



# SUGARHOUSE holistic health

## LYME DISEASE

### What is Lyme Disease and how can SugarHouse Holistic Health help?

**Lyme disease** is an under-reported, under-researched, and debilitating multi-system disease caused by a spirochete bacteria called *Borrelia burgdorferi*. It is most commonly transmitted by black-legged deer ticks, though research is now showing that it can be transmitted from person to person through bodily fluids such as saliva. It affects nearly all body systems but is especially destructive to the nervous system, joints, skin, and heart. The range and complexity of symptoms can be confusing, and Lyme disease can be mistaken for multiple sclerosis, myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS), Parkinson's disease, lupus, arthritis, flu, or even depression.

People with Lyme disease often experience the following symptoms:

- **Rashes.** Often, but not always, Lyme disease first manifests with a “bull’s-eye” rash.
- **Fatigue and/or sleep issues.** Tiredness, exhaustion, and/or lack of energy that can’t be traced to a specific cause or activity can be a sign of Lyme disease. Sleep disturbances, such as night sweats, are also common.
- **Joint pain.** Stiff, sore, even swollen joints can signal Lyme disease, especially if the pain moves around and isn’t constant.
- **Flu-like symptoms.** Headache, muscle aches, fever, dizziness, and nausea can all be related to Lyme disease,



especially if these symptoms don’t resolve or come and go in a seemingly random way.

- **Cognitive problems.** Forgetfulness, difficulty concentrating, mood swings, even feeling anxious and depressed can be symptoms of Lyme disease.

Unfortunately, the medical community, especially in the Intermountain West, is not well educated about Lyme disease. Many medical professionals believe that Lyme disease is not a problem in this area, even though studies show that this infection is moving across the country, and people who travel to areas where Lyme disease is rampant can easily become infected. Medical providers may dismiss or disregard patients’ symptoms, thus compounding the problem and leaving patients feeling hopeless.

### How SugarHouse Holistic Health Can Help

Many natural health modalities can help relieve the symptoms of Lyme disease. Herbs, homeopathics, nutritionals, changes to diet, etc., can ease joint and muscle aches and pain, help with sleep issues such as night sweats, relieve flu-like symptoms such as intermittent fevers, improve brain fog and cognitive issues, and support overall health. We listen carefully to people with Lyme disease, believe them when they describe their symptoms, and customize an individual healthcare plan.

## CONTACT US

*SugarHouse Holistic Health offers in-clinic appointments, home visits and Skype consultations. Contact us at (801) 243-3717 or [sugarhouseholistichealth@gmail.com](mailto:sugarhouseholistichealth@gmail.com)*

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