

# LYME DISEASE

I wasn't even apprehensive about getting a blood test to see if I had. Lyme disease. I'd never heard of it. I had absolutely no idea of the journey ahead.

In 1992 we moved to Avalon to escape the stress of the city and the latest recession. We'd been married almost four years. I was just recovering from menopause and a bout of working for a really awful organisation and Matt was recovering from having to sell his yacht. We were looking forward to a beach lifestyle and lots of R&R. Huh.

I later became aware that I had been exposed to ticks since late '92. I remembered feeling itchy and very off colour. I had always thought ticks were dangerous but I had no idea that hundreds of them could invade your body and you needn't realize it until long after the attacks. I visited the Doctor because my right elbow started to ache and I couldn't lift anything. I felt really awful inside my skin and I could actually hear my bones cracking in my head. I didn't have a clue what was wrong and I didn't get diagnosed for months.

Over the next six or seven years some of my Lyme Disease symptoms included ...rashes at the site of the bites, disappearing and returning itchy spots, headaches, twitching eyes, stiff neck and shoulders, ringing in the ears, floating spots in my eyes, over sensitivity to light, flashing lights, upset stomach, joint pain, full body stiffness, muscle pain and cramps, deeply aching muscles, knots in all my muscles, shortness of breath, inability to climb stairs or do anything except walk on the flat, coughs, chest pain, night sweats, heart palpitations, weakness and partial paralysis at unexpected times, pressure in my head, numbness in my hands, tingling, pinpricks all over, poor balance, difficulty walking as my ankles kept giving way or my hips went out

of alignment, light headedness, mood swings, extreme irritability, deep depression, loneliness, disorientation, dizziness, over-emotional reactions, crying, feeling as though you're going crazy, having your family/friends think you're going crazy, worrying about worrying everyone, hysterics, mind racing, memory loss, confusion, difficulty thinking, inability to concentrate, forgetting how to perform simple tasks, not remembering how to do a lot of things I normally did automatically, loss of sexual delight, weight gain, extreme fatigue, fevers, bleeding gums, continual infections especially in my teeth. Candida. Rheumatoid Arthritis. Chronic Fatigue. Tiredness all day. Not being able to walk properly for a couple of years. Inability to plan, concentrate or finish anything.

Lyme Disease symptoms change - they come and go, pain migrates to different parts of your body. I felt as though I had been poisoned (ticks are actually arachnids; they have eight legs so really having Lyme is like being poisoned by a spider). My skin is still photosensitive from the antibiotics. I still have high cholesterol. I have very slow metabolism and I simply can't operate mentally or physically at my pre-Lyme level.

I lost my ability to work or think clearly for long periods - years actually. I would feel as though I'd lost my life. I would feel as though I'd lost any hope of a pain-free future. This would cause depression. I have fewer friends now. People just don't understand that while you might look OK you are radically ill and Just can't cope with socialising or even just plain talking a lot of the time. I am currently unable to work even part time. I do some studying but it has been difficult as I can't retain facts or do math at all even though I still do the company books which probably terrifies my partner!

Some of my treatments have included various kinds of antibiotic therapy (including pulsing different antibiotics, three weeks on, three weeks off but excluding intravenous shots). You realise pretty quickly that if antibiotics don't work immediately there is no real medical treatment

available. The disease develops as it spreads through your cells, poisoning your body and your mind. I read whatever I could about Lyme; there wasn't much available and nothing in the early literature warned me about psychological symptoms. These were completely unexpected.

Where do you turn when it seems like the medical profession has let you down? When your health authorities have let you down? And when there is no community support system? I turned to alternative therapies. I tried lots of them and it cost a fortune.



*Sunshine Coast, Advanced Seminar, August 1999*

Acupuncture, Ayur Vedic medicine, Chiropractic therapy, herbal medicine, Chinese medicine, homeopathy, all kinds of massage, lymphatic drainage, meditation, naturopathy, reiki, reflexology, shiatsu, body work, colour therapy, electromagnetic therapy, diet, vitamins... I have now worked out a regime which seems to keep me fairly stable. I gave up most of the pills and potions and concentrated on good food, organic wherever possible. I'm currently taking 4-6 Jus+ capsules a day. These are super concentrated organic freeze dried fruit and vegetables. I became a vegetarian but have since returned to eating meat when some test results demanded it. I don't drink recycled or boiled water, only pure spring water.

I have a full Bowen treatment once a month for all the aches and pains. This body work fixed my ankles and elbows and keeps my joints flexible. Before I found out about Bowen I literally could not walk properly, my ankles didn't work and I was very weak.

I meditate regularly to keep me sane. I give myself a little shiatsu chi and Bowen massage every morning which starts my body working for the day. I gave up alcohol for years but I now celebrate occasionally without too much damage. I do yoga or jump on my mini-trampoline and I try to walk on the beach as much as possible. I always feel much, much better in the summertime and I loathe being cold. Lyme is a cyclical condition and symptoms are usually worse in Spring.

I developed a system of reminder cards to lessen the decision-making confusion in my life. I still use them most days just to get my priorities right but when I crash I really need them even to help me remember that I have to eat or have a shower or take the washing out of the washing machine.

I think the electromagnetic treatment - strange and exotic as it seemed - was the most effective and the most powerful in eliminating large amounts of the bacterial infection from my system. I learned about this treatment in *The Cure for all Diseases* by Hulda Regehr dark. I have had just two mini crashes in 1999 lasting three days each. (My previous experience would be crash for three months, feel OK for three weeks crash again). I feel I am progressing

towards health and I'm pleased with these results. I have also invested in some pretty fancy dental work. I have had all my root canal filled teeth removed, old crowns/bridges removed and eliminated all amalgam fillings in an attempt to lessen the load on my immune system.

### **Books that helped me through**

A gift from the Sea Anne Morrow Lindburgh, *Ten Steps to Energy* Leslie Kenton, *Zen and the Art of Making a Living* Laurence Boldt, *The Cure for all Diseases* Hulda Regehr dark, *Women's Bodies Women's Wisdom* Dr Christiane, Northrup

### **People who help me through**

Matt Brindley My very long suffering husband, Caitlin Beale Donneliy My fabulous daughter, Marilyn Golden My unreal Doctor/therapist/herbalist/everythingist, Anne Champtaloup My first Bowen therapist

### **Things that help me through**

Meditation, Bowen, My mini-trampoline, My card system, Music, The Sun and the Sea.

The future? Who knows? I've lost most of the nineties and I'll be sixty years old at the beginning of the next millennium. In mid ninety nine I just feel stuck. I'm functioning OK - I manage the house, I help with a small undemanding business working from home and I'm back to doing a lot of the things I used to do. It's great that I don't have to go to bed for the most part of every day...but I don't feel fantastic inside my skin. My life still isn't agreeing with me. I don't have very much patience and meeting new people is hard because no-one knows what Lyme Disease is and how limited you can be at times. Even from friends I still get the odd comments like..."Why are you walking funny?" when my ankles give way.

### **The worst of this?**

Gaining weight, adjusting to each new level of disability. The best of this? Recognising how strong I am. Keeping the love of my family because so many people lose this as well as their health.

I've got a list of new things to explore...and I guess I'll do what I have been doing throughout this whole experience, I'll just keep trying everything until I find the thing/combination of things which result in the level of health/energy I'm seeking.

### **UPDATE**

#### **January 2000**

I am beginning to feel much better. I exercise daily. I eat well. I have my Bowen treatments and I am focusing much more outside my home. I have a feeling that this year I can get back to living a much more normal life. I plan to finish my Course and I would like to start a Colour Consultancy. If not this year then certainly next.

Trisha Lee Brindley  
Manly NSW - 1999

## **AUSTRALIA LEVEL 2 SEMINARS**

SYDNEY	April 14, 15 & 16
BENDIGO (Vic)	May 6, 7 & 8
ADELAIDE	May 12, 13 & 14
PERTH	May 13, 14 & 15
MACKAY	April 29, 30 & May 1
TOWNSVILLE	May 5, 6, & 7
CAIRNS	May 12, 13 & 14