

## **My Personal Story - Dr. Ben Erlandson**

Until I turned 29, I had never faced any significant health issues. I avoided prescription medications and maintained a healthy lifestyle through regular exercise. However, one morning I woke up to discover my feet were sore. Initially, I attributed this to my workouts and a new pair of shoes, but the pain persisted even on rest days. I shrugged it off as a normal part of my intense training for an upcoming adventure race.

During this time, I also experienced an unusual back injury. Coming from a chiropractic background and being a practicing chiropractor myself, I relied on chiropractic care for wellness. Typically, I recovered quickly from injuries, but this one was different. Despite consistent adjustments, I didn't seem to respond, which I attributed to aging.

After the race, I expected to feel tired but anticipated a quick recovery. Instead, days turned into weeks of relentless fatigue, prompting me to suspect something more serious was at play. I was in the early stages of building my practice, and I thought my exhaustion might stem from burnout, despite my passion for chiropractic work. My usual power naps grew longer, and joint discomfort started to creep in, leading me to suspect Lyme disease.

I consulted a doctor in Madison, Wisconsin, known for alternative testing methods. He initially diagnosed me with mononucleosis (mono), which seemed plausible. However, after a follow-up with no improvement, I was diagnosed with candida. Further tests ultimately revealed Lyme disease (LD). Despite my hesitations, I began antibiotics but saw no change after three weeks. My doctor eventually admitted he couldn't help me.

My condition continued to deteriorate, with worsening stamina and joint pain. As a chiropractor, I was determined to uncover the root cause of my problems. I explored adrenal fatigue and mercury toxicity, which led me to a heavy metal test that revealed high levels of mercury and lead. Given that I had never shown a bull's-eye rash and had tested negative for Lyme twice, I suspected heavy metals were the culprits. However, I later learned that LD affects the body's ability to detoxify these metals, exacerbating the issue.

New symptoms soon emerged. I abandoned my workouts due to fatigue, feeling more and more detached from my work, which I had once loved. Sleep became unrefreshing; I'd wake up feeling worse than when I went to bed. Tasks like responding to emails became monumental challenges. My vision blurred, libido plummeted, and irritability set in. I developed nerve pain and increasing back issues, making even light touch unbearable. Concentration waned, and I frequently felt confused and disoriented.

Psychologically, I began to spiral into deep depression. While on our honeymoon in Hawaii, I felt an overwhelming disinterest in my surroundings, even in beautiful settings. I lost interest in all my hobbies and realized I was no longer myself. My wife, thankfully, supported me through this dark time, though I became increasingly difficult to be around.

As my practice dwindled to part-time hours, I struggled with dizziness and digestive issues. Testing revealed poor functioning in my thyroid, adrenal glands, and liver, alongside severe chemical sensitivities. Everyday life became a challenge; I felt trapped in my own body, overwhelmed by fatigue and mental fog.

At my lowest point, I began praying for recovery, feeling willing to accept my condition if that was my fate. In my moments of despair, I turned to the Holy Scriptures and began reading the Gospels in the Bible. It became clear to me while reading the Bible that through faith in Jesus Christ, I could attain eternal life. John 3:16 says: "For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life."

The very next day after my salvation, I learned about Lymestop. I can't help but believe that God allowed me to go through this illness to draw me closer to Him and open my heart. Romans 8:28 says: "And we know that for those who love God all things work together for good, for those who are called according to his purpose." It was only then that a friend recommended Dr. Tony Smith in Coeur d'Alene, Idaho. She shared that he had successfully helped others with Lyme disease. Despite testing negative for Lyme multiple times, I decided to visit him, as my health was declining rapidly.

During my treatment with Dr. Smith, I was unsure of what he was doing in his method, but his confidence was refreshing. Having tried many treatments, I was hesitant to get my hopes up. On my drive home, I felt an unexpected motivation to return to my clinic, a stark contrast to my previous dread. By Tuesday, I woke up feeling genuinely rested for the first time in over a year.

Within two weeks, my psychological symptoms diminished significantly. The brain fog lifted, and I started regaining energy and stamina. Week after week, I continued to improve without any setbacks. Dr. Smith noted I was a fast responder to his treatment, and I felt an immense sense of gratitude for having my life back.

I remain profoundly thankful for the opportunity to meet Dr. Smith, as I often wonder where I would be without his help and the encouragement from my friend Amy.

## **Lyme Disease 101**

Lyme disease (LD), also known as Lyme borreliosis, was first identified in Lyme, Connecticut, when a cluster of individuals developed acute arthritis and other related symptoms. Willy Burgdorfer identified *Borrelia burgdorferi* as the bacteria responsible for the disease. This spirochete has existed for thousands of years, but there are speculations that it may have been manipulated in biowarfare labs to become more aggressive in the latter half of the 20th century. For more information on the weaponization of Lyme disease, check out the book *Bitten* by Kris Newby.

The symptoms of Lyme disease progress through initial acute stages (early disseminated stage) to chronic ongoing stages (late disseminated stage). Many symptoms are cyclical, with patients experiencing good and bad periods. Interestingly, some patients report exacerbation of

symptoms around the full moon. Patients with Lyme disease often have various co-infections that worsen their condition. Common co-infections include Bartonella, Babesia, Ehrlichia, Epstein-Barr, parasites, protozoa, and other viruses.

## **Initial Symptoms**

Early symptoms are often mistaken for the "summer flu," including fever, joint pain, fatigue, and achiness. Other possible symptoms include blurry vision, chills, swollen lymph nodes, dizziness, tinnitus (ringing in the ears), Bell's palsy (facial muscle weakness), memory issues, and muscle pain. As the disease advances, fatigue, joint pain, stiff neck, and headaches typically worsen. Approximately 10% of patients may develop heart-related issues, such as irregular heartbeat, dizziness, or shortness of breath.

Many patients describe a profound fatigue, often referred to as "weight of the earth" fatigue, which feels unrelenting. Sleep does not alleviate this exhaustion, and even simple tasks can feel overwhelming.

## **Joint Pain and Rashes**

Joint pain in Lyme disease often migrates from one joint to another and can present as persistent arthritis without a clear cause. Some patients may develop a characteristic "bull's-eye" rash, known as erythema migrans, which can appear anywhere from two to thirty days after exposure. However, fewer than 10% of patients report this rash, and studies suggest that some may only develop it after a second exposure to the bacteria.

## **Neurological Effects**

Lyme disease can also lead to significant neurological symptoms, referred to as neuroborreliosis. These may include brain fog, short-term memory issues, depression, anxiety, irritability, and personality changes, making it difficult for patients to function in daily life. Severe cases can lead to conditions resembling schizophrenia, bipolar disorder, or psychosis.

## **The Great Imitator**

Often called the "Great Imitator," Lyme disease can mimic various other diseases and disorders. It primarily affects soft tissues, including the joints, heart, nervous system, and brain. Patients frequently exhibit hormone deficiencies, toxic metal elevation, and deficiencies in essential nutrients. Lyme disease can contribute conditions such as Multiple Sclerosis (MS), Amyotrophic Lateral Sclerosis (ALS), Alzheimer's disease, lupus, chronic fatigue syndrome, and fibromyalgia. Research indicates that a significant portion of MS cases may actually be advanced Lyme disease.

Many patients with Lyme disease are misdiagnosed with psychological disorders such as autism, ADHD, depression, and anxiety. This mislabeling can lead to a lack of further evaluation for Lyme disease, particularly if initial tests are negative.

## **Diagnostic Challenges**

Current diagnostic tests for Lyme disease can produce unreliable results, leading to further complications. Patients often do not present as visibly ill, and many tests may yield normal results despite significant symptoms. Red flags for Lyme disease include unexplained symptoms persisting despite multiple doctor visits and a general feeling of strangeness regarding their health. Consequently, some patients are dismissed as hypochondriacs when no clear answers are found.

## **How Does Lymestop Work?**

Dr. Tony Smith, the founder of Lymestop, has identified specific points on the body that can stimulate the immune system to recognize and eliminate infections, including Lyme disease (LD). These points are tender to the touch and show a positive response during neurological reflex testing, which is performed through muscle response testing (MRT) or bioresonance palpation. There are distinct points on the head related to brain function, as well as other points associated with various organs and systems in the body. While similar to acupuncture points, these are unique discoveries from Dr. Smith's research, developed through his own experience and treatment of numerous LD patients.

By stimulating the brain and these infection-related points, Dr. Smith found he could activate the brain's ability to identify infections and health stressors. This neurological connection allows the brain and immune system to recognize and eliminate infections more effectively.

Lymestop utilizes special ceramic magnets to enhance the treatment. These magnets serve as energy boosters, providing the body with additional energy to stimulate the points on the body. They are applied to both the brain and specific points on the body, facilitating a natural treatment process that involves no invasive methods or machines. Diagnosis is achieved without blood tests, relying instead on the aforementioned diagnostic points.

The Lymestop treatment consists of multiple sessions, which can be conducted over two days or spread over two weeks. After treatment, some patients may experience a temporary worsening of symptoms for up to six weeks as their bodies work to eliminate the infections. This is known as a "herx" or Jarisch-Herxheimer reaction, which occurs when endotoxins are released following the die-off of harmful organisms. Most patients report significant improvement within three to four months, although full recovery can take one to three years, with children typically responding faster than adults. Recovery duration often depends on the severity of the disease prior to starting treatment.

Lymestop boasts an impressive success rate of about 80-85%, particularly notable for a chronic condition like LD. Those who do not fully recover may have unrelated issues such as cancer, heavy metal toxicity, genetic disorders, mold toxicity, or dental problems. Some may also experience symptoms from other diseases while concurrently having LD. The effectiveness of Lymestop treatment does not seem to correlate with the duration of the patient's illness; however, a shorter illness duration may reduce the risk of permanent damage.

As someone who was well-versed in both traditional and alternative treatments, I initially found Dr. Smith's unique approach unfamiliar. The originality of his method made it challenging to understand at first. However, I can confidently say that this seemingly simple treatment is both powerful and effective. Many Lymestop patients, like myself, have exhausted other options and are willing to try Lymestop in hopes of regaining their health.

For more information, visit: [www.lymestop.com](http://www.lymestop.com).

## **Post-Treatment Recovery**

Even after infections are cleared, recovering from Lyme disease (LD) is a continuous journey. Most patients require at least a year to fully regain their health as their bodies heal from the damage caused by the illness. This doesn't mean it will take a year or longer to start feeling better, but complete healing can take time.

During the first six weeks post-treatment, patients often experience significant fluctuations in their condition. These ups and downs should gradually become less intense and more spaced out as healing progresses. If you feel well and push yourself too hard, you may experience a setback until your adrenal glands recover.

By three months after treatment, patients should generally see improvements, even if everything isn't perfect yet. A common guideline for chronic illnesses is that for every year someone has been ill, it may take about three months to heal, capping at around three years. An analogy is dealing with termite damage in a home: first, you eliminate the termites, then you repair the damage. Treatments focus on enabling your immune system to eliminate infections and allergies, allowing your body to heal, but this process requires patience.

Recovery can be categorized into several areas:

## **Supplementation and Detoxification**

Supplementation plays a crucial role in replenishing a depleted body. Lyme disease and other infections can significantly reduce levels of essential vitamins and nutrients. Common deficiencies include B vitamins, magnesium, zinc, iron, CoQ10, omega-3 fatty acids, and vitamin D3. Many symptoms associated with Lyme disease can stem from these nutritional gaps and overwhelmed detoxification systems.

This is why recovery can take time even after infections are cleared; the body needs to detoxify and restore depleted nutrients. Typically, this process takes about three months following treatment.

## **Dental Health**

Each tooth in the body is intricately linked to different parts of the body through a network of tubules. One challenge we may face with patients is that if they have a problematic or unhealthy

tooth before treatment, their immune system might struggle to clear an infection effectively. A sick or toxic tooth can significantly impact overall health. The two main dental issues to be aware of are amalgam (silver) fillings and root canals.

Amalgam fillings contain about 50% mercury, which should be avoided due to health risks. The amount of mercury in the body often correlates with the number of silver fillings. Many countries have banned these fillings, and it's advisable to choose safer alternatives for children. If you already have amalgam fillings, special procedures are necessary for their safe removal, and both the dentist and patient need to take specific precautions.

Root canals can also create an environment for harmful anaerobic bacteria, which can affect health. Most conventional dentists may not be trained to safely remove amalgams or root canals. It's best to consult a biological dentist, who practices a holistic approach. These dentists consider not only the impact of dental materials on teeth but also their effects on overall health.

To find a biological dentist, you can search online for "biological dentist" or ask local natural health care providers for recommendations. Be cautious of any dentist who still uses amalgams or performs root canals, as you may want to seek alternatives for safe removal.

## **Diet**

Inflammation and toxin accumulation are significant concerns for patients with Lyme disease (LD). For this reason, maintaining a proper diet is essential for recovery. It's crucial to avoid all processed foods and any items that may promote inflammation. Key offenders include processed vegetable oils such as sunflower, canola, safflower, and corn oil, as well as grains like whole wheat and white flour. Inflammatory foods to steer clear of include wheat, dairy products, sugar, artificial sweeteners, and diet products.

A nutritious diet for recovering from LD should focus on whole foods, particularly vegetables, which aid detoxification and provide essential vitamins. Using a Vitamix or Nutribullet can help incorporate more vegetables into your meals. Opt for organic, grass-fed meats, and include healthy fats like coconut oil, fish oil, olive oil, avocados, and raw organic nuts and seeds. It's also important to stay hydrated by drinking plenty of water—aim for at least half your body weight in ounces daily—to help detoxify without the chemicals and sugars found in other beverages.

Two essential books for patients are:

- **Fragoso, Sarah (2011). *Everyday Paleo*. Riverside, NJ: Victory Belt Publishing.**
- **McFadzean, Nicola ND (2010). *The Lyme Diet*. South Lake Tahoe, CA: BioMed Publishing Group.**

## **Exercise**

Exercise is a vital component of detoxification and recovery. Many patients with Lyme disease (LD) may struggle to walk, so it's important to start exercising very gradually. Your body will signal if you're pushing yourself too hard. Initially, patients may find it difficult to tolerate much activity due to the strain LD places on the adrenal glands—small glands atop the kidneys that help us manage stress. Chronic infections can lead to adrenal exhaustion, causing individuals to feel great during intense workouts, only to crash for days or even weeks afterward. Understanding your limits is crucial, and you'll likely notice improvements over time.

In the early stages of recovery, a good routine could involve a simple walk, complemented by stretches before and after. As you begin to improve, you can incorporate resistance training and gradually return to your usual exercise routine. If you weren't active before becoming ill, starting with walking and stretching is still beneficial. Later, consider visiting a local gym to find a coach who can guide you in resistance training.

For children, returning to regular activities like walking and playing is usually sufficient. Combining walking and stretching creates a safe and effective exercise routine. Remember, recovery isn't one-size-fits-all; it's essential to listen to your body's signals. Although it may be challenging to start exercising after a period of inactivity, it's crucial for clearing toxins through sweat, lymph movement, and breathing. Begin slowly as your adrenal glands adjust to the added demands, allowing time for recovery.

## **Electromagnetic Radiation and Sleep Needs**

Sleep is essential for healing, providing the necessary rest for recovery. Simply put, you cannot heal without adequate sleep. Unfortunately, many modern mattresses contain chemicals and flame retardants, and memory foam can weaken the immune system within a year. If you have a doctor's prescription, you can order a mattress free of toxic flame retardants. Ideally, choose a bed made from natural materials like wool, cotton, or natural latex. Since we spend about a third of our lives sleeping, it's vital to sleep on a safe mattress—avoid those made with flame retardants or petroleum-based foams.

There are several reputable online retailers that offer non-toxic mattresses, so look for those with an exchange or return policy.

To ensure a good night's sleep, create an environment that minimizes exposure to electronics. Avoid having TVs and cell phones in your bedroom, and place your alarm clock on the far side of the room to reduce exposure to electromagnetic frequencies (EMFs). It's also important to keep circuit breaker boxes away from sleeping areas, as they can emit high levels of EMFs. Research indicates that Lyme disease bacteria are 200 times more active in the presence of EMF exposure, so many experts recommend reducing EMF exposure to aid recovery.

Here are some steps to mitigate EMF exposure:

1. Disable Wi-Fi and use Ethernet cables instead.
2. Limit Bluetooth usage and use cell phones sparingly, opting for speakerphone or text instead of holding the phone to your head.
3. Switch your cell phone to airplane mode at night, and you can still use it as an alarm clock.
4. If you have a Wi-Fi router, consider using a Christmas light timer to turn it off at night.

Excessive EMF exposure can impair our immune system and compromise the blood-brain barrier, which protects our brains from microbes. It's essential to listen to your body when it comes to sleep. If you find you need more rest than before, don't label yourself as lazy or unproductive. Your body knows what it needs, so trust those signals. Adjusting your work schedule to allow for additional rest, especially in the early months of recovery, can be beneficial.

## **Preventing Further Lyme Disease**

Preventing Lyme disease can be challenging due to its various transmission vectors. It's important to note that Lyme disease (LD) can potentially be transmitted sexually, from mother to fetus, through blood transfusions, and by mosquitoes and other biting insects. Families living in wooded areas often see multiple cases, as Lyme disease tends to run in families that have more exposure to insects. For insect repellents, I recommend Murphy's Naturals and permethrin.

While we shouldn't live in fear, it's important to minimize our exposure to biting insects, especially with Lyme disease being so common. Avoid areas and activities that increase your risk of tick and insect bites or use precautions.

## **Conclusion**

Dealing with Lyme disease or any chronic illness can be challenging. Remember, the body is designed to heal itself, and once the root cause of a problem is addressed, healing can begin. If you have any questions, don't hesitate to reach out to our office via email or phone.



## Patient Testimonials

"Before starting LymeStop my general health was very poor. I had gained about 15 pounds in a year as I was eating to try and keep up my energy. With zero energy I found myself napping often and with each physical task I had, my right hand shook often. I hadn't heard about LymeStop before and I wasn't aware that I had Lyme at the time. I heard about a lady that also had no energy and seeing Dr. Ben had changed her life. As a result of a gluten free diet, I am now losing weight. I now have more energy and take only one power nap a day after treatment. People have also asked me if I got new glasses as my eyes were brighter. I would definitely recommend LymeStop to others. People are skeptical, but I wanted to be treated for what the regular medical community couldn't diagnose or help me with. Being treated by Dr. Ben changed my life. The office staff is great. It was a Godsend."--Leslie H.

"Dr. Ben, I will say that I am currently beginning to be amazed. My joint pain is gone. Completely. I had not realized how much pain I have been living with for 18 years; it is amazing what you can get used to! My brain fog is gone. My headaches have almost completely subsided. My energy and stamina are up. My constant bloating is gone. The emotional roller coaster I have been on for 18 years has calmed down. I'm still maintaining my diet; I don't know if I will deviate from that for a while if ever. When I first came to you, I would describe myself as open but not real hopeful. I had tried what seemed like zillions of "treatments" over the years, many of them recommended to me by enthusiastic friends. Nothing. At this point, I just wanted to try it so I could say I did, but I was not really expecting much of anything to happen. But in the last month or two, I have finally really noticed dramatic improvement. Even so, I'm so overly careful about such things that I'm still going to give it a year before I become officially excited. Just my personality. I have told exactly 5 people about my experience; it just came up casually in conversation. Now there are 6 people who say that they will be contacting you soon. I believe one already has an appointment. I must admit that feeling the way I do after so long has been strangely disorienting. It sounds odd, but it will take some adjusting; I'm just going to take it slowly for now. But, I wanted to thank you and let you know how things are going for me. I shall keep you both in prayer!...Barry Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day that says, "I will try again tomorrow."--Barry P.

"I am a very fit, active, healthy 38 year old that in one week became very ill. The week I became ill, throughout the week I was gradually having more pain in my back, extreme fatigue, and became increasingly confused. I am a high school teacher and the school year was nearly over, so fatigue is very common, however the other symptoms seemed strange. I knew I was in trouble and scheduled an appointment at the urgent care clinic. On the way there I nearly passed out. The doctor dismissed my case as hypertension and sent me home even though I could hardly walk at this point. In the middle of the night I woke up shaking uncontrollably because of a high fever near 104. My wife drove me to the emergency room where I was given two bags of IV fluid as well as antibiotics. The doctor gave me several blood tests and treated me for anaplasmosis. This diagnosis is only based on symptoms because all of my bloodwork came back saying I had nothing wrong with me. However, even the doctor in the emergency room said that many people do not show any "markers" in their blood. I was treated with antibiotics from my doctor for 20 days. The inability of mainstream medicine to diagnose and

treat lymes and other tick infections drove me to find as many answers as possible. Reading Dr. Ben's own testimonial about his struggle with lymes gave me the confidence that I could trust him with my care. I scheduled an appointment with Dr. Ben to see if the LymeStop technique would work for me. Before the treatment I was only able to function at about 60%, since going to Dr. Ben I am at least 90% recovered and have a lot more energy. Other people I have talked to with the same diagnosis have not improved this much in one year, where I have greatly improved in less than two months with one LymeStop treatment. Dr. Ben tested me again and I am free of any lyme strains. I attribute this quick recovery to eating well, probiotics, and the treatment. I have told anyone who I know is struggling with lyme about LymeStop and encourage them to come see Dr. Ben. Thank you for helping me recover so quickly."--Al C.

"Before I started LymeStop, I was miserable. I had little to no energy. Most foods would make my stomach upset. I couldn't focus on anything and I even had to stop driving. All in all, I felt like my health was decreasing daily. I was a little skeptical at first since I had never heard of a treatment like this, but I had gone to so many other doctors prior and nothing had helped. My health has improved so much from LymesStop. I don't have to take naps everyday, and my brain-fog has cleared. I no longer have stomach aches, and my overall quality of life is better than it's been in years. Yes, yes, yes I would definitely recommend LymeStop to others as I have spent so much time and money over the years trying to improve my health, and LymeStop is the one and only thing that has worked for me."--Allison G.

"Before Lymestop, I had come in with dry itchy skin. Nothing I tried would clear it up. I would wake up 3-4 times a night because of how itchy I was. I would have tried Lymestop sooner, but I had no idea that my problems stemmed from Lymes disease at the time. As a result my skin no longer bothers me and I have formed healthier habits, especially with the way I eat. I would recommend Lymestop to others as it is a natural way to help your body heal itself."--Daniel O.

"Prior to LymeStop, I felt like I was dying and wished I could. I was depressed with brain fog, making daily household tasks difficult. In my children I found some pleasure, but mostly work. I had no energy, severe joint weakness, and muscle aches. I hadn't heard of LymeStop prior to my treatment. It created a complete physical change. I enjoy my family now, I feel like life is worth living and I don't let everyday stressors get me down. I can actually walk without the fear of falling. I would definitely recommend LymeStop because it has changed my life so much. I just want to thank Dr. Ben for what he did for me."--Shelley J.

"Before Lymestop my health was debilitating with overwhelming fatigue, joint pain, anxiety and other debilitating symptoms. I reached a point of hopelessness, feeling like a spectator in life, watching everyone else live while I merely existed. I was already being treated with other herbs, but they didn't seem to be working as well as previously. I continued them for about 9 months after being told about LymeStop when I finally realized that I needed to change my treatment and was able to get in to be seen fairly soon. After treatment I have the ability to move and do more things I enjoy. The ability to think more clearly and comprehend my creative abilities like quilting, writing, and gardening have returned! I believe in the technique. The concept makes sense and I have major improvements in my health! The most improved area in my body is the ability to move and do things with increased stamina. I thank God for Dr. Erlandson and this

technique. I believe I have been helped so I can tell others about Dr. Erlandson, and hopefully they will receive help before they have to suffer as much as I did and go through all the pain and suffering I went through."--Pamela L.

"My health was extremely poor. I struggled with headaches, stomach aches, chronic fatigue, acne, bloating, brain fog, and digestive issues. Many of these symptoms were correlated to food sensitivities. My sensitivities were only getting worse until I began seeing Dr. Erlandson! He had discovered Lyme disease was likely causing my issues with food. I did not know LymeStop existed prior to seeing Dr. Erlandson. I also did not know Lyme disease could cause problems after antibiotics, especially food sensitivities. I am no longer experiencing fatigue or brain fog from any foods. Almost every food gave me those symptoms when I began the LymeStop treatment a year ago. I've recommended it to dozens of people with Lyme disease because it has changed my life and made me feel like myself again! This has impacted my life so greatly that I am now intending to pursue a career in natural health care."--Derick P.

"Before my son and I started LymeStop, I was run down in constant brain fog and achy. My son was having some behavior issues, weakness and sleeping more often. I couldn't even function most days as a stay at home mom of 2. My son used to be able to make it across the monkey bars but hardly could anymore. I initially hadn't heard of LymeStop right away and the drive and cost were concerning factors. I didn't realize how terrible I felt until I realized what it felt like to be "normal" again. My son can also go across the monkey bars over and over again. I absolutely would recommend LymeStop to others. I have energy that keeps me going all day. I can do things I haven't been able to; like working out, working in the garden, having clarity and energy again. My body feels healthy. Had I known about LymeStop, I would have made this our first choice rather than trying other things that weren't effective like detoxes and mainstream medicine."--Karla F.

"Prior to my LymeStop Treatment in March of 2016, I was diagnosed with a low ejection fracture rate. I was 30 lbs heavier, tired, sore and overall not feeling well. I was not aware of the program until my wife had brought it to my attention. I stopped drinking right away and started eating organic foods. I increased my exercise and included a trainer. I would very much recommend LymeStop to everyone. In one year my heart strength has doubled and I feel great."--Mark T.

"Prior to my LymeStop treatment in May of 2016 I unexpectedly passed out one day. As a result of that, I had numerous ER visits. I had numbing and tingling and was so tired all the time. I had lots of different tests, x-rays, CT scans, and an MRI. Everything came back normal, yet I continued to not feel very well. A friend told me about a doctor in PA that treated lymes and I started going to him, driving 10 hours one way every 2 months. I was diagnosed with lymes and started antibiotics. After 4 months of side effects and not feeling better, I started asking around for other options. I had never heard of LymeStop before. After talking to some friends, I was ready to give it a try. I had my 6 treatments, (2 a day) and went home with vitamins and a special diet for 3 months. Within a week I was noticing a change already. After having headaches almost constantly for several months and always feeling tired and having aching legs all the time I was feeling much better. My outlook on life has been much better. I feel like getting out and working in my flower garden again. Last summer I had no energy for that and

this summer, I'm out there almost every day. I would most definitely recommend LymeStop to others. The natural way of treatment is so much better than taking antibiotics. I also have the energy again to take care of my family of 6 children. I am very grateful and thankful to Dr. Ben for his part in making a difference in my health. Without lots of prayer and God helping me and then what Dr. Ben did, I don't know what I'd be like. May God bless him for his work."--Mary U.

"Before LymeStop I was always tired and didn't feel good. I'd get pale and almost faint a lot. Several times my lips turned bright blue so I've doctored but couldn't find anything wrong. My heart felt like it skipped around sometimes and at night I wouldn't sleep properly. I didn't realize it could be lymes until my regular chiropractor suggested that it probably was. Since treatment, I am not as tired and my head has cleared up. I don't feel yuck, pale or like I am going to faint anymore. I would recommend it to others because I feel so much better! I am so happy how fast I responded! Within the first three months, I was almost completely better."--Shandra L.

"My health before LymeStop was very poor. I pretty much had every single one of the symptoms. The worst one was memory loss. That scared me as I felt like a rapidly dying old guy in a 21 year old body. It was really discouraging and stressful. I hadn't heard of Lymestop prior to my treatment. I had close to an absolute transformation. I had forgotten completely what it was like to wake up ready to go in the morning. After getting treated, I felt as if I had wings. I would recommend LymeStop to others. It completely changed my life in a physical sense, even though it was affecting my spiritual walk with God. It was an amazing switch from what I was to what I am. I have learned a different respect for life. I have new perspectives and pity for those who struggle with this."--Mike M.

"Before coming to Dr. Erlandson I struggled everyday with fatigue, headaches, lack of focus, and food sensitivities. Everyday it was a struggle to stay awake in classes and it wasn't uncommon for me to be sleeping while in class. I never knew about this technique until one day my mom's friends told us about Dr. Ben and what he had done for her. After the treatments now I don't fall asleep during class or have problems with my food sensitivity, headaches, or lack of focus. Overall I feel a lot better! I liked how he gets to the root of the problem and doesn't just put me on medicine for something. I highly recommend coming to Dr. Ben to anyone having health problems."--Trece F.

"I was tired all the time. Even after 8 or 9 hours of sleep, it was still hard for me to get up in the morning. I felt I had to drag my feet to work. I had no energy for exercise and try to avoid social events. Every time I would ride in the car with my husband, half of the trip I would be sleeping. I didn't realize I had health issues, but just being stressed out by owning a business. I also thought my age just reduced my energy and motivation for exercise. It has totally amazed me how much energy I have now. I can go out and do things with my husband and be more efficient at work. My vision has also improved a lot. The best part, I didn't take any medication for this, which always has some nasty side effects on our bodies. I'm very thankful to have met Dr. Ben and for his abilities to help people." --Lucy L.

"I have had years of problems with my breathing. I had my first appointment with Dr. Ben about a year ago and symptoms changed right away and have kept getting better. I have had two

check ups since then in a year. Before trying Dr. Erlandson I went to my medical doctor and was prescribed two inhalers that I had to use everyday for many years. Now I don't have to use the inhalers anymore and my breathing is back to like it was when I was young. It has been great now to have my problems anymore and not have to use my inhalers. I thought this was a progressive disease and now I am back to normal!"--Bruce S.

"I was tired and would wake up at night. I had symptoms of a diabetic and needed to modify my diet. My blood sugar was high and I urinated more than usual. My daughter was a success story with Dr. Erlandson, so I decided to give it a try. Since seeing Dr. Erlandson my energy is better, and I get a great night's sleep. I have been working out more and I don't feel tired. I can add food back into my diet with no diabetic symptoms. I feel great! I recommend CBT because it is painless with no side effects and it corrects the problems naturally. Dr. Ben and Kari are professional and great to work with!"--Wayne S.

"I thought you might appreciate how my perspective has changed since last year. When I came to you before it was a last resort because conventional medicine had failed. God reminded me that He is the ultimate healer and can use any means He chooses, but I still had misgivings. I've come a long way. When I was told I had appendicitis, conventional treatment was my last resort, frustrating the doctors. I immediately wanted alternatives to surgery, and you were on my list of possibilities. When I got another infection as a result of the antibiotics, I wanted nothing more to do with them.. but I had no idea what I would risk by delaying treatment. It was a great relief to come see you right away. There's more than one way to evaluate any situation. I assumed I ought to have another stool test to be sure the C. diff was gone by any standard. But as I drove home, reflecting on that roller-coaster day, I realized I would have been better off if I could have gone directly to you when I had the pain and diarrhea, instead of starting with a conventional doctor. I decided the lab test may not be worth bothering with. I'm so thankful doctors like you are offering treatments that work, even if the double-blind placebo-controlled studies haven't proven it. As this and other alternative treatments become more popular and available, I hope that someday they'll be practical options even in urgent situations." "My health was very bad, I couldn't eat, sleep or breath very good at all. I had pain in my liver area and vomiting from mold exposure. I felt very nauseated all the time and very fatigued. I was referred to Dr. Erlandson by my chiropractor. I have had great results and have no more pain in my liver and I can breathe better. I would recommend Dr. Erlandson because it worked for me. Everyone with disbelief should read up on this technique. It was great."--Nancy C.

"Before seeing Dr. Erlandson I had been to traditional medical doctors, including several specialists, naturopathic doctors, spiritual healing, and numerous energy based healing practices. While it took me many years to find Dr. Erlandson I'm beyond grateful that I did. I suffered from chronic debilitating fatigue, joint/neck pain, weakness, headaches, brain fog, anxiety, and respiratory issues. Most days I was just getting by but not functioning at a comfortable or productive level. My days always required a nap and while I was getting 10+ hours of sleep it never felt like enough. My headaches and anxiety impacted me much more than I realized. It was only until after seeing Dr. Erlandson did I realize the full extent of how unwell I was. It took me a few years on my journey to wellness to find out about Lymestop, luckily someone I met through previous treatments told me about their success with it. Seeing

their energy level and overall well being increase dramatically I knew I had to look into it. My quality of life has not only drastically improved but years of just barely getting by I was able to thrive. At first changes were subtle, going through the initial 3 month treatment, but steadily I continued to improve and notice changes that impacted my everyday life. Within a few months after treatments I was able to exercise longer, sleep better (and feel rested), had less joint pain, and my headaches are non-existent. Without a doubt I would recommend Lymestop actually, numerous family members have been to see Dr. Erlandson since they've seen how impactful the treatment has been for me. I was told by multiple practitioners that Lyme was something I would have to figure out how to live with and maintain. It wasn't until meeting Dr. Erlandson that I felt hopeful and saw results soon after treatments started. Not only is Lymestop effective, it also provides a natural way to healing. You'll be more in-tune to how food, sleep, natural remedies, and energy can ultimately heal your body. Lymestop brought me back to life but also made me see how and what I was exposing my body to. I will forever be grateful for Dr. Erlandson, the beliefs and expertise his practice has brought to change countless lives. Dr. Erlandson and staff, especially Kari, not only provided comfort and support during my visits to their office, but as a patient you can tell they truly want to help as many people as they can. Their kind and compassionate presence make the road to recovery that much more encouraging and hopeful." --Molly J.

"I first saw Dr. Erlandson in May of 2017. The symptoms I dealt with that brought me to his office were brain fog and short-term memory issues. Although I am very open to alternative methods of medical diagnosis and treatment, I left his office with a diagnosis of neurological Lyme, I struggled with whether or not I could trust it given method of muscle testing he used that was totally unfamiliar to me and seemed too simple. A few weeks later, I had the Western Blot blood test done to test for Lyme, and it confirmed Dr. Erlandson's diagnosis. I could have saved a few hundred dollars by trusting his earlier diagnosis. He treated me for Lyme, and its co-infections I carried, in October of 2017. The treatment itself was a breeze. There was no pain whatsoever. All I had to do was lay on a table, and sometimes stand, in his office while he "worked his magic." After the last treatment, I left with a three month plus supply of supplements to help my body put up its best fight, and guidelines to follow the ketogenic diet he recommended for me for the next three months. In the days and weeks after the treatment, while I stayed on the diet and took the supplements, slowly, but surely, my mental function returned to normal. I even benefited in ways I didn't expect, such as tendinitis in my elbow went away. I think this may have been due to the diet I'm not sure. At my three month check up, Dr. Erlandson confirmed that my Lyme was gone. This was awesome news! I would definitely recommend LymeStop for anyone who suffers from Lyme disease, acute or chronic. As I would be loath to pump massive amounts of antibiotics into my body as Western medicine would advise, I feel so blessed to have had this effective and superior alternative available to me. That is my testimony, Dr. Erlandson and Kari. You have my permission to use it with whomever and however you wish. If you need my actual signature, let me know, and I'll print this, sign it, and mail it to you. Thank you for taking good care of me!"--Lori B.

"My whole life I have always felt "off". I never had the stamina of other kids or felt well. I was constantly sick and had a general feeling of dis-ease. This lasted my whole childhood and into adulthood. I spent years in doctors offices but no doctor could figure out what was wrong with

me or give me the answers I so desperately longed for. When I became a parent my health became my number one priority. I had to be well in order to care for myself and my children and be the parent I wanted to be. I actively pursued a wellness lifestyle. I found a chiropractor, ate well, worked out, etc. but still felt unwell. I had started hearing about Dr. Ben during these years and although I was interested I felt like I needed to try doing everything I could locally with my local chiropractor who specialized in nutritionals. A few years went by and although I had some gains with my health I was still struggling. The year before I started the LymeStop protocol my health had hit the lowest point of my life: I had dropped 20lbs. I could barely make it through a day without a nap, I had no energy, I couldn't play with my kids, I was constantly in pain and fatigued, I felt like I wasn't absorbing my food no matter how well or how much I ate. I felt like I was dying. After years of nutritional after nutritional products that never seemed to give me the results I had been looking for, I was fed up. In a one-month period I found myself surrounded by people who had gone through Dr. Ben's LymeStop protocol. At least half a dozen friends all told me their testimonies within that time and I finally decided to make the two-hour trip and try it. The day that I met Dr. Ben was the day my life changed. He explained that I had Lyme's disease and probably have had it since childhood. This was the answer I had been searching for my whole life. The reason I wasn't like anyone else. The thing that had kept me from living. And now I had the treatment to be rid of it forever! I started my treatment and my life has not been the same since. Since my treatment, I have never felt better! I have energy! I am able to play with my kids. I am able to chase my dreams. I am able to do the things I love to do. I am able to live my life again! I have gained weight and finally feel normal. I am absorbing food and feeling full and nourished. It's hard to put into words exactly how much my life has changed. All I know is that I'm LIVING again! I would highly recommend this treatment to anyone who is going through life feeling like nothing is working. There is hope in this treatment. We are currently in the saving process to be able to put my husband and our son through treatment. It was devastating to hear that our son has the same illness and it is heart-breaking to know he is going through the same things I did. Yet, I am thankful that this treatment is available and that, in time, he will get to live a better life than me. It can be scary to make the investment into this protocol but from my experience it is worth every penny and we are impatiently waiting to be able to give our son the gift of wellness he deserves. I'm so thankful for Dr. Ben and what he has done for my life and my family. Pursuing the LymeStop treatment was the best decision we've ever made."--Kait B.

"July 3rd, 2015 was the day that I woke up with intense and excruciating joint pain for the first time. It was also the day that changed my life forever. That day I started with joint pain that would radiate through my shoulder blades, my elbows, my hips, my knees, and my ankles. During the rest of the summer of 2015 this joint pain would show up for about 3-4 days and then it would go away for a week and then come back again. Since the pain would be on and off I just thought to myself that it wasn't anything too serious. Then when fall rolled around, I went back to college and started my Junior year and 2nd semester in Nursing School. This is when the joint pain started to become a constant and everyday annoyance, but to my surprise became the least of my problems because this is also when all of my other symptoms of Lyme's Disease arrived. Alongside the constant joint pain, every single joint in my body now tingled and it felt like bugs were crawling inside of them. Other symptoms included constant fatigue, inability to

sleep, waking up drenched in sweat every morning at 3 A.M. like clockwork, episodes of dizziness and fainting, extreme headaches, Gastroenterology issues, and hot and cold flashes. After these symptoms started, I finally decided to go to my doctor, which didn't get me very far since they told me that all of these symptoms were "just in my head" because all of my blood work came back normal. Being a nursing student and having trust in doctors and healthcare, I believed the doctor and just went back to dealing with all of these symptoms, but again to my surprise I just kept getting worse and worse. I was not only dealing with "old" symptoms, but now new symptoms started to pop up. These included extreme anxiety, depression, horrible brain fog, shortness of breath or "air hunger," and short term memory loss. At this point I knew I needed to find help, and Dr. Erlandson and LymeStop was the answer. January 2017 was when I started my LymeStop treatments, and the only thing that kept me from going to LymeStop and Dr. Erlandson sooner was just not really knowing that this kind of treatment even existed. My overall health and quality of life after LymeStop is a complete 180 compared to my health and life before the treatment. For the first 3-4 weeks after the treatments, my symptoms did get a little worse, however by week 5-6 I started to become a completely different person. I now have energy to do everyday tasks such as getting out of bed in the morning, doing my laundry, etc. which were tasks that completely drained me before the treatments. I can also think clearly again and have just become my old bubbly, positive, and happy self, which was covered up for 2 years! Lastly and most importantly, I was able to get my first nursing job and practice nursing in the hospital, which I know I wouldn't have been able to physically, mentally and emotionally do without the help of LymeStop. I will forever be grateful for Dr. Erlandson and LymeStop, and would recommend and have recommended LymeStop to anyone who has experienced any of these symptoms. Not only did LymeStop work, but it is also all natural. I was on antibiotics for a year before LymeStop and they didn't help me at all, they just made more symptoms for me instead, so for LymeStop to be all natural is another reason I chose to go with this treatment option. Overall, LymeStop made me love and enjoy life again, and I am so lucky to have come across Dr. Erlandson and LymeStop." --Breanna H.

"Over sometime I noticed a gradual decrease in energy and stamina. I have always been an active person working hard and often getting little sleep. Suddenly I found myself always tired even when I got 8-10 hours of sleep per night and a nap in the day. My symptoms worsened with brain fog and fatigue making it nearly impossible to keep up with my work at times. This is when I heard about Lymestop and decided to give it a try. First thing I noticed after treatment was that I felt mentally clear. The fatigue began to lessen and by 6 months post treatment I felt better than I have for years. I often come home now after a long day of work and comment that I hardly even feel tired. The difference is unbelievable, thank you! I highly recommend Lymestop because of how it helped me. I hate to think of where I might be if I had not found out about this treatment." Ivan J.

"Before Lymestop I was fairly healthy but had issues I couldn't figure out. I had chronic headaches, migraines, and lots of digestive issues. I also had lots of constant pain in my neck and shoulders. I saw Dr. Ben and he used CBT technique on me before he was done with his Lyme training. Then he tested me for Lyme. Now I rarely get migraines and a lot fewer headaches. I don't have digestive issues anymore and the pain in my neck and shoulders is gone most of the time. I would recommend Lymestop to others and I do often! It is the only thing



that helped me figure out and get rid of my migraines and GI issues. I felt like a mystery case until I saw Dr. Ben. After trying every other method I could think of, Lymestop gave me the most relief."--Janae K.

"I was tired and I could not do my day to day chores. My muscles were tired, walking felt like I had been walking for miles. I had no patience for my kids and had no energy to feed or play with them. I didn't know I had Lyme. I no longer need to take naps. I'm back to a normal schedule. Sitting and playing with my kids, happier, and looking forward to daily challenges of farm life. I feel like Lymestop was safe and effective along with the diet."--Ann K.

"I was very tired, no energy, a lot of anxiety and nervousness, sometimes almost to the point of collapsing. My central nervous system is better, I have more energy and I am not so tired all the time. I would recommend Lymestop. I got treated and got results from other infections also. Thank you for all it did for me, God bless you."--John M.

"I had no energy, body aches, headaches and just felt like I couldn't get simple projects done in a day. I was sick all the time, going to different doctors for my skin rash, being put on different medications. Since Lymestop I have lots of energy. I feel rested when I wake and have no headaches. My foggy mind is gone. I would recommend Lymestop to others because I feel amazing. The diet changes and vitamins are something I needed. My skin rash is gone and I feel great!"--Stacy M.

"Everyday my health was getting worse. Months going on years of brain fog, I felt disconnected from the world. I had sinus problems, mold, grass, and pollen issues. I was tired all the time, headaches, fatigue, forgetfulness, blurred vision and lots of moodiness. Dr. Ben gave me life and my health back from all the health problems I mentioned above. I am about 90% better now and have had to heal my body and I will soon be back to 100% better. I would recommend Lymestop, Dr. Ben saved my life. I feel like I've been given a second chance in life. I feel the best I have been in years. Dr. Ben's technique is so effortless it's unreal. The whole staff was great to work with, they're kind and caring. Thank you."--Duane P.

"When you have an invisible illness it's hard to explain to someone who doesn't have a clue. It's a daily struggle being in pain or feeling sick on the inside, when you look fine on the outside.-Unknown Our story... It all began about a year after our beautiful wedding day. We lived nestled in our cozy house in the tall woods, life was good! The family dairy farm was just down the road and I would often walk over to go ride with my husband to help him with his work, then things started changing... It was November, only a bit over a year after we were married and he was involved in an intense remodel project, working very long days and all through the night trying to get it finished by the deadline. A month after the project got completed, his brother left for a mission for the next two years. So my husband and his dad had the farm to themselves. And that year was a drought year, so we were flat out trying to make ends meet... he would work 90+ hours a week (looking back he says he never felt the same after that project). Fast forward three years later, we both realized he was completely exhausted with life. After wanting to sleep, waking up with zero energy to face the work that needed to be done. Depression being forced to work while having no energy felt like extreme laziness! It was

depressing to the point of not wanting to live. Social life was a struggle, it was difficult to keep a conversation, and in general social functions just were not enjoyable. Simple things such as putting his socks on felt as difficult as climbing a 70ft silo. He struggled with brain fog down to the nitty gritty. From people's names, to not remembering a bible reference, to repeatedly not remembering if he had opened the gate for the cows and having to go back to check. What was frustrating was having a list of jobs that needed to be done and not being able to figure out how to get it all accomplished. Every few months his back pain would flare up a few times laying him flat out for a week at a time, leaving me with most of the chores. We'd visit a chiropractor and it was a temporary help. He also struggled with infections. Simple scraps from farm work would get severely infected and would require antibiotics to recover. Nearly everyday he had low grade headaches. Anger set in, he was angry at nothing and everything. We discussed an occupation change that wouldn't require so much physical labor but we couldn't ever get anywhere. He was emotionally unstable. One time he found himself lying on a concrete floor crying. All the symptoms got worse so gradually that we didn't have a reason other than to try and accept it as a new normal. Then we started hearing this (LYME) word. We heard the simple symptoms of fatigue etc and decided to make an appointment with our medical doctor at our local Mayo Clinic. This was August of 2015. She right away did blood tests including a Lyme screening. She sent us home with 3 weeks of antibiotics because she thought it was definitely Lyme disease. For two days of antibiotics he felt like a new person, more energy, no headaches and simply feeling great! Then all the ugly symptoms came back again but worse than before. In the mean time all the tests came back negative. We made another appointment with our doctor as to why he felt so good for a few days and then it went back. She said feeling good from the antibiotics could be results of the anti-inflammatory in the antibiotics and blamed his symptoms on stress and improper sleeping habits. So now what?? Somewhere in there we were able to purchase new work equipment along with his brother coming home from his mission, there now wasn't as much work pressure, he thought he would surely be feeling better but he didn't. That is when we realized that there was something majorly wrong. May 2016 I visited my mom here whose son has Lyme disease and she was talking about his symptoms. I came home and told my husband he still had Lyme disease. We started looking at other health care routes. He started an herbal antibiotic, two of his friends had help from that. Things start changing. He would have days where he was feeling good. A month later we switched to a more complete herbal antibiotic Lyme protocol from a doctor in Texas, Dr. Cowden. In the meantime we wasted our money on the Western Blot test which was supposedly so accurate, it also came back negative. The Chiropractor that did the testing suggested that the high bacteria in the results was due to dental problems... chronic fatigue, brain fog?? Befuddled. His days of feeling good were increasing but very slowly. For 3 months now his symptoms the majority of the time were twice as bad as before which is expected as the Lyme is being killed off. July 2017 it felt like he was at a plateau, he wasn't getting any better. Our sister in law mentioned a doctor in Onalaska, WI that really helped her. We had heard of him, but his technique sounded very unique and we were a little skeptical. But we felt desperate. So we booked appointments and through his testing he told Phillip he still had Lyme really bad. Philip had treatments in August 2017. July 2018 after 6 years of living with Lyme our lives are so different it feels like I needed to find out who I am and what my place in life was again. It has been one year since my husband had his Lymestop treatments. I can honestly say our lives have miraculously been turned right side up. I have to

admit I never imagined our lives would return to “normal”. I never imagined that I would someday ask my husband if he needed help with chores and have him answer me with a smile on his face and say “why don’t you stay inside tonight.” I knew he was mentally and physically strong enough to manage. That night it brought tears to my eyes. I watched him run down to the barn and watched him skip steps up the stairs. He leaves to go do chores with a smile and a cheerful goodbye. I watch him come in from chores with a smile on his face wondering how my day was. He doesn’t need coffee to stay awake in church anymore and he loves social functions again. And my biggest relief is that he has his mind back again. His depression and suicidal thoughts are totally gone. His spiritual confusion is gone, his fatigue is gone, and his energy is back. We have family devotions again, he reads stories to his little boy and the anger is gone! He doesn’t need me to remember everything for him anymore. He is able to take charge and handle situations on his own. Never a day goes by that I thank God for this huge miracle. Two days ago I heard Philip telling a friend “Starting with the first treatment, things started getting better. The biggest thing I noticed right away is my mental issues were not nearly as bad. As far as physically, I noticed a really big change right away. I had two days of feeling so much better than I ever thought possible to feel. It was just fun running around working and stuff. I could run across the yard and it felt like I was gliding. Nothing rattled or jarred like it used to. After treatment when the rubber hit the road I still struggled with fairly bad fatigue but even that is getting a lot better. I’ve had quite a few days that I feel 100% better. We understand it could be several years before a full recovery, but we’re very happy with how quick I have recovered so far.”--Philip J.

"I was motivated to seek Dr. Ben’s help when I began to read the testimonials written about his practice and the techniques used to combat Lyme and its associated infections. I had learned about his methods from a friend who had good success with those techniques while battling Lyme. His book, personal story and LymeStop papers described my symptoms almost exactly and they prepared me well for what I was to experience. I would also like to thank Dr. Joe Erlandson for his excellent advice and recommendations prior to my treatment schedule. Roughly said, Lyme disease is hell. Most people, me included, are misinformed about Lyme and have spent a lot of money searching for answers and solutions to their symptoms and condition. I am happy to say I have found both answers and effective treatment for my disease. The most far-reaching effect of my treatments, my ongoing recovery and follow up is a lifestyle change and a new understanding of health and well-being. I would be far less along in my recovery if permanent changes in my lifestyle hadn’t been made. I am not a health professional but would humbly make these recommendations for any current and future patients. Prepare well in advance of treatments: Seek and/or continue quality Chiropractic care Change your diet permanently to promote the best chance for healing and ongoing health Use whole food supplements to aid your nutritional needs Exercise daily, with professional guidance, as your condition permits (I like Yoga) Have a good support system of family and friends."--Frank R.

"In June of 2016 I found a tick on my neck. I didn’t suspect that it was there for any length of time because I had been in my garden. There are lots of deer in the woods behind our home. It was a Sunday so I went to urgent care. They didn’t do anything. The next day I called my family doctor and he gave me a prescription for antibiotics. I took them and assumed I would be fine. Three months later I began to have unusual symptoms. Prior to that I was in good health. I’m

now 66 years old. But I didn't have any ongoing illnesses. The symptoms started with my feet starting to hurt. Since I never had that I went to a Podiatrist wondering what it could be. He diagnosed me with some neurological disorder. That same day I had the first of many migrating pains. In my case pain would migrate into a joint, muscle or tendon. For 24 to 48 hours it was excruciatingly painful. In two more days, it was 100% gone. Only to migrate to another location 3 to 5 days later. This continued for two plus years. I became very fatigued. I went to the doctor's and asked for a Lyme test. The doctor told me I had taken antibiotics and was fine. I insisted on the test. They called me to say I tested positive for Lyme disease. As time passed more symptoms presented. I would eat certain foods and have sudden swellings in various places. Good healthy foods became a problem for me. Suddenly I had swellings that were red, hot and painful along with the migrating pain. I got a diagnosis of Rheumatoid Arthritis. I was afraid of what I ate because of the swelling. I started losing weight because I had trouble eating so many foods. It wasn't long until I was debilitated by the disease. I went to a Lyme Literate doctor who gave me three months of antibiotics. That only made me sicker. I kept losing weight. I decided to try an alternative. It included a vegan diet and major detox treatments. For a few months I improved slightly. But suddenly the improvement evaporated and I was much worse. I had a swollen gland under the right side of my throat. I went to the elders of my church and asked them to pray with me. I told them I had a doctor's appointment the next day. I asked them to pray that God would use the doctor to direct me. He suggested that I see a good dentist. The literature for the alternative treatment that I was doing suggested that you go to a good biological dentist. I found one. He had done some research into Lyme disease. He told me that I had 10 multi sided mercury fillings and I could never achieve remission with that much mercury in my mouth. He took great precautions removing the fillings. He even used oxygen so I didn't inhale any mercury. However, I still got worse. I had one tooth that had so many sides to the filling that it was painful. I went back and when I told him I was worse. He did a 3D s-ray. He found that I had a space where I never got a wisdom tooth that filled with infection and was in the bone under that tooth. It was just above the area where I had the swollen gland. He did surgery that day to take care of everything. He told me about LymeStop. I asked him if he had any first hand knowledge. He didn't. I was desperate because I had been so sick for almost two years. My weight was below 100 at this point. I needed to do something. I checked out LymeStop. I was skeptical because I'd never heard of anything like this. But I needed help. After calling and talking to Dr. Erlandson's wife Kari, I felt more at ease. I went on the waiting list and had appointments for June 3-6, 2018. I went for the treatments. Within a week or two I noticed small improvements and changes. By the time I got to 6 weeks I had no more migrating pain, no strange swellings, my energy was back. My hands and feet improved some but continued to be a problem. In September I returned for a final treatment. I was really delighted with my progress. I did have a slight relapse the week before the final treatment. But I was pleased when I saw the doctor to find I had no more evidence of Lyme. He found a virus and a lingering mycoplasma infection. Both were treated. It has just been 8 days since that last treatment. I am very pleased because that final treatment jump-started my recovery. I've noticed that the RA in my hands is dramatically improved and my feet are starting to improve too. Healing takes time. But I'm stronger and improving all the time. I would strongly recommend LymeStop to anyone who is suffering with Lyme disease. It has restored my life to me."--Cathy R.

"I had a weird ring in my ears 7 years ago, I didn't go to the doctor because it went away in a few days. A few months later I had whole body tingling with severe head and neck pain that wasn't going away with chiropractic adjustments or pain killers. I went and had a MRI and they showed lesions and I was diagnosed with MS and was put on \$150 shots at one a day. I was getting worse and not better. The whole time I was researching and thought I had Lyme. I heard about Lymestop from my chiropractor as soon as I could get the money and pay for it, I made the appointment. The relief of my neck and jaw pain was felt the same day, actually it was totally gone. I came in with 39 symptoms and at my 3 month appointment I believe it was only 4-6 mild ones. It has been life changing. I have recommended it to my children and son-in-law and also a friend's mother. So far two have done the treatment. My health was terrible. I felt terrible now looking back brain fog most of the time, body aches, muscle aches, constant jaw and neck pain. I felt drained, anxious, and always "draggy". I heard about Lymestop through another chiropractor/friend that had done it herself along with others she knew. The biggest thing that kept me from doing it was the cost. There was some doubt because I have tried other protocols and diets that didn't work. What changed immediately was that my neck and jaw pain was gone. Then the brain fog, memory/confusion left. Then more and more of the chronic pain in my whole body, joint, and muscles along with constipation went away. I would recommend Lymestop to others. Dr. Erlandson came across as confident and informative. My physical issues are gone. I know the minors left will still get better too. Even though there was a cost and supplements I think they were important in healing and helping with issues."--Kristine V.

"One year ago today, my husband had his first Lymestop treatment. I asked him this morning how much better does he feel today than he did a year ago and his answer was "tons!!!" Prior to these last 365 days, he had some really really rough times and no one at Mayo Clinic Rochester or LaCrosse through all of his episodes could help him. Some days it felt like they didn't even try....I seriously had lost all hope and wondered how much more I could handle as a spouse of someone who was just not nice to be around. There were many times throughout our marriage that I didn't even stop to think he acted the way he did because he was sick but that because it must be his true nature. One night during the summer of 2017, he had one of his rants or outbursts of which now I can't even tell you what it was about but it was always over something very trivial. I went into another room, shut the door, got on my knees and bawled. I looked up and started talking to my Mom who had passed away just months before, of cancer. I said "see Mom, now you know the kind of things I have been dealing with! If you can hear me or have any pull up there, PLEASE help if you can for the sake of your daughter and grandsons." I also asked God to help in any way possible. I had reached my limit of dealing with his behavior. Well, the very next morning, I received an email from Daryl after he had gotten to work that said he had stopped at Kwik Trip that morning and ran into Mark who is married to Daryl's first cousin. Through the course of conversation, they both discussed their health problems they had been experiencing and Mark handed him a business card for Dr. Ben Erlandson. Daryl asked me in the email if I thought he should give it a try. After taking a quick look at the website, I said definitely yes because it would be worth the money just to find out if he did or did not have Lyme disease! Daryl printed out and brought home that night Dr. Ben's story from his website. As I read through it, I once again was in tears. But they were tears of relief and hope! I could so relate to what was in that story as a spouse trying to deal with a husband who just didn't seem

to care one bit about anything. I want to say THANK YOU for being the answer to our prayers!!! After years of Daryl dealing with "something" followed by 6 years of doctoring at Mayo, I don't think either of us thought we would see a day that there would be light at the end of the tunnel. Dr. Ben and Lymestop seem to have been that light and exactly what Daryl needed to get back on the road to good health! Thank you to Dr. Ben and Staff from our family,"--Diane V.