



**Lifespan**

*Delivering health with care.®*

## Lifespan Lyme Disease Center

### A HOLISTIC APPROACH TO TICK-BORNE ILLNESS

The Lifespan Lyme Disease Center encourages patients to seek out holistic methods to aid in Lyme recovery and overall wellness. A healthy lifestyle can mitigate the physical and mental strain that illness and the doxycycline treatment regimen can put on the body.

First and foremost, the goal of holistic approaches to tick-borne illnesses are to enhance immune system function. Your body's natural defense system works remarkably well on its own, but there are many ways in which a patient can enable it to work even better. Boosting the immune system aids the activity of antibiotics, protects against concurrent illnesses, and leaves you with an increased repertoire of immune cells to protect against future disease.

However, the symptomology of a tick-borne illness can also cause depression due to mental strain and chronic pain. Many patients experience ill effects from the Doxycycline that leave them feeling fatigued. Holistic methods help ensure that both the body and mind are restored to health.

#### **A brief overview of recommended wellness techniques:**

- Moderate exercise releases endorphins and can help improve symptoms of depression and increases circulation that helps boost the immune system.
- An anti-inflammatory diet may help alleviate joint pain.
- Yoga can be used to reduce stress through meditation and as a moderate exercise.
- Smoking cessation allows a patient's body to intake oxygen more efficiently. This is important in illnesses such as Babesia, where red blood cells that carry oxygen are already functionally inhibited.
- Regulating a healthy sleep schedule increases mental alertness.
- Set a goal and reach for it! Having something to look forward to helps stave off depression and will most likely increase social and physical activity.