

The Ross Lyme & Tick-borne Diseases Protocol

Key Supplements & Herbs in The Core Protocol



Marty Ross MD Recommends

See *The Ross Lyme Support Protocol* aisle at Marty Ross MD Supplements (treatlyme.com) for products that contain the key ingredients in the table below.

Sleep	<p>L-Theanine 100 mg 1 to 6 pills a night 1 hour before bed. Do not exceed 1200 mg a day if using for nerve pain or anxiety during the day too. Excessive amounts in the day are very sedating,</p> <p>AND/OR</p> <p>Herbal Sleep Combination 1 to 2 pills 1 hour before bed. (Common herbs in sleep combination pills include valerian root, lemon balm, passionflower, hops, yams, wild let-tuce, L-theanine, and others.)</p>
Cytokine Control	<p>Curcumin 500 mg 1 pill 3 times a day. (Choose a liposomal product. In such a product, the curcumin is microscopically wrapped in oil like sunflower oil to increase its absorption.)</p> <p>OR</p> <p>Anti-Cytokine Combination 1-2 pills 3 times a day. Anti-cytokine combinations include curcumin, resveratrol, black tea extract, and N-Acetyl Cysteine (NAC).</p>
Adaptogen	<p>Ashwagandha 400 mg 1 to 2 pills in am and 1 to 2 pills between 1 to 2 pm. Taking late in the day may disturb sleep.</p>
Adrenals & Thyroid	<p>Ashwagandha 400 mg 1-2 pills in am and 1-2 pills between 1 to 2 pm. Taking late in the day may disturb sleep.</p> <p>For low thyroid USE WITH</p> <p>Zinc 20 mg, Selenium 100 to 200 mg, and Iodine 200 to 300 mcg 1 time a day. (These are often found in multivitamins or you can supplement them individually.)</p>
Essential Micronutrients	<p>Multivitamin. Use a vitamin that has numerous amino acids, antioxidants, minerals, and various vitamin Bs including b12 and folate.</p>
Detoxification	<p>Liposomal Glutathione 400 to 500 mg 1 time a day. Glutathione is the master detox chemical used by the liver to remove toxins. It also helps remove neurotoxins and repair brain tissue. It works better than other herbal options like pinella or burbur.</p>
Intestinal Microbiome Health	<p>Probiotic.</p> <ul style="list-style-type: none">• If you do not have intestinal gasiness or bloating or cramping use a spore-forming probiotic with <i>Bacillus spp</i> 2 pills 2 times a day.

	<ul style="list-style-type: none"> If you have intestinal symptoms use a probiotic with Akkermansia, Bifidobacterium, Anaerobutyricum hallii, Clostridium beijerinckii, and Clostridium butyricum blend 1 pill 2 times a day or 2 pills 1 time a day. Polyphenol 2 capsules 1 time a day Prebiotic 1 to 2 pills 3 times a day
Yeast	See Intestinal Microbiome Health Above for probiotic, polyphenol, and prebiotic. Herbal Combinations. 2 pills 2 times a day. Common herbs found individually or mixed together include: pau d'arco, caprylic acid, rosemary oil, thyme oil, garlic, and grapefruit seed extract.
Lyme Infection	Otoba Bark Extract and Cat's Claw. 5 drops 2 times a day of each herb and increase the dosing every 2 days by 1 drop per dose till taking 30 drops 2 times a day. Take on an empty stomach. Do not take 30 minutes before through 2 hours after having food, medicines, or supplements. If you get a Herxheimer die-off reaction, do not advance the dose till it decreases.
Bartonella Infection	Houttuynia 5 drops 2 times a day of each herb and increase the dosing every 2 days by 1 drop per dose till taking 30 drops 2 times a day. Take on an empty stomach. Do not take 30 minutes before through 2 hours after having food, medicines, or supplements. USE WITH Sida Acuta 1/4 tsp 3 times a day for 1 week, then increase to 1/2 tsp 3 times a day. It is best to take this without food. It can be taken at the same time as the Houttuynia.
Lyme & Bartonella Persists	Liposomal Cinnamon, Clove, and Oregano Oil Combination 1 pill 2 times a day.
Babesia Infection	Cryptolepis 5ml 3 times a day. AND/OR Artemisinin 100 mg 2 or 3 pills 2 times a day for 3 days on the medication, then take 11 days off. Continue this 14 day cycle. The goal is to take 5 pills 3 times a day on the 3 days the medication is taken. I use artemisinin this way because the intestines develop an enzyme that destroys this herbal medicine if it is used longer than 3 days. Be aware the dose on the 3 days is quite strong. Often it causes a worsening of the babesia symptoms beginning on the 2nd day and sometimes lasting until 6 days later. If a person is very medicine sensitive I start at 1 or 2 pills 3 times a day. Artemisinin often does not work well for babesia from tick bites on the east coast of the US.
Bartonella & Babesia Fibrin Plaques	Lumbrokinase 20mg 1 pill two times a day. Take on an empty stomach except for water by avoiding food, medicines, or supplements one hour before and after taking it.