

## My Journey with Lyme's Disease

Back in the summer I went for my regular massage and the therapist commented on the small rash on my back. I had no idea it was there, it did not itch or feel different in any way, so I just shrugged my shoulders and did not pay any further attention to it. I just assumed it must have been a bug bite as I spend a lot of time in the woods and garden.

A few days later my wife noticed it was getting bigger and I had a fever that night along with severe neck pain that felt like someone had put the base of my skull in a vice, now it got my attention. My mind was thinking Lyme's but not real sure yet, I did pull a tick off of me several months earlier in the spring in that same area. Time to get another opinion.

I saw our primary care doctor, Dr. John Wilson at Great Smokies Medical in Asheville. He is an integrative medical doctor who uses mostly alternative type treatments along with traditional medical care when needed. He felt we were looking at Lyme's, so he prescribed a round of antibiotics along with an ozone treatment and lab work to confirm if I had Lyme's.

The ozone treatment consists of taking a vial of blood and treating it with ozone which is a gas consisting of 3 oxygen molecules instead of 2 which is the normal oxygen that we breath. The ozone has known antimicrobial properties. The ozinated blood is then put back into the body via an IV drip. On my way home I was able to feel the tension releasing from my neck. I went back for 3 more ozone treatments and by the end of the week I was feeling great. At this point I had not felt bad enough to miss any work. I felt good for the next 3 weeks thinking "that was easy". In the meantime, the lab work came back positive, Dr Wilson congratulated me for having the most positive labs he had ever seen for Lyme's in his 40 years of practice. This can be an issue as the labs do not always catch it causing a lot of the controversy around a Lyme's diagnosis.

On a follow up visit since I had done great for several weeks, we felt that we had caught it in time and did not schedule any further treatment. Boy were we wrong!

The following week, after a 50-mile bike ride the fever and neck pain came back strong and worse, along with weakness and wanting to sleep all weekend long, I had to put a chair in the shower because I could not stand the whole time. (Lyme's can lie dormant then be triggered by any kind of stress to the body). Another trip to see Dr. Wilson and he convinced my wife first, then me, to go to the hospital for IV antibiotics and further testing for meningitis. We went to Park Ridge Emergency room in Hendersonville. Dr. Wilson forwarded his lab results and recommendations. More on why we chose Park Ridge later.

The ER doctor was reluctant at first about the possibility of Lyme's and meningitis, quoting me all the statistics according to the CDC. Then upon looking at my labs and examining me they ordered a spinal tap, MRI and CAT scan of the spine and brain. I was put in a room with an antibiotic IV drip and told I better plan on staying a while with a diagnosis of Lyme's spinal meningitis.

By day 2 on the IV I was feeling much better except for I now had double vision most likely from the inflammation migrating into my brain. and by day 4 I was mostly symptom free except for the double vision, and my labs indicated the acute infection was better. I was sent home with a 30-day prescription of antibiotics. I rested the rest of the week and was back to work the following Monday as my vision returned to normal by then. I also had a thorough eye exam at Dr. Aldridge's office, and they found no damage to the nerves in my eye.

Along with my antibiotics I continued with ozone treatments twice weekly for the next month to be sure I was doing all I can to help my body recover. After I finished the antibiotics and the ozone treatments I continued with a homeopathic antibiotic specific for the Lyme's bacteria and will continue to stay on the homeopathic for several more months. Lyme's is not to be taken lightly and as I said earlier, it can lay dormant for a while then show back up under stress. I also had regular low level laser treatments to my neck, brain and eyes as the laser reduces inflammation and helps damaged tissue heal faster.

Going back to why I chose Park Ridge Hospital, first of all when I told them I was a cash patient they informed me that I immediately qualified for a 62% discount of all hospital services. I was also able to get 20%-50% discounts on all other related fees by just letting them know I was a cash patient. We used the hospital several years earlier when I had appendicitis and they were great to work with. We belong to a Health Share Ministry called "Samaritan Ministries", not related to Samaritan's Purse. They reimbursed me for ALL my bills and we only pay 1/2 of what a standard insurance policy would have cost. With no co pay and had no deductible since we negotiated a discount. I highly recommend them or a similar plan instead of regular insurance. On top of that Samaritans Ministries pays for and encourages alternative treatments over standard medical care because of the cost savings.

Realizing I have had several patients with Lyme's disease and not having the tools to offer them much more than symptom relief I researched and found there are quite a few options for treatments other than just taking antibiotics, which does not always work for someone with chronic Lyme's. Having learned that our challenges often become our ministries, I have decided to learn all I can about the natural treatment of Lyme's and found Dr. Klinghardt, a Swiss medical doctor who has clientele from around the world.

[www.klinghardtacademy.com](http://www.klinghardtacademy.com)

In October I took their introductory course and got treatment myself which was quite impressive. It will be a journey as there is quite a lot to learn before I can effectively treat others. If anyone reading this has been suffering with chronic Lyme's, don't give up, there is definitely hope, but you may have to get out of the pharmaceutical box to find it. Pharmaceuticals may be necessary as they were with me, but they are not the only answer. Also taking long term antibiotics kills the good bacteria which causes many other health problems and is one of the reasons people never recover fully. While on my antibiotics I made sure to take pro-biotics and ate lots of good live culture yogurts and fermented foods and had no other problems.

I would be negligent if I were to leave off the prayers that have been lifted up for my healing. My wife immediately contacted her prayer partners and prayer on my behalf went out from our church and many others. I run into people often who commented they had prayed for me. We are indeed blessed to live in such a community.

In Health

Dr. Miguel Cruz