

Are You Getting Ticked Off?

Experts are predicting an uptick in more cases of Lyme disease across Canada.

That's because there are more ticks in more parts of Canada that could lead to the debilitating Lyme disease.

The problem is increasing as the range of ticks spreads, according to Robbin Lindsay, a research scientist with the Public Health Agency of Canada (PHAC).

There were 1,479 cases of Lyme disease reported across Canada in 2017, nearly a 50% increase over the previous year of 992 cases.

Only 20% of blacklegged ticks carry the virus (*Borrelia burgdorferi*) that causes the infection leading to Lyme disease. Lyme disease causes fever, a rash, fatigue and left untreated can lead to facial paralysis, heart and neurological disorders.

What You Need to Know

Since the first discovery of ticks on a tiny peninsula in Ontario in the 1990s, ticks have expanded across every province in Canada. They are primarily in wooded areas and are more prevalent with the warmer weather.

Lyme disease takes its name from where it was first identified: Lyme, Connecticut. It is the most common tick-borne disease in North America but there are other viruses carried as well. Early antibiotic treatment is essential, so identification of the disease in its early stages is very important.

When you are hiking, stay in the middle of the trail. Ticks can't jump onto you, they only grab on if you brush against them.

Wear long sleeves and light coloured clothing with everything tucked in. You will have a better chance of noticing the tick on you.

When you get home, undress and shower to wash off any bugs that aren't attached. Ideally get a buddy to help you check your skin for ticks. Check folds of skin, underarms, groin. Ticks can be quite small – just the size of a poppy seed – so you have to check carefully.

Another suggestion is to put your clothes in the dryer for about an hour to kill any bugs on the fabric.

Check dogs taken on walks carefully for ticks. .

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Once Bitten

If you have been bitten, check the date on the calendar. Then see a doctor right away if you have the following symptoms;

Rash (sometimes shaped like a bull's eye), Fever, Chills, Headache, Fatigue, Muscle and joint aches, swollen lymph nodes, night sweats and sleep disturbances, sensitivity to light and vision, cognitive decline

The majority of people are treated successfully with antibiotics within 2-4 weeks of being bitten.

To remove ticks pull out directly using fine tipped tweezers. Don't twist, use slow and even pressure. Don't use soap or other substances.

Wash the affected area with soap and water or rubbing alcohol. Save the tick to show your doctor.

Essential Oils for Bites

Wasps, mosquitoes, ticks or spiders – you're more likely to get bitten in summer than at any other time.

One of the easiest remedies are essential oils that can help relieve inflammation and speed healing.

Best essential oils are peppermint, lavender and tea tree. Peppermint soothes itch and cools inflammation preventing it from spreading. It should be applied to skin diluted in a carrier oil. Lavender oil soothes burns and bites with pain killing properties. Tea tree oil is a natural anti-histamine that reduces the body's allergic reactions and itching sensations.

A Silver Lining to Dark Cloud of Lyme Disease

Lyme Disease, spread by the 'cork-screw' shaped, spirochetal bacteria called *Borrelia Burgdorferi*, and most commonly transmitted through the bite of a black-legged tick, whose population is growing and expanding into widening geographies as climate patterns change (now present in 49 American states --all except Hawaii, and more active in Eastern and Central Canada) has become an alarming concern.

Though Lyme Disease (L.D.) can be treated with oral Doxycycline if detected early, (within 24-48 hours after a bite from an infected tick), it often goes undetected as the symptomatic 'bull's-eye' rash does not always appear.

Once Lyme Disease becomes chronic it quickly reaches an ostensible 'antibiotic-resistant' status. Diagnosis is also difficult because L.D. masks itself by sharing symptoms with more than 300 other ailments. Some of these symptoms include fatigue, joint-pain, poor sleep, musculo-skeletal pain and stiffness, mood problems, memory loss depression and anxiety.

Moreover, once present, L.D. can embed itself deeply within human organic tissue (the brain, the eyes, the liver and pancreas) and guard itself from detection with "Bio-film" shields. While L.D. may then seem to lie dormant for decades within human tissue, it remains infectiously active. Increasingly, L.D. is also accompanied by even more deadly secondary infections such as Powassan --which currently kills 1 in 6 of those who experience symptoms.

Effectively, L.D. is something like a bed-bug that has found several ways to survive deep within the tissue of the human body. Change the bed-sheets as often as you like, chronic L.D. that lies not only 'under the skin' but has migrated deeply into organs cannot easily be 'laundered' out.

Because of the complexities of L.D. and associated infections, conventional health-care methods are proving to be more and more ineffective. Does this mean that everyone should stop venturing into "The Great Outdoors" for fear of a black-legged tick? Absolutely NOT!

Black legged ticks are nothing new, nor are the infectious bacteria that they may carry. They have been members of the insect and microbial commu-

nities for tens of thousands of years. While in the past a healthy human immune system could easily withstand an infectious tick bite, today an unhealthy human immune system frequently cannot.

Fortunately, the serious and complicated L.D. problem does have a possible solution. Knowledge has existed for millenia that silver, when very minutely present in the human blood-stream, can immobilize and destroy any bacterial or viral antigen in its path.

I am reminded of the Persian King 'Cyrus the Great' who in his 547 B.C.E. conquest of Greek Ionia, lost the carriage that contained his 'silverware' as it spilled into the Aegean Sea. (He lost the cups, goblets, plates utensils and serving implements from which he consumed his food and drink) His siege was delayed briefly while new sets of silver 'dinnerware' were retrieved from Persepolis!!

Accordingly, the inventor and retired health Canada scientist, Dr. John Stewart (<info@biophysica.

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