

Herbs that Protect Against Lyme Disease

Reduce your chance of tick-borne illness with these beneficial botanicals.

by Vera Tweed, Jul 1, 2019

Our population of ticks that carry Lyme disease and other illnesses is rapidly increasing. But even if you're bitten, the right herbs can help to prevent debilitating consequences, such as fever, pain, fatigue, and memory loss—which sometimes become chronic.

“Ticks have been biting humans since there have been humans,” says [Bill Rawls, MD](#), author of [Unlocking Lyme: Myths, Truths, and Practical Solutions for Chronic Lyme Disease](#). “Whether or not they cause illness depends on your immune system.”

How Ticks Infect You

Harmful microbes carried by ticks include *Borrelia*, which causes Lyme disease, and an ever-increasing variety of others. Rawls likens these microbes to terrorists because they hide in white blood cells, are carried to all the tissues in the body, and then hijack the immune system so that it can't kill them off.

Herbs can be a big help by balancing your immune system and making it less likely that tick-borne diseases will make you ill.

Herbs that May Help Your Immune System Cope with Tick-borne Diseases

These herbs, says Rawls, are especially helpful if you're planning an outdoor adventure such as camping, hiking, or hunting:

- **Andrographis** [aka Indian Echinacea]*: 1,000–1,500 mg of a standardized extract with 10% andrographolides.
- **Cat's Claw** [American Acacia]: 500–1,000 mg.
- **Garlic**: 400–500 mg of Aged Garlic Extract or a powdered extract with stabilized allicin.

Take these herbs twice a day, before, during, and after outdoor activities. You can also take a formula that contains these and other herbs, or a lower dose on an ongoing basis. If you'd rather take just one, choose **andrographis**.*

For symptoms after a tick bite, follow standard medical advice: a course of antibiotics for 21 days or more. But also take the herbs, says Rawls, because the drugs alone don't necessarily eradicate all tickborne bugs.

Get Smart about Ticks

For updated information about the types of ticks in your area and how to deal with them, visit cdc.gov/ticks.

Article from [Better Nutrition Magazine, July 2019](#). Contributing editor Vera Tweed has been researching and writing about supplements, holistic nutrition, fitness, and other aspects of healthy living since 1997. She is the author of several books, including *Hormone Harmony: How to Balance Insulin, Cortisol, Thyroid, Estrogen, Progesterone and Testosterone to Live Your Best Life*.

*[See herbal-supplement-resource.com/andrographis-herb.html for more about this herb.]

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Stephen Buhner's Lyme Protocol

from Tired of Lyme website (1)

His core protocol uses 3 herbs and employs 5 points of philosophy for treating Lyme disease.

The 3 Herbs:

- Cat's Claw ([American Acacia](#)) [[also listed in Vera Tweed's article above](#)]
- Japanese Knotweed, and
- Herb Pharm Eluthero (Siberian Ginseng)

The 5 Points of Philosophy:

These are in order of their importance:

- Support the collagen structures of the body in order to halt the damage the Lyme bacteria causes;
- Restore and support the immune system so that it can ultimately fight off the Lyme bacteria itself;
- Stop inflammation in order to reduce symptoms and prevent further bodily damage
- Address and treat the symptoms caused by the Lyme bacteria to restore quality of life
- As a last priority for treating Lyme disease, if warranted, kill the Lyme bacteria

For more detail (references):

1. Tired of Lyme: tiredoflyme.com/the-buhner-protocol-for-lyme-disease.html
2. buhnerhealinglyme.com (Note: Stephen Bruner's archives comprise this site, and are maintained by Planet Thrive, since he has retired)
3. Healing Lyme, a book by Stephen Bruner (ISBN 0970869630): amazon.com/gp/product/0970869630/