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## Tired?

By Ray Andrew, MD

Jamie is tired. It started 40 years ago. But it got significantly worse 20 years ago, after she received a rabies vaccine for work. She got so tired that she could no longer hold a job. Her usual migraines became a lot more frequent, up to several in a week. Her joints were so swollen that she couldn't walk down stairs. A year later, she became depressed. Four years later, she was diagnosed with fibromyalgia. She developed brain fog that waxes and wanes. Her depression got so bad that she spent two stints in psychiatric hospitals. It's not that bad now, but she doesn't feel her antidepressant is working anymore. If that's not enough, she continues to have joint pains, muscle pains, and numbness and tingling that strike random parts of her body with no particular order or explanation. Additionally, she suffers from unexplained sweating, forgetfulness, irritability, neck stiffness, difficulty concentrating, and insomnia.



Epstein-Barr Virus

Jamie is not the kind of patient you want to see as a doctor, and especially not when you only have 5-10 minutes in your schedule to see her.

Where to begin? We don't have good drugs for all these problems. And it's tempting to assume they are all somehow tied to depression or some other mental dysfunction.

Through careful history-taking and advanced lab testing, we discovered Jamie had a weakened immune system, multiple heavy metal toxicities (most notably lead, aluminum, cadmium, and mercury), chemical toxicities, intestinal hyperpermeability, yeast overgrowth, and parasites. She was first hit with fatigue when she became infected with Epstein-Barr Virus 40 years ago. Both her fatigue and the rest of her symptoms got worse when she became infected with Lyme disease, Bartonella, and Babesia 20 years later.

It turns out that Jamie's problems are much more common than people think, and much more common than we were taught in medical school. This is why she continued to suffer for 40 years, in spite of seeing multiple doctors. If we are taught anything about these conditions, we are not taught how to treat them. And we are told to use tests that have very poor performance in terms of picking up chronic infections. Most get missed, or your doctor simply says, "you had it in the past but it's not there anymore." As for Lyme, we can give antibiotics to manage flareups, but that's a poor answer at best. Antibiotics damage the gut lining, weaken the immune system, and fail to eliminate the infection anyway, unless aggressive treatment is started within 30 days of infection.

At Prestige Wellness Institute, we have discovered that incapacitating chronic infections do not occur in a vacuum. The immune system is under constant assault in our society, starting even before we are born. Studies show that the average American newborn has no less than 250 man-made and heavy-metal toxins in his body. Then he is hit with vaccines, which shift the immune system's balance away from cellular immunity (our first line of defense) to humoral immunity (antibodies, such as those triggered by previous infections or vaccines). This is fine if all we care about is preventing illnesses for which we have vaccines. But unfortunately, it weakens the immune system's ability to fight other infections, such as Epstein-Barr, Herpes, Lyme, COVID, etc.

Our immune response is weakened further by exposure to additional environmental chemicals and heavy metals. These are found in Americans' food, water supply (fluoride is an immune toxin, for example), pesticides, herbicides, cleaning chemicals, air pollution, solvents, consumer products, and many other sources. If you have ever been target-shooting, you have absorbed lead into your body from contact with or inhalation of bullet powder. Similarly, if you have been fishing and touched a sinker—or worse, put it in your mouth—you have absorbed lead into your body. Complicating matters further is the fact that many infectious agents—yeast, parasites, and



Mold

others—have been found to protect themselves from the immune system by ingesting or surrounding themselves with these same toxins.

Once you have one chronic infection, your immune system has a harder time heading off additional infections. It can only fight so many battles at once. If you think of your immune system as a soldier to whom you attach a ball and chain—one or more toxins—he's not going to be able to run very fast. Thus impaired, he is more easily tied down with additional balls and chains: yeast overgrowth, mold, parasites, viruses, and so forth...all of which Jamie had. The more balls and chains that are dragging your soldier down, the slower he will go, and the more likely he will succumb to Lyme and related diseases when exposed to them.

The good news is that, once all the balls and chains have been exposed that are holding your immune system down, you have a nice road map to your recovery. You repair your gut lining, if necessary. You minimize as much as possible your ongoing



Tick

exposure to toxins. At the same time, you remove heavy metals and man-made chemicals from their hiding places in your body. Then you eliminate yeast overgrowth, mold,

and parasites. Then you are ready to go after Lyme and related infections, if present. Finally, you can hit your chronic viruses. The more of these interferences you can get out of the way, the more your immune system will be able to fight off remaining and future infections.

Following this approach for the last eleven months, Jamie recently announced, "My Lyme is gone! I can feel it!" Yes, she did a lot of work, and she still has some work to do in order to optimize her health. But she has her life back. After 40 years of suffering, she can finally do the things the rest of us take for granted every day. And she can look forward to her next 50 years being much more productive, fulfilling, and enjoyable than the last 40.

If you know someone who suffers from chronic fatigue and/or any number of other perplexing and life-impairing symptoms for no apparent reason, he or she may have a hidden chronic infection. And it's entirely possible that tests for that infection have falsely come back negative, or that your friend has been told the infection is from a long time ago and is not causing any current problems. But



Yeast

the answers "There is nothing wrong with you" and "It's all in your head" don't cut it anymore. People just don't suffer for no reason whatsoever. They suffer because one or more systems are out of balance; something is in the body that does not belong there; or something is lacking from the body that *does* belong there. It's time to find out. Prestige Wellness Institute, call (435) 210-0184. And be sure to mention you read about Prestige Wellness in *Moab Happenings*.