



# LYME TREATMENT: Preparing for SOT

## Supportive Oligonucleotide Therapy (SOT)

An individualized treatment developed using a sample of your blood to develop short pieces of genetic material as a “key” to block essential functions of a target organism. The effect is like “throwing a rock into the gears” of your specific bacteria or virus to disrupt its ability to grow and reproduce.

**Lyme testing must be completed within six months prior to blood draw for SOT.**



**Each SOT will target only one organism.** You and the physician may choose to use SOT for one or more organisms as an adjunct to additional treatments, but only one species of bacteria can be targeted with each round of SOT.

**One blood draw is good for 6 months.** We can order up to three SOTs from one blood draw.

*The lab may require a new blood draw to create the next treatment. There is no additional charge if this becomes necessary. You will need to follow preparation directions for two weeks before each blood draw.*

**It takes 3-5 weeks** for the lab to have your therapy ready and mailed back to us.

## CONSULTATION APPOINTMENT

**If you will also be using pulsed treatment for Lyme,** you will need to meet with Dr. Bisson BEFORE YOUR SOT BLOOD DRAW to plan your first one or two pulses of treatment. This will ensure you have all nutraceuticals, pharmaceuticals, and herbal therapies and the directions available to start a pulse immediately after your SOT blood draw.

## TWO WEEKS BEFORE BLOOD DRAW

**STOP all therapies that have antibiotics, antiviral, or anti-parasitic properties including:**

- ALL oral and IV prescriptions and herbal antibiotics.
- ALL antivirals - if completing a SOT for a viral infection.
- All oral and IV anti-parasitic medications.
- High dose IV vitamin C (oral vitamin C is ok)
- IV colloidal silver (oral or nasal is ok)
- IV Hydrogen peroxide
- IV Ultraviolet blood irradiation with ozone
- Herbal protocols from Dr. Zhang
- ALL nutraceuticals or other supplements that inhibit or suppress the organism SOT will target.  
*(capsule, tablet or tincture) This does not include food sources like garlic. Healthy foods of all types are allowed.*
- **If in doubt, stop the supplement.**

**If previously recommended, continue taking multivitamins, vitamin D, minerals, detox supplements.**

*Ex: Glutathione, probiotics, natural anti-inflammatories.*

*(“Two Weeks Before” protocol continued on next page)*

## **TWO WEEKS BEFORE BLOOD DRAW, START TAKING:**

**Biofilm disruptors:** Biocidin - 1 cap 2x / day on an empty stomach.

**If you are also treating Babesia:** take Nattokinase - 2 caps / day on an empty stomach.

Biocidin and Nattokinase may be taken together.

## **ON THE DAY OF YOUR BLOOD DRAW**

To facilitate the release of the target organism into your bloodstream, on the same day as your blood draw **before you come in**, complete one or more of the following.

- Minimum 1 hour **hard** massage.
- Sauna: (infrared or traditional is ok) 20 mins. - 1 hour. **Induce a sweat.**
- If you are NOT diabetic or allergic to sugar: eat a sweet sugary treat early in the day. **1 serving only.**
- Strenuous exercise above and beyond what is normal for you. 20 mins. if possible. **Induce a sweat.**

**You will schedule an appointment for the administration of your SOT** with the front desk before you leave.

Typically scheduled 4-5 weeks after your blood draw.

## **AFTER YOUR BLOOD DRAW**

**Begin pulsed treatment immediately as discussed during your consultation or follow-up appointment.**

If you are using Dr. Zhang's herbal protocol, you will wait to begin protocol until after the administration of your SOT.

## **SOT ADMINISTRATION**

**Your first SOT will be administered two weeks after completing a pulse of antibiotic or herbal therapy.** This will be during the break between pulses if you are using pulsed therapy.

**(OPTIONAL if multiple SOT chosen) There is a minimum of two months between administration of each SOT.** Additional SOT administrations will be scheduled in the breaks between subsequent pulses of treatment if you have elected to treat other organisms.

## **AFTER SOT ADMINISTRATION**

**You will wait 7 days after SOT administration before starting your next pulse of antibiotic or herbal therapy.** This pulse will be decided during your consultation or follow-up appointment.

**If you are using Dr. Zhang's herbal protocol, resume 7 days after SOT administration.**

**Schedule a follow-up visit** near the beginning of the break between pulses of treatment.

We will discuss the next steps and the next pulse(s) you will be using.

**Take biofilm disruptors every day for six months:**

- **Lauricidin:** 1 scoop 2-3x / day with or without food.
- **ADP Oregano:** 1 tablet 2x or 3x / day with meals. **OR Biocidin:** 1 cap 2x / day on an empty stomach.  
**OR Cinnamon Clove & Oregano Essentials (CCO) with SOT**

If you are also treating Babesia: take every day for six months.

- **Nattokinase:** 2 caps / day on an empty stomach.

# SOT Preparation & Administration Timeline

**Meet with the physician.**

Decide to do one SOT or multiple SOTs.

Receive directions for treatment pulse (do not start until after blood draw)

Schedule time for SOT blood draw (must be two weeks after starting biofilm disruptors)

**Two weeks before blood draw: *Begin blood draw prep work***

Begin biofilm disruptor(s)

Stop antibiotics, antiviral, or anti-parasitic therapies (see list above)

**Day of SOT blood draw:**

Complete your choice of provoking activity (massage, exercise, sauna, or sweets)

Come in for blood draw.

Schedule time for SOT administration for 5 weeks after the draw.

Schedule a follow-up appointment for break after first pulse of treatment to determine pulse #2 (if using).

**Day after your SOT blood draw:**

Start treatment pulse (if using)

**Two week break after completing pulse of treatment:**

Come in for your follow-up visit.

**Come in for your SOT administration at the two week mark of your 3 week break.**

**One week break**

**Start the next prescribed pulse of treatment during the three week break.**