduction to equipment for Photon therapy	11:00	Milieu therapy (basic and healthy nutrition)	10:00	Energy therapy	10:30	Photon therapy	10:30	Physiotherapy
11:45	Relaxation therapy + doctor's visit *	11:45	Relaxation therapy + doctor's visit *	11:45	Relaxation therapy + doctor's visit *	11:45	Relaxation therapy	11:45	Relaxation therapy
12:30	Luch	12:30	Luch	12:30	Luch	12:30	Luch	12:30	Luch
2:00 p.m.	Physiotherapy	2:00 p.m.	Physiotherapy	2:00 p.m.	Physiotherapy	2:00 p.m.	Infrared therapy	2:00 p.m.	Talk therapy II (change of live style)
3:00	Photon therapy	3:00	Infrared therapy	3:00	Therapy for pain relief	3:00	Talk therapy (positive thinking and mental balance)	3:00	Therapy for pain relief
3:30	Talk therapy (Naturopathy + "self help")			3:30	Talk therapy (Deepening naturopathy)				
	Daily closing consultation + naturopathy therapy		Daily closing consultation + naturopathy therapy		Daily closing consultation + naturopathy therapy		Daily closing consultation + naturopathy therapy		Daily closing consultation + naturopathy therapy

# f a Holistic Treatment Approach

---

## Conclusion

The goals of a holistic Lyme disease treatment are:

- Eliminating Borrelia bacteria & co-infections
  - Minimizing the side effects of treatment
  - Build-up and stabilization of the immune system
  - Restoration of homeostasis
  - Reducing therapy duration
  - Optimizing successful treatment to achieve the overall goal:  
**HEALING**
-

## BORRELIOSE CENTRUM AUGSBURG



Centrum für Zecken-übertragene Erkrankungen

Center for tick-borne diseases and co-infections

Short introduction  
October 2010





## Centrum Augsburg is one of the leading medical Europe for tick-borne diseases

- Foundation in summer 2006 by Dr. C. Nicolaus (MD, PhD, specialist for Lyme therapy) and Dr. A. Schwarzbach (MD, PhD, specialist for laboratory medicine)
- Unique approach: Diagnostic, specialized laboratory, therapy and rehabilitation in one center (1.400 m<sup>2</sup>)
- Holistic approach for treatment of chronic of Lyme disease and co-infections
- Intensive treatment and rehabilitation with so called %Compact Lyme Treatment+
- Diagnostic and therapy according to the international guidelines of ILADS (USA) and the recommendations of German Borreliosis Society e.V.



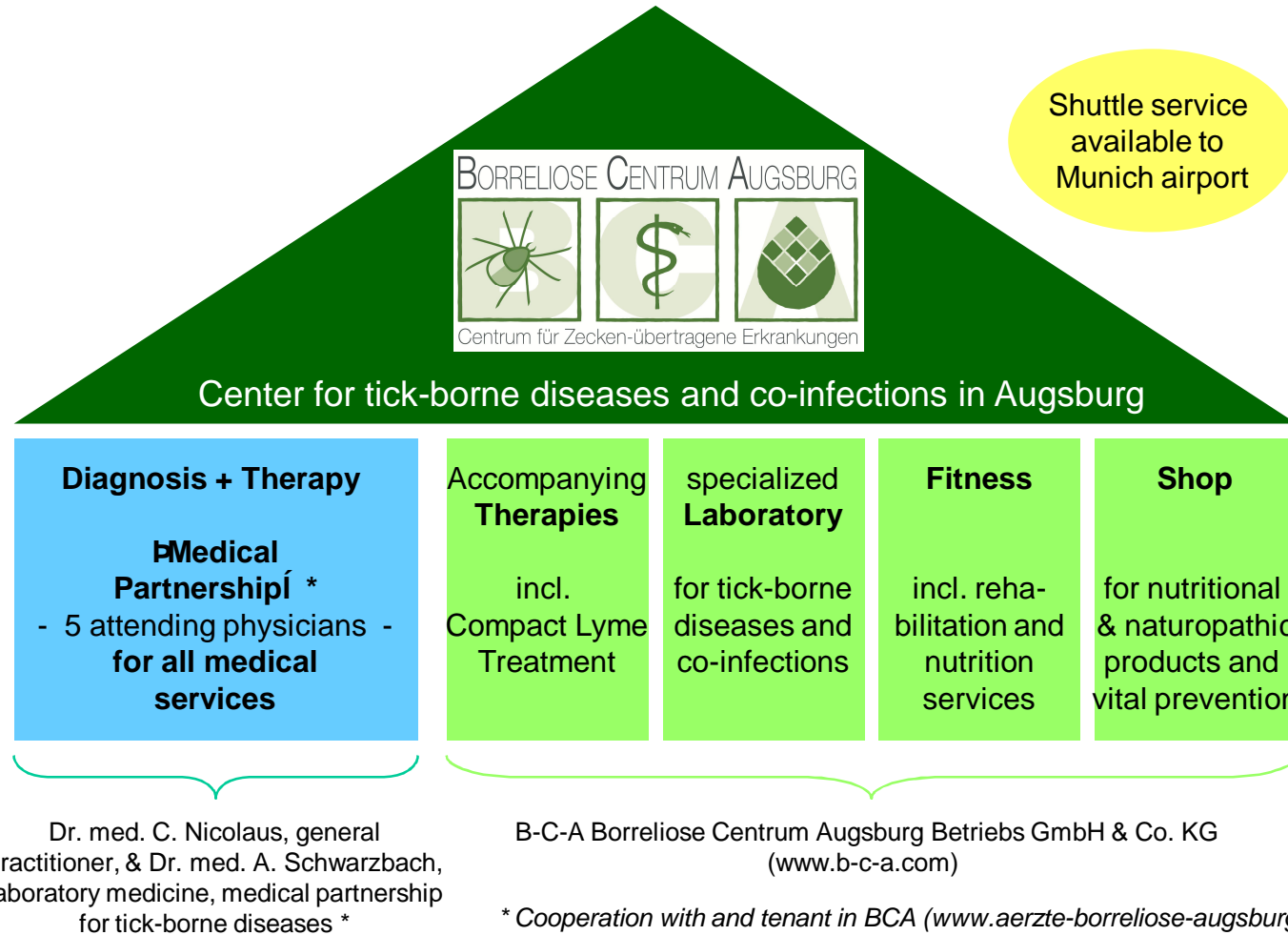
**Medical  
Partnership**  
(5 treating doctors)



**B-C-A**  
Borreliose Centrum Augsburg  
**Betriebs GmbH & Co. KG**



# Structure of the Borreliose Centrum Augsburg



Shuttle service available to Munich airport

## liose Centrum Augsburg like in particular (- 1 -)

- (1) Experienced team of 5 physicians specialized in Tick-Borne Diseases and Lyme disease in the cooperating medical partnership (therapists and physician for laboratory medicine)
  - substantial anamnesis and physical examination
  - check for other disease patterns and treatment of co-infections,
  - intensive antibiotics and holistic approach to Lyme therapies
  - pain therapy
- (2) Special tests for blood analysis to diagnose Lyme disease and other related infections including close cooperation of doctor and laboratory doctor
- (3) Wide range of accompanying therapies+for higher effectiveness in eliminating Borrelia, a better compatibility of antibiotics and strengthening/re-activating the immune system



## liose Centrum Augsburg like in particular (- 2 -)

- (5) Holistic, personalized therapy and rehabilitation approach
  - a) The traditional medical treatments . completed by complementary medicine: Traditional Chinese medicine (TCM), homoeopathy and naturopathy
  - b) Based on the three pillars for the strengthening of the body's defence forces (immune system):



- (6) Sympathetic, understanding physicians and assistants and an positive and comfortable atmosphere (positive energy)
- (7) Patients exchange experiences (worldwide)
- (8) Competent telephone information, providing information material and the collaboration with other doctors (tick-borne laboratory services and therapy plans)

## Sessions of Borreliose Centrum Augsburg (BCA)





## essions of Borreliose Centrum Augsburg (BCA)





*Your complimentary  
use period has ended.  
Thank you for using  
PDF Complete.*

[Click Here to upgrade to  
Unlimited Pages and Expanded Features](#)

# for your attention!

---

**Carsten Nicolaus, MD, PhD**

**Borreliose Centrum Augsburg**

Morellstrasse 33

86159 Augsburg

Germany

Tel. +49 (821) 455471-0

[www.borreliosezentrum.de](http://www.borreliosezentrum.de)

[www.aerzte-bca.de](http://www.aerzte-bca.de)

[service@borreliosezentrum.de](mailto:service@borreliosezentrum.de)

---