



### Month 3 - Video #4

#### Biotoxins – Mold and Lyme’s Disease

1. Biotoxins such as mold and Lyme are major drivers of inflammation in the body. Mold is fairly easily removed during our detoxification process; however Lyme, depending on the severity of the case, can be very difficult to remove. In severe cases of Lyme I highly recommend one on one coaching or consulting to help you through the process.
2. In many cases when an individual is exposed to mold, the immune system will mark the toxin so that it can be eliminated in the liver. Some individuals however don’t have the immune system capability to mark the toxin allowing the mold to stay in the system and drive inflammation. The mold does so by binding to surface receptors on most cells in the body and upregulating multiple inflammatory pathways including cytokine production. The outcome long term can be a host of negative health effects from severe fatigue, headaches, lack of ability to concentrate, weight gain and even negative cardiovascular implications.
3. Lyme disease is a bacterial infection spread through a tick bite. Deer ticks or on the West Coast black-legged ticks are the culprits mainly found in grassy or wooded areas. Lyme is found throughout the United States and around the globe in 60 other countries.

Lyme is a corkscrew shaped bacterium named *Borrelia Bergdoferi*. It can affect any organ in the body to include the brain, nerves, muscles and joint and even the heart. In many cases Lyme will be misdiagnosed because its symptoms mimic other conditions such as chronic fatigue, fibromyalgia, multiple sclerosis, depression and more. Getting the correct testing done is important and I again recommend that personal consulting or health coaching be pursued in severe cases of Lyme.