

Feeling Like You're Dying?

Take a Deep Breath.

A Herxheimer (Herx) reaction can feel very scary.

It does not necessarily mean you're getting worse.

Common Herx symptoms can include:

- Increased fatigue
- Headaches
- Body aches
- Increased pain
- Flu-like symptoms
- Anxiety or Panic Attacks
- Worsening of existing symptoms



First Things First:

- Hydrate
- Make sure you're having bowel movements
- Consider taking a binder
- Reduce or pause treatment if needed
- Focus on calming your nervous system
- Rest

I know how frightening a Herx can feel. I promise you, I've been where you are many times.

I made it through every one of them, and you will too!

Below are some of the tools and strategies that helped me through a Herx and may help support you as well.

Tips to Help Support a Herx

Hydration & Flushing

- Drink plenty of water
- Herbal teas such as ginger, lemon balm, or chamomile • Lemon water
- Splash of apple cider vinegar can support gentle liver flushing

- Activated charcoal

(Important: Always separate binders by at least 1 hour from food, medications and supplements and make sure you're having bowel movements).

- Epsom salt or Magnesium flake baths (limit baths to 20 minutes to avoid reabsorption)
- Gentle water enema (distilled or boiled/filtered lukewarm water)
- Magnesium (citrate, glycinate, or malate) for muscle tension
- Glutathione
- Deep breathing
- Meditation
- Calm your nervous system
- Gentle movement (Walking • Stretching • Rebounding • Vibe plate)

Try this simple Alka-Seltzer Gold replacement recipe.

¼ cup lemon juice (fresh or bottled)

⅛ tsp Sodium bicarbonate

⅛ tsp Potassium bicarbonate

Mix in 6 oz of water

Lyme and Beyond with Tanya

lymeandbeyondwithtanya.com