

# Biotoxin Illness From The Ground Up:

Step-by-Step Approach to Natural Treatment Options  
for CIRS-WDB and CIRS-Lyme



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# Gratitude



Dr. Ritchie Shoemaker, MD



Dr. Scott McMahon, MD

➤ IMPORTANT RESOURCE: [www.survivingmold.com](http://www.survivingmold.com)



# Biotoxin Illness

Genetically susceptible people (24% approx.) unable to naturally detoxify themselves of toxins. Their body is unable to recognize biotoxins as invaders.

The biotoxins sit and wait for a trigger. Once a trigger is introduced, the result can be a variety of illnesses and then potentially chronic issues that mimic other diseases. A triggered genetic response more often than not develops into chronic inflammatory response syndrome (CIRS).

# CIRS

Genetic predisposition in approx. 25% of the population.

- Innate immune system doesn't "present" these biotoxins to the cellular immune system for antibody production and subsequent elimination
- The innate immune system continues to be activated -- stuck on repeat -- but the adaptive immune system never responds.
- Biotoxins are fat and water soluble -Wide distribution in body  
-Absorbed through respiratory and GI mucosa & skin.

Berndtson K, McMahon S, Ackerley M, Rapaport S, Gupta S, Shoemaker RC. Medically sound investigation and remediation of water-damaged buildings in cases of CIRS-WDB: Consensus Statement Part 1. Center for Research on Biotoxin Associated Illness. 2015. 2. Berry Y. A Physician's Guide to Understanding and Treating Biotoxin Illness

# 13 Symptom Clusters

Static Shocks  
Vertigo

Abdominal Pain  
Diarrhea  
Numbness

Fatigue

Red Eyes  
Blurred Vision  
Night Sweats  
Mold Swings  
Ice-Pick Pain

Appetite Swings  
Difficulty Regulation Body  
Temperature  
Increased Urinary Frequency

Weak  
Decreased Assimilation of  
New Knowledge  
Aches  
Headaches  
Light Sensitivity

Tearing of Eyes  
Disorientation  
Metallic Taste

Shortness of Breath  
Sinus Congestion

Memory Impairment  
Decreased Word Finding

Unusual Skin Sensitivity  
Tingling

Cough  
Excessive Thirst  
Confusion

Join Pain  
A.M. Stiffness  
Cramps

Difficulty Concentrating

Source:SurvivingMold.com

# Sources of Inflammagens

Fungi	Microbial	Others
Mycotoxins	Gram negative bacteria	Hemolysins
Bio-aerosols	Gram positive bacteria	Proteinases
Cell fragments	Mycobacteria	Chitinases
Cell wall components	Nocardia	Siderophores
Hyphal fragments	Acntiomycetes	Microbial VOC's
Spores	Protozoa	Building Material VOC's
Beta Glucans	Chlamydia	Coarse Particulates
Mannans	Endotoxins	Ultrafine particulates
	LPS - Lipopolysaccharides	Nanoparticulates
	Mycoplasma	

Source:SurvivingMold.com

# The Biotoxin Pathway

In genetically susceptible people, biotoxins bind to pattern receptors, causing continuing, unregulated production of cytokines.

**Body acquires biotoxins or toxin-producing organisms from food, water, air, or bug bites**

- HLA susceptible**: Leads to **Surface Receptors (Toll: C-type lectin; mannose & others)** and **Dendritic Cells (HLA-DR)**.
- Non-HLA susceptible**: Leads to **Nerve cell/axon**.

**Biotoxins have direct effects, including impairment of nerve cell function.**

- Sleep Disturbance**: Production of melatonin is reduced, leading to chronic, non-restorative sleep.
- Chronic Pain**: Endorphin production is suppressed. This can lead to chronic, sometimes unusual pain.
- Gastrointestinal Problems**: Lack of MSH can cause malabsorption in the gut, resulting in diarrhea. This is sometimes called "leaky gut" and resembles (but is not) celiac disease. IBS is often present.
- Prolonged Illness**: White blood cells lose regulation of cytokine response, so that recovery from other illnesses, including infectious diseases, may be slowed.

**Removal from the body**: In most people, biotoxins are either removed from the blood by the liver or attached by the immune system, broken down, and excreted harmlessly. In people who have the right immune response genes, however, biotoxins can remain in the body indefinitely.

**Genetically Susceptible Pathway:**

- Surface Receptors (Toll: C-type lectin; mannose & others)** and **Dendritic Cells (HLA-DR)** lead to **Increased Leptin** and **Increased Cytokines**.
- Increases Cytokines** leads to **Fat cells then produce more leptin, leading to obesity (which doesn't respond to exercise and diet.)**
- Increased Cytokines** leads to **Excessive cytokine levels can damage leptin receptors in the hypothalamus.**
- Hypothalamus** contains **VIP**, **MSH**, and **AVP**.
- Leptin receptor** is affected.
- Damaged leptin receptors lead to reduced production by the hypothalamus of MSH, a hormone with many functions.**
- Reduced MSH** leads to:
  - Changes in Cortisol and ACTH levels**: The pituitary may produce elevated levels of cortisol and ACTH in early stages of illness, then drop to excessively low level later. (Patients should avoid steroids such as prednisone, which can lower levels of ACTH).
  - Reduced Androgens**: Reduced MSH can cause the pituitary to lower its production of sex hormones.
  - Reduced MSH** also affects the pituitary to produce levels of antidiuretic hormone (ADH), leading to frequent urination and static electricity.

**Capillaries HIF**

**shoemaker**

© R. Shoemaker. 2011

## Immune System Symptoms

## Split Products of Complement Activation

Inflammation-related symptoms

Reduced ADH

## Resistant Coag-negative Staph Bacteria

Colonies of MARCoNS with resistance to multiple antibiotics may develop in biofilm or mucus membranes. The bacteria produce substances that aggravate both the high cytokine levels and low MSH levels.

# Chronic Biotoxin Exposure

can lead to...

- Immune Dysfunction
  - Uncontrollable infections, hard to eradicate. Chronic fungal, viral infections
  - Illnesses are frequent and last long, sinusitis, pneumonia, bronchitis, migraines
  - Immune suppression, anergy
  - Allergic upregulation, MCAS, MCS
- Endocrine Dysfunction
  - HPA axis – multi hormonal dysregulation
- Metabolic Dysregulation
  - Oxidative stress, Mitochondrial issues

- Systemic Inflammatory response - chronic states of overwhelming fatigue, malaise
- Multi system pathology
  - Respiratory - asthma, bronchitis, nodules, sarcoid, chronic cough
  - Nervous System –Lowered IQ, encephalopathy, PANS, brain fog
  - Cardiovascular - vWF, vasculitis, coagulation
  - Kidneys – mycotoxins are nephrotoxic, ADH
  - Musculoskeletal – inflamed joints, growth retardation,
  - Gut – IBS, GERD, esophagitis
  - Eyes – red eyes, dry, double vision, floaters, tunnel vision

## Exposure to Biotoxins

## 1 Biotoxin Effects

Approximately 25% of people cannot naturally remove biotoxins from their body.

## 2 Cytokine Effects

Headache, muscle ache, unstable temperature regulation and difficulty concentrating.

## 3 Reduced VEGF

Restricted blood flow and lower oxygen levels leads to fatigue, muscle cramps and shortness of breath.

## 4 Immune System Effects

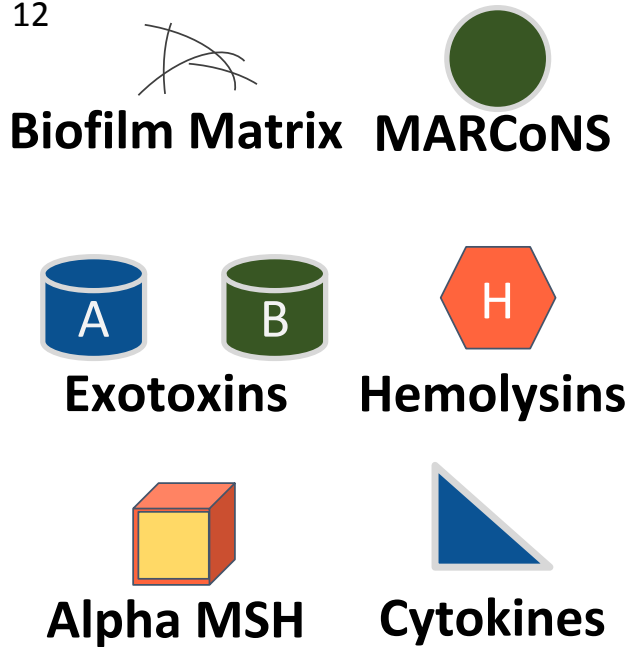
Gliadin (gluten sensitivity), actin, anca (ulcerative colitis), cardiolipins (affects blood clotting), & more.

## 5 Low MSH

Sleep problems, chronic severe pain, malabsorption or 'leaky gut', and easily acquire infections.

## 6 MARCoNS

In sinus cavities and possibly jaw. Self perpetuating downward spiral.



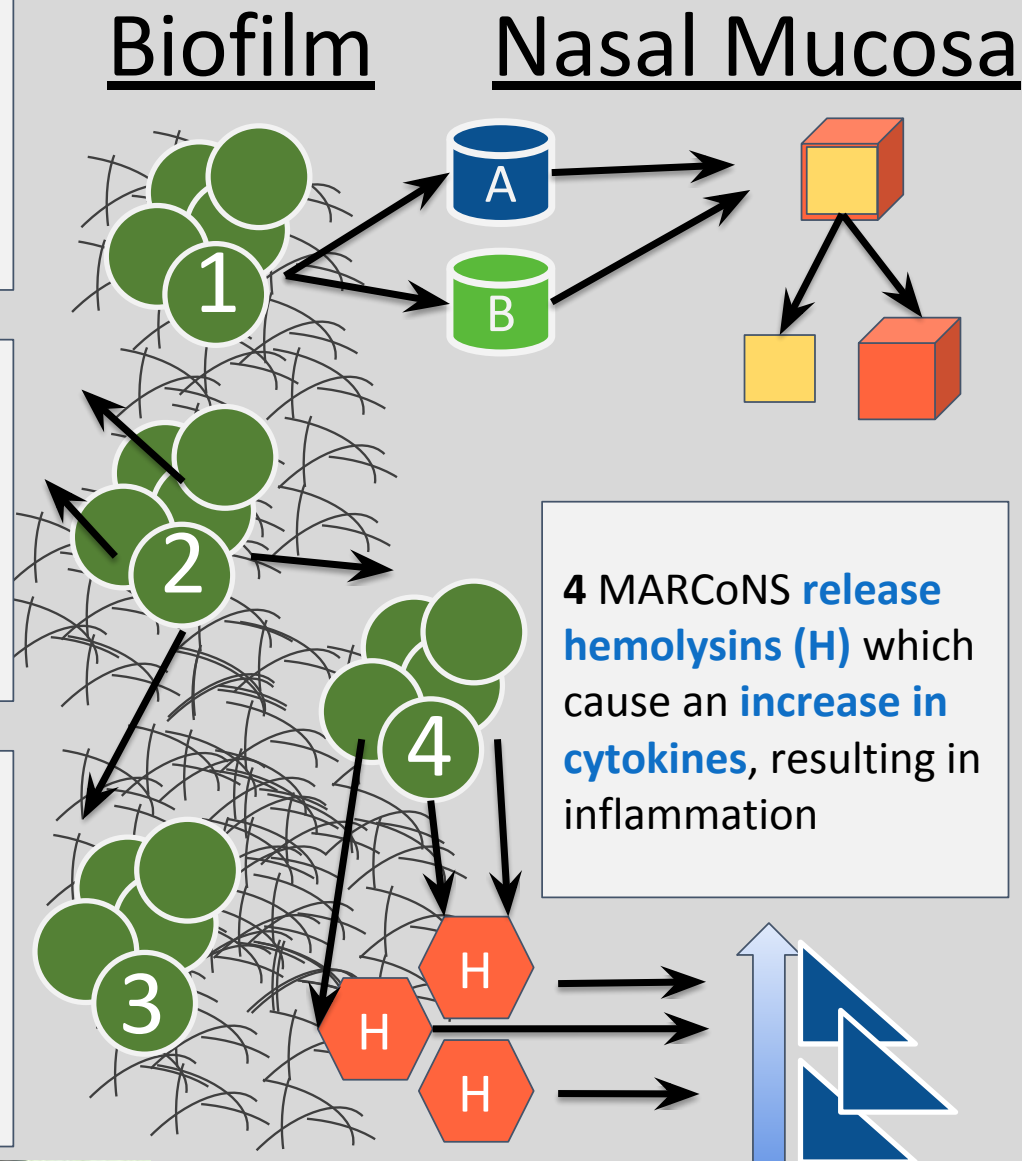
# Biotoxin Illness Pathway

4 Main Ways MARCONS Harm the Immune System

1 MARCoNS **release Exotoxins A and B, damaging alpha MSH** by splitting it

2 MARCoNS colonize and produce a matrix. This **barrier blocks immune cells** from removing them

3 MARCoNS can **cause differential gene activation** in the host with low MSH



(Information for diagram taken from (Shewmaker, 2011, June 27, DVD), except as noted).



# Adult Care

## History

- Detailed history taking required
- Thorough Evaluation
- Past Medical Records
- Look for differential diagnoses
- Thorough
- Start with Dr. Shoemaker 37 item questionnaire
- Presentation
  - VCS
  - History
  - Physical Exam
  - Labs
  - Treatment options
  - Follow Up

- Poor short term memory, poor word recall, difficulty processing instructions or treatment plans, easily frustrated and overwhelmed
- Pallor
- Marfanoid Body Habitus
- Red Sclerae
- Tremors, poor balance, unsteady gait
- Tender abdomen
- Soft tissue tenderness – muscles, joints
- Appear stiff and achy when moving around
- Nasal congestion, chronic cough
- ADD, ADHD, OCD, ODD
- Shoulder Weakness
- Hyper flexibility
- Rashes- Mold facies
- Cold/clammy feet and hands
- Lower body temperature
- Capillary hypoperfusion
- Sound, light, noise, tactile sensitivities
- Vocal or motor tics
- EMF sensitive
- Tachycardia, anxiety, hypotension



## Adult Care

## Physical Exam Findings

## Ten CIRS Biomarkers

- Genetics: HLA (DRB1, DQ, hi-res DRB3, B4, and B5)
- Visual contrast sensitivity: deficits
- Anti-Inflammatory Cytokines: VIP, MSH
- Hypothalamic-pituitary-end organ function: ADH/osmolality, ACTH/cortisol
- Innate Pro-Inflammatory Cytokines: TGF-B1, MMP-9, C4a (and C3a)
- Autoantibodies: ACLA, AGA
- Abnormal MM Defenses: MARCoNS

## Other CIRS Related Labs

- Leptin
- VEGF/Erythropoietin
- vWF profile
- CD4+, CD25+ and CD4+CD25+
- ESR
- CRP
- CBC
- Imaging
- MR Spectroscopy
- NeuroQuant
- CPET
- VO2 Max



## Pediatric Care

### History

Look for CIRS in kids (with ASD) who have continuing single complaints:

- Chronic Headache
- Fatigue
- Chronic abdominal pains
- Primary nocturnal enuresis

OR

- Inattentive/ ADD/ ADHD
- PANS
- Unexplained joint or muscle pains
- Severe asthma in young children

< 8 years old

➤ Threshold= x5 “Yes” Answers

> 8 years old but <13 years old

➤ Threshold= x8 “Yes” Answers

Teens and Adults

➤ Threshold= x13 “Yes” Answers

## Pediatric Care History Screening

- ★ Kids are harder to evaluate, less cooperative
- ★ Difficult to assess shoulder strength
- ★ Often unable to perform hyper flexibility tests
- ★ They are more flexible

## Pediatric Care

### CIRS Labs

- ★ The standard Shoemaker labs drawn on adult patients requires a lot of volume
- ★ 22-32 Vials
- ★ Small children have smaller blood volume (~80 ml/kg)

- HLA DRB1, DQ and B3, B4 and B5 (hi res)
- ADH/osmolality
- ACTH/ Cortisol
  
- If 0 tests are abnormal do not pursue
- If 1 test is abnormal use clinical judgement
- If 2-3 tests are abnormal do full CIRS work up

# NeuroQuant: CIRS

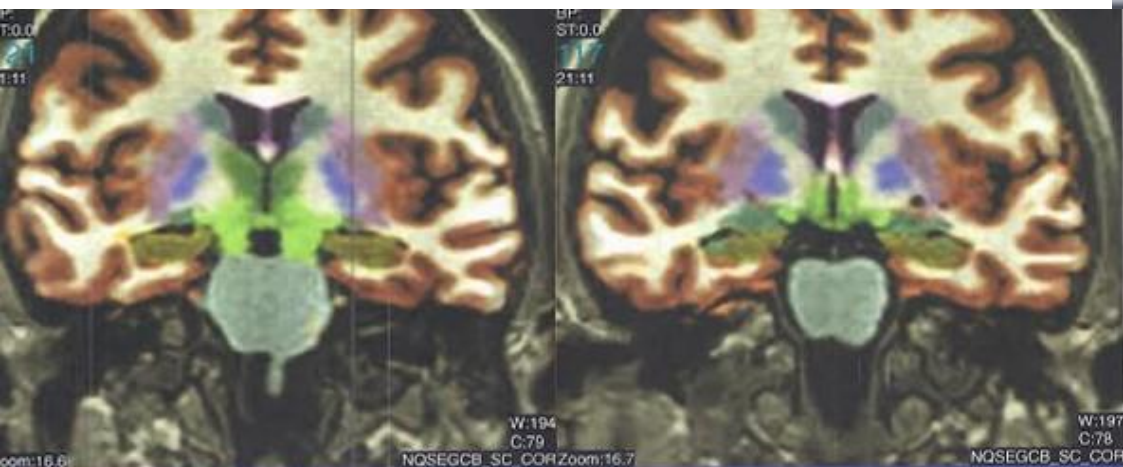
Increased parenchyma (8 of 9 structures)  
Left amygdala, Right forebrain,  
both pallidum statistically significant

Decreased caudate nucleus

Decreased ventricles

Fully treated patients  
demonstrate significant  
improvements

CIRS-WDB Patients vs Controls  
McMahon S., et al, 2016



# Pituitary Hormone Effects

(Due to Reduced MSH)

## Decrease in Production of Antidiuretic Hormone (ADH)

Leads to

- Thirst
- Frequent urination
- Low blood volume
- Neurally-mediated hypotension (NMH)
- Electric shocks from static electricity

+

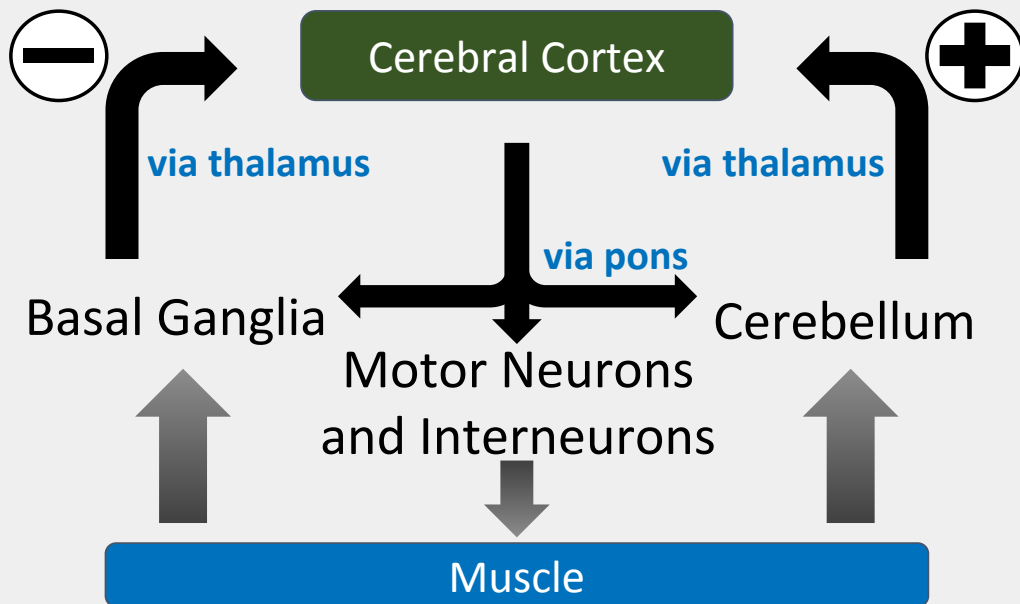
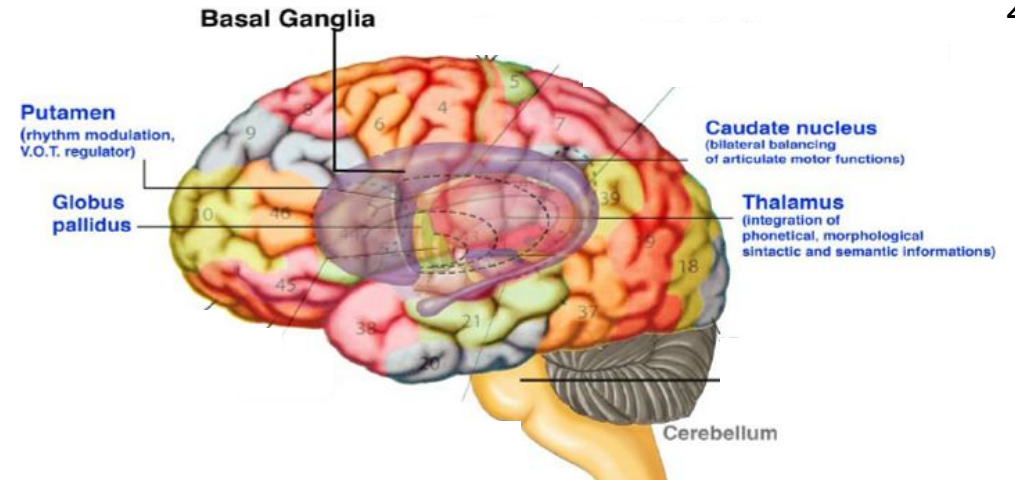
Down-regulated sex hormone production (often)

**Early Stages:** Upregulation of Cortisol and ACTH

**Later Stages:** Cortisol and ACTH drop to abnormally low, or low-normal ranges

# CIRS and PANS Connection

21



- Basal Ganglia and Cerebellum modify movement minute-to-minute
- Motor cortex sends information to both
  - cerebellum output is excitatory
  - basal ganglia is inhibitory
- Balance between systems provide smooth, coordinated movements
- Imbalance displays as movement disorders

# GENIE

Gene Expression by Nanostring: Inflammation Explained

“We can no longer assume that once a patient was a CIRS patient, one would always have susceptibility. Given that we can now correct some of T-cell synapse abnormalities it is quite possible that CIRS can actually be cured.”

– Ritchie Shoemaker MD (2019) on the importance of data generated by GENIE

In-depth analysis of:

- Hypometabolism
- Coagulation Abnormalities
- Effectiveness of IV therapies in Lyme disease esp PICC lines
- VIP therapy
- Cytokines upregulation/dysregulation
  - esp TGF beta 1

# Antifungals

## Related Findings

Shocking increase seen in VI VR and GI GR in MARCoNS testing 3000+ patient data used, 2002 to 2018

Directly related to indiscriminate use of antifungals for nasal fungi, mis-diagnosed systemic candidiasis or prophylactic use of azole antifungals in patients receiving antibiotic therapy

Azole resistance and microbial transfer of resistance

- Azoles are mutagenic; sharing the same eco-niche with MARCoNS permits genomic exchange, extracellular transfer and plasmid transfer of resistant moieties
- Azoles in agriculture. Global crisis.

An outbreak due to *Candida auris* with prolonged colonisation and candidaemia in a tertiary care European hospital:  
<https://onlinelibrary.wiley.com/doi/full/10.1111/myc.12781>

A Mysterious Infection, Spanning the Globe in a Climate of Secrecy:  
<https://www.nytimes.com/2019/04/06/health/drug-resistant-candida-auris.html>

# Antifungals

## Options

Herbals  
Vitamin B2

Our results showed that NAM exhibited significant antifungal activity against *C. albicans*, including fluconazole-resistant isolates. NAM could also effectively suppress biofilm formation.<sup>1</sup>

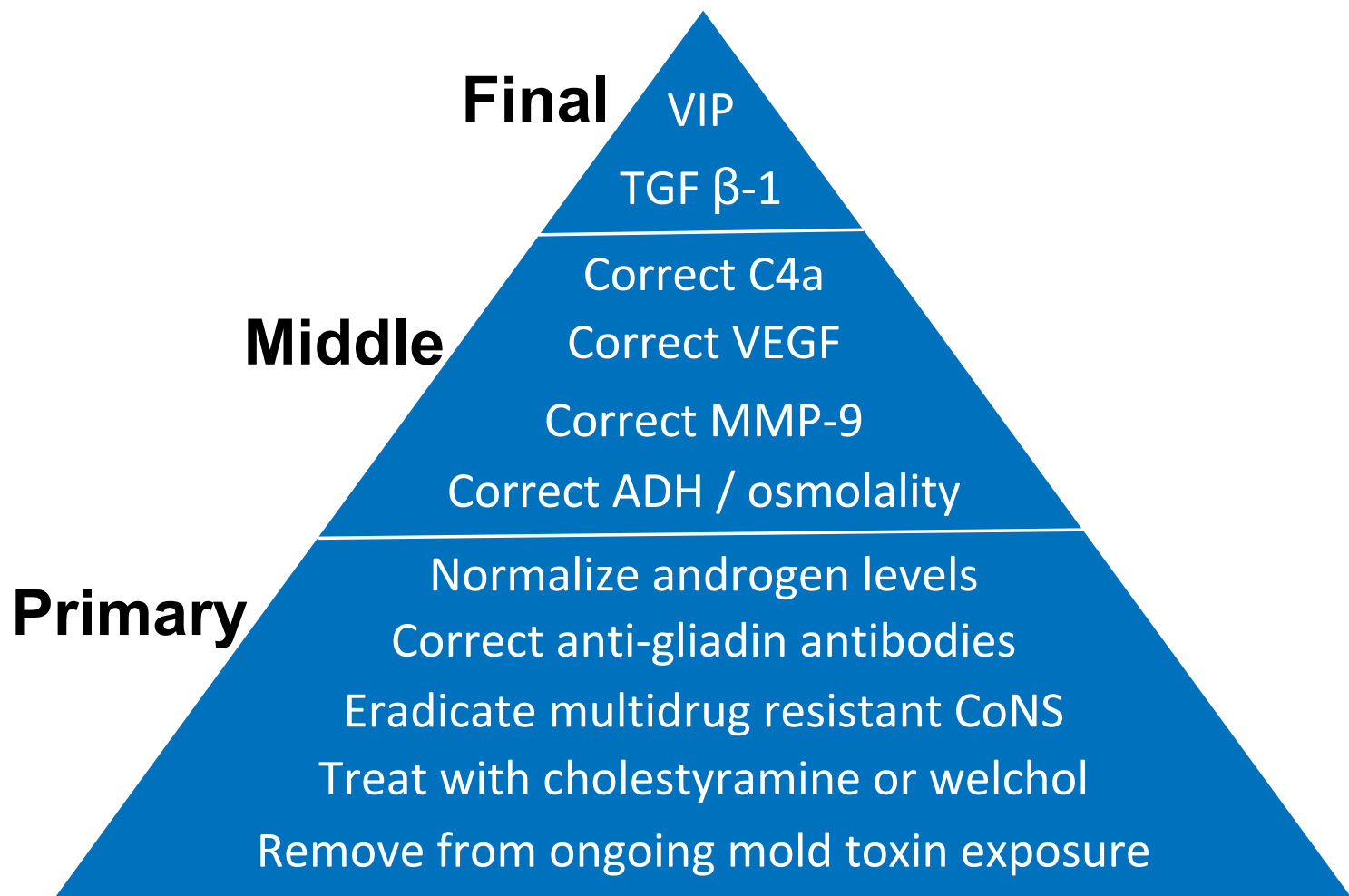
Urinary Mycotoxin test – very limited use in CIRS.

Dietary Modifications : Low carb. Low/no sugar. ALWAYS GF for CIRS . Temporary low/no amylose



**CIRS**

Dr Shoemaker's Allopathic Protocol Treatment  
Steps




- Younger children get better faster (exception – ASD)
- Principles of treatment same but dosing of meds is different
- Some medicines used in adults not used in children
- Meds **NOT** used in pediatric patients:
  - Actos (pioglitazone)
  - Procrit (erythropoietin)
  - VIP nasal spray
    - May be used safely with careful and regular monitoring



## Pediatric Care

### Treatment



# Botanical Biotoxin Relief

Wisdom from the Botanical Realm

Plant-based and all  
natural protocol options

# General Usage Instructions

5 drops = Homeopathic dosage

10 drops = tonifying dosage

15 drops = therapeutic dosage

Frequency = 3x/day

More important to maintain frequency than increase the number of drops

Start with one drop and add in a drop as tolerated

Botanical Cocktail: May mix all drops together

Practitioner guidance strongly recommended

# Essential Oil Dosage Pediatrics

## Newborn to 3-Months

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*Do not use any form of essential oils or aromatherapy*

## 3-Months to 2-Years

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*Only use diffuser and keep exposure to a minimum*

Do not use any form near the immunologically challenged

Acceptable Herbs: lavender, geranium, chamomile, and conifers

## 2-Years to 5-Years

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*Diffusers and diluted oil are acceptable, but continue to keep exposure to a minimum*

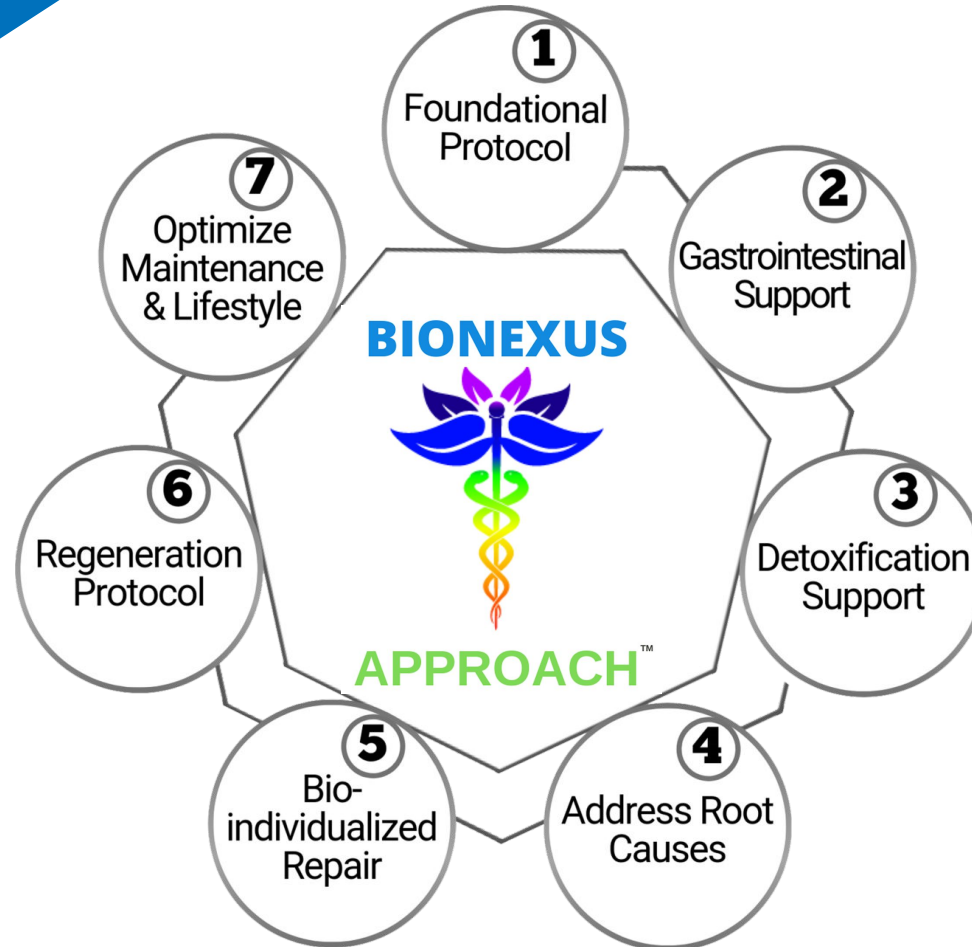
Additional Acceptable Herbs: roman chamomile, orange, bergamot, frankincense, geranium, ginger, lemon, marjoram, tea tree, and thyme

Avoid all other oils

# Supportive Testing

(No affiliation with any labs)

- Hormonal imbalance
- Neurotransmitter Balance
- Mitochondrial function
- OAT
- Urinary Mycotoxins - VERY limited use in CIRS. More for gut cleanse.
- Tox-Panel
- Glyphosate
- Methylation



- Minerals: trace minerals, electrolytes, fulvic
- Magnesium: ionic, threonate,
- B vitamins: NON methylated at this point
- Additional Thiamine
- Multivitamin
- Probiotics (strep free for PANS)
- Organ support: liver kidney lymph, adrenals
- Dietary Modifications: Gluten, amylose, glutamate, histamine, phenols
- Environmental cleanse: Mycotoxins, EMFs, non-toxic lifestyle



- Gluten free
- Low to No amylose
- No processed foods
- No Glyphosate
- Organic pastured meats grass fed AND finished
- No alcohol, no cigarettes, no added sugar
- Local, fresh, organic fruits and veggies
- Modified SCD
  - Grains, legumes – added gently after 4 months on strict SCD. Soak 24 hours, rinse till water runs clear, then slow cook on low flame.

**1**

Foundational  
Protocol

## **Dietary Modification**

# Gastrointestinal Support

## Health and Metabolic

- ❑ Rotate probiotics, megasporebiotic, CP-1, Lifestart pro, Restore, *Saccharomyces boulardii*
- ❑ IB guard, Mentharyl, L-Glutamine, Aloe, Marshmallow root, Slippery Elm, Fulvic and humic minerals
- ❑ Curcumin, Enhansa 600 mgs
- ❑ Bile salts
- ❑ Digestive enzymes
- ❑ Proteolytic enzymes, Fibrinolytic enzymes
- ❑ Gut motility: magnesium, senna, smooth move tea, light exercise as tolerated, herbal enemas, colon clear
- ❑ EFAs, Phospholipids, Omega 3
- ❑ Check methylation snps
- ❑ Gentle Immune modulation – Camel milk therapy
- ❑ Collagen support

# Camel Milk

## Medicinal Use

- Camel milk is the closest to a human mother's milk<sup>1</sup>.
- Decreased serum level of “thymus and activation-regulated chemokine” (TARC) in autistic children
- It is a highly nutrient dense milk with high amounts of bioavailable vitamins, minerals, antioxidant, proteins, blood sugar stabilizing insulin, and unique antibodies.
- The most important proteins in camel milk are whey proteins, which contain albumin, lactoferrin, immunoglobulins
- Camel's Milk has *more* antibodies than breastmilk and they are up to 10x smaller, gaining the name nanobodies.

1 - Nutritional and Therapeutic Characteristics of Camel Milk in Children: A Systematic Review:  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4700900/>

- Liver support – NAC, Guna Liver, Apo hepat , milk thistle
- Kidney Support: Solidago, Renelix, Kidney Tone, Uva Ursi
- Lymphatic drainage support: Lymphonest, Itires, Manjistha, Cleavers, Dandelion,
- Adrenal support- Eleuthero, Ashwagandha, Loving Energy, Supren, Drenatrophin PMG, Gaia
- Nebulizer options - mag chloride, Glutathione, iodine ([www.drircus.com](http://www.drircus.com))

## Organ Support

- MycotoxinBinders: CSM & Welchol – modified protocol, BTXD Blend, Ultrabinder, Activated Charcoal, Luvos, Chlorella, Takesumi Supreme, Microchitosan, BIND. ROTATE Binders. BTXD Blend and Formula 7 GDS stay onboard.
- Xenobiotics (esp xenoestrogens) : Zeolite, Purebody cleanse
- Formula 7 GDS Blend – Glyphosate detox
- Heavy Metals: IMD cleanse, Cilantro, TRS , Chlorella, Metal Chord, Neurochord, Metal Pul
- Vaccine detox if needed: Vac Chord, CEASE, homeopathic remedies, Glyphosate detox – GDS- Blend, diet
- Cholenest, phos serine, Taurine, Bitters

## Binders and Cholagogues

- Stainless steel, clay, cast iron or glass cookware
- Stainless utensils and silverware (silver is ok too)
- Paraben free, BPA free toxin free cosmetics
- Toxin free bath and body products
- Simple, natural cleaning products
- Simple, homemade natural air fresheners
- Change filters often – fridge, furnace, vacuums, window AC
- Monitor dehumidifier hoses
- Toxin free pest and insect control
- Toxin free lawn care and gardening
- Wash new clothes
- Buy used clean cars, used clean furniture – due diligence
- Shower, kitchen, and bath water filters
- Leave shoes at the door
- Wipe down paws and bottoms upon reentry
- Shower, laundry and wipe down after suspected re-exposure

## Home

### Make & Keep It Non-Toxic

# Herbal Therapy

Herbal Apothecary services available for bio-customization of herbal blends handcrafted for each individual

- Anti-inflammatory herbs :
  - Curcumin (HD), Kudzu, Motherwort, Tulsi, Ashwagandha, Bidens Pilosa, Pleurisy Root, Solomon's seal, Chinese Skullcap, Chinese senega root, Lions Mane, Cordyceps, LS-Blend, Turmeric, Pedicularis.
  - Nāgara-Yastimadhu-Haldi-Nirgundi-Pippali Kwath (Ginger-Licorice-Turmeric-Nirgundi-Pippali Tea) is a good alternative to NSAID's or aspirin to relieve minor aches and pains. Steep 1 teaspoon each of these four powders in 5-7 ounces of hot water for 10 minutes. Strain. Consume 2 cups /day.
  - Caution: If overused (>4 cups daily), Licorice can elevate blood pressure and reduce serum potassium. Do not use this herb on a daily basis for more than seven consecutive days and avoid it if you have high blood pressure. After seven days simply eliminate it from this formula.
- BTXD Blend, NS-1 Blend, NS-2 Blend
- Dental health: Formula 5 –DHP and DHP- Extra Strength
- Guna Cytokine Therapy : TGF beta, IL 10,
- Hemp Oil
- Biofilms: NAC, Greater Celandine



# Herbals

## **Mycoplasma and Chlamydia:**

MPS Blend, LS Blend, Cordyceps, Skullcap, Isatis, Bidens Pilosa, Berberine Blends, Uva ursi, Pleurisy root

## **Viruses: V-Blend**

## **Yeast/candida: Y-blend, Haritaki, GSE**

## **Immune Modulation:**

Astragalus, Rhodiola, Ashwagandha, Cordyceps, Chinese skullcap, Tulsi

## **Brain and nerve support:**

Skullcap, Cordyceps, Kudzu, Motherwort, Senega root, Maritime Pine Bark, Shankh Pushpi, Brahmi, Turmeric  
NS-1 Blend and NS-2 Blend

# Boosting Respiratory Immunity Herbs & Essential Oils

## ➤ Recipe 1

- Prepare ginger and tulsi tea; take ½ - 1 cup 2 – 3x day. In each up add ½ dropper each reishi, astragalus and licorice tinctures. Do not take licorice for extended times.
- Synergistic EOs: Equal parts frankincense, ravenara, palo santo and orange; use in diffuser.

## ➤ Recipe 2

- 4 tablespoons astragalus root, simmered in 4 cups water for at least 15 minutes. Add 1 tablespoon cardamom seeds and steep. Take ½ to 1 cup 2 – 4x day, with ½ dropper chaga tincture each time.
- Synergistic EOs : Equal parts of lemon balm, lavender, geranium and eucalyptus. Use in diffuser, or dilute in carrier oil for chest rub.

Medicinal herbs and essential oils when chosen according to clinical principles can act as valuable synergists to enhance the outcomes of the patient.

## Synergistic Herbs

### Most Popular

Medicinal plants contain hundreds of unique compounds. Synergy provides a potent combination that needs to be handled carefully and preferably by an herbalist.

Andrographis	Elderberry	Marshmallow
Ashwagandha	Elderflowers	Mints
Astragalus	Eleuthero	Mullein
Bacopa	Eyebright	Plantain
Catnip	Fennel	Propolis
Chamomile	Garlic	Thyme
Cinnamon	Ginger	Tulsi
Cramp Bark	Gotu Kola	Turmeric
Dandelion Dill	Lemon Balm	Valerian
(Gripe Water)	Licorice	Wild Cherry Bark
Echinacea		

### Castor Oil Packs

Place a few layers of flannel, large enough to cover the body part or organ, into a glass or enamel pan, cover with high quality castor oil, 2 - 8 ounces is usually enough.

Heat at the lowest setting of the oven, or carefully on the stove.

Place on your body, cover with an old sweater, wool or heavy cloth to protect whatever comes in contact with it.

Use a hot water bottle and an old towel to retain heat.

Lie down and rest for an hour or overnight.  
Store in a glass container in the refrigerator.  
(Don't share, this is your personal castor oil pack!)

# Supporting Cognitive Functions and Enhancing Concentration, Memory and Mental Energy

## Oils:

use one or more species of the following oils in a diffuser, following a weekly cycle:

Day 1: floral oil only

Day 2: eucalyptus or conifer

Day 3: floral combined with eucalyptus or conifer

Day 4: spice oil

Day 5: citrus oil

Day 6: spice oil combined with a citrus oil

Day 7: sacred scent

## Herbs:

use the following herbs for making teas, singly or in combination:

tulsi, lemon balm, rosemary, sage and peppermint. Use ½ - 1 cup to take one standard dose of the following, as tincture or capsule,

1x day with the tea between meals, following a weekly cycle:

Day 1: turmeric

Day 2: reishi

Day 3: bacopa

Day 4: hawthorn

Day 5: lion's mane

Day 6: ginkgo

Day 7: gotu kola

# Antimicrobial Essential Oils

- ALWAYS choose organic for best results and avoiding glyphosate
- Antimicrobial: King of Thieves, Rosemary, Oregano, Tea Tree
- Calming: lavender, clary sage, palmarosa, a species you have not met yet, geranium, rose
- Uplift mood, memory and spirit: jatamansi, agarwood, sandalwood, frankincense, palo santo, rose, lotus

# Immune Health: Maintain with Mushrooms

(AFTER Inflammation is under control)

2 tablespoons is a medicinal dose, less than that is lovely for a person to simply stay healthy.  
Keep a glass jar on the counter by your stove so that you remember daily!

## Medicinal Mushrooms Powdered Blend

Some ways to use your steamed dried and powdered mushrooms:

- Pour hot water over and drink
- Add to smoothies
- Add to vitamin powder blends
- Add to soups
- Add to gravy liquids while slow roasting foods
- Make a paste and swallow
- Use as you would flour to thicken sauces

# Herbs for Autoimmune Disease

**Immune amphoterics** (normalizes function of an organ or a system within the body)

- Cordyceps, Licorice, Maitake, Reishi

**Immune regulators** (reduce histamine release and allergic response)

- Salvia Milt., Scutellaria, Sarsaparilla, Turmeric

**Alternatives** (increase elimination of metabolic waste via lymph, liver, kidney, lung, large intestine and skin)

- Burdock, Calendula, Cleavers, Dandelion, Oregon Grape root, Poke, red Clover, Violet leaf, Baptisia, Yellow Dock root

# Herbs and Oils

## for Dyspepsia and Indigestion

### Tea Recipe

- **Herbs:** Mix 1 teaspoon each of chamomile flowers, peppermint leaves, fennel seeds, ½ teaspoon each of coriander seeds, cardamom seeds and chopped fresh ginger. Put in a French press, or a tea pot and pour 2 cups hot water over it. Let it steep for 15 minutes, press it out or strain it, take ½ cup 2 – 4x day.
- **Synergistic Essential Oils:** equal parts ginger and tulsi, used in a diffuser
- **Synergistic Topical Essential Oils:** equal parts sweet basil and orange, diluted in carrier oil and applied to the abdomen.

# Herbs and Oils

## for Treating Constipation

### Herbal Drink

- **Herbs:** ½ - 1 teaspoon ground flax seed or psyllium or slippery elm powder with ½ teaspoon Triphala powder, mixed well in a large glass of luke warm lemon water, taken first in the morning or at bedtime.
- **Synergistic Essential Oils:** equal parts of marjoram and sweet orange, diluted in carrier oil for abdominal massage after drinking mixture, and for diffuser.

# Special Circumstances

- Autism with TBI Plus CIRS
- EBV and methylation connection/precaution
- Aromatase upregulation and herbs that are estrogenic
- EMF Sensitivity
- MCAS

# Slow Recovery Factors

- Unresponsive Thyroid
- Oxidative Stress
- Parasites
- Other Comorbids like TBI
- Leaky gut
- B6 Deficiency
- Adrenal Insufficiency
- Reduced VEGF
- MCAS and Porphyria
- Folate and/ or B12 deficiency anemia
- Metabolic acidosis
- Identify Single Nucleotide Polymorphisms (SNPs) affecting Methylation cycle and pathway

# The Vaso-Vagal Response and MCAS/ MCS

EFT/TFT

Microcurrent on ear acupuncture points.  
Low 0.5 Hz setting

Craniosacral osteopathy

Tomatis Auditory program

Transcendental Meditation

## Lyme Herbal Tea

1 TBA to 32 oz. Water Overnight Infusion  
Drink throughout the day, warm or room temperature

**DOSAGE:** 1 TBSP with breakfast and dinner

If taken as directed, a 32 oz. bottle will last 32 days. To avoid contamination, do not drink directly from the bottle.

2 Parts Nettle Leaf	2 Parts Cat's Claw	1 Part Houttynia	1 Parts Red Root
2 Parts Brahmi	2 Parts St. John's-Wort	1 Part Milk Thistle	2 Parts Astragalus Root
1 Part Sweet Annie	2 Parts Japanese Knotweed Root		2 Parts Turmeric Root

## Herbal Tonic for Chronic

1 Part Turmeric root	2 Parts Bidens Pilosa	2 Parts Japanese Knotweed Root	1 Part Wild Sarsaparilla
1 Part Haritaki	2 Parts Teasel Root	1 Part Ginger Root	2 Parts Tulsi
1 Part Neem Leaf	2 Parts Cat's Claw	¼ Part White Thyme Leaf	¼ Part Oregano Leaf

1 Part = 1 Scant TBS      1 Batch = 1 Cup  
Recipe makes approx. 3 quarts  
Use 1 Cup herb mix per gallon water  
Decoct to 50%, about 64 oz.  
Add 3 Cup Raw Honey  
1/2 Cup French Brandy, if tolerated or 1 cup vegetable glycerin

Decant HOT liquid into clean dark glass bottles and cap them when cooled.

Average shelf life is 6 months, but usually best if used within 2-3 months of opening.

**DOSAGE:** ½ tsp daily to prevent infection.

## Lyme Prevention Herbal Cocktail

Prepare in a 1:1 extract using 80 proof alcohol  
or organic vegetable glycerin hot water extract

1 Part Astragalus Root    1 Part Cat's Claw    1 Part Neem Leaf    1 Part Pau D' Arco

Macerate for 4 weeks, then add 1 tsp. Garlic Flower Essence, 1tsp Tulsi , 1 tsp Brahmi and ½ tsp of Haritaki  
(glycerite or tinctures as tolerated)

Use a good natural insect repellant spray on skin and permethrin on clothes and shoes.

In New England, Canada, England, Scotland, Ireland, Baltic States, Ukraine and Russia,  
I recommend taking this from mid February until snowfall.

Remember, the ticks will become active any time their environment reaches 45 degrees.



The BioNexus Approach herbal line includes proprietary formulas and blends created by Dr. Jodie A. Dashore exclusively for BioNexus Health patients.

Every unique formula is locally sourced and handcrafted from organic and wildcrafted herbs that combine the best of western herbals and eastern Ayurvedic wisdom.

All formulas are time-tested in BioNexus Health's clinical protocols, double time lab tested, handmade in small batches, and use current good manufacturing practices.

**BIONEXUS**



**APPROACH™**

Herbal Line



Multi-center clinical study with 4 CIRS certified practitioners

Presenting data at 2020 International CIRS Conference



Formula 1  
NSB

**BIONEXUS****APPROACH™**

Herbal Line

**FORMULAS**

- 1** Nasal Spray Broad Spectrum    **2** Essential Oil Support    **4** Insect Bite Tincture    **5** Dental Health Protocol & DHP Extra Strength

- 6A** Parasite Broad Spectrum Support 1    **6B** Parasite Broad Spectrum Support 2    **7** Glyphosate Detox Support    **8** Inflammation & Joint Support    **9** Hurt Heartbreak & Grief

**BLENDS**

- SS** Staph & Strep    **BRB-G** Berberine Blend G    **BRB-R** Berberine Blend R    **Y** Yeast

- V** Virus    **MPL** Mycoplasma Support    **LS** Lung Support    **BTXD** Biotoxin Detox    **TIS** Tick-borne Infection Support

- NS-1** Neuro Support Inflammation Level 1    **NS-2** Neuro Support Inflammation Level 2

COMING SOON

BIONEXUS



APPROACH™

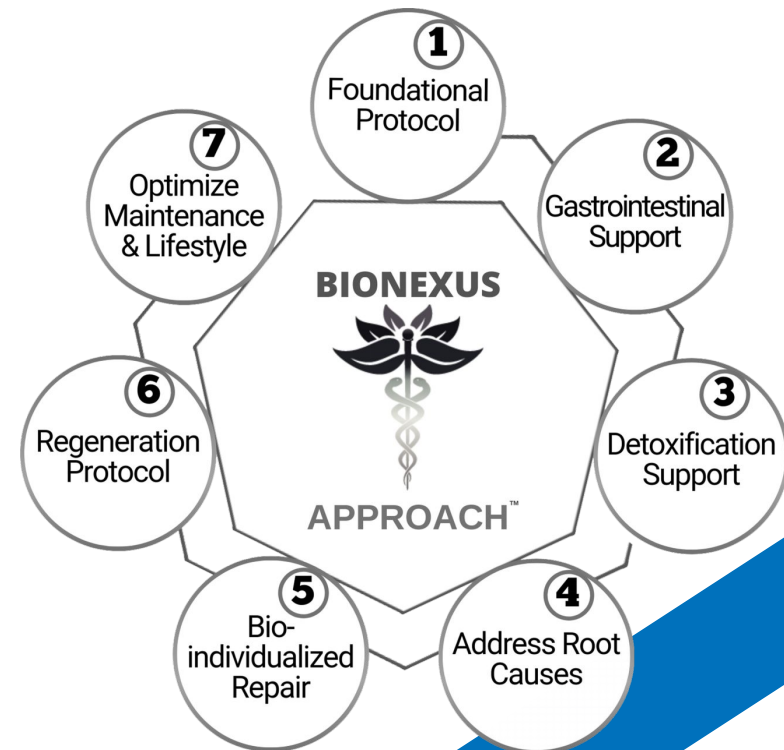
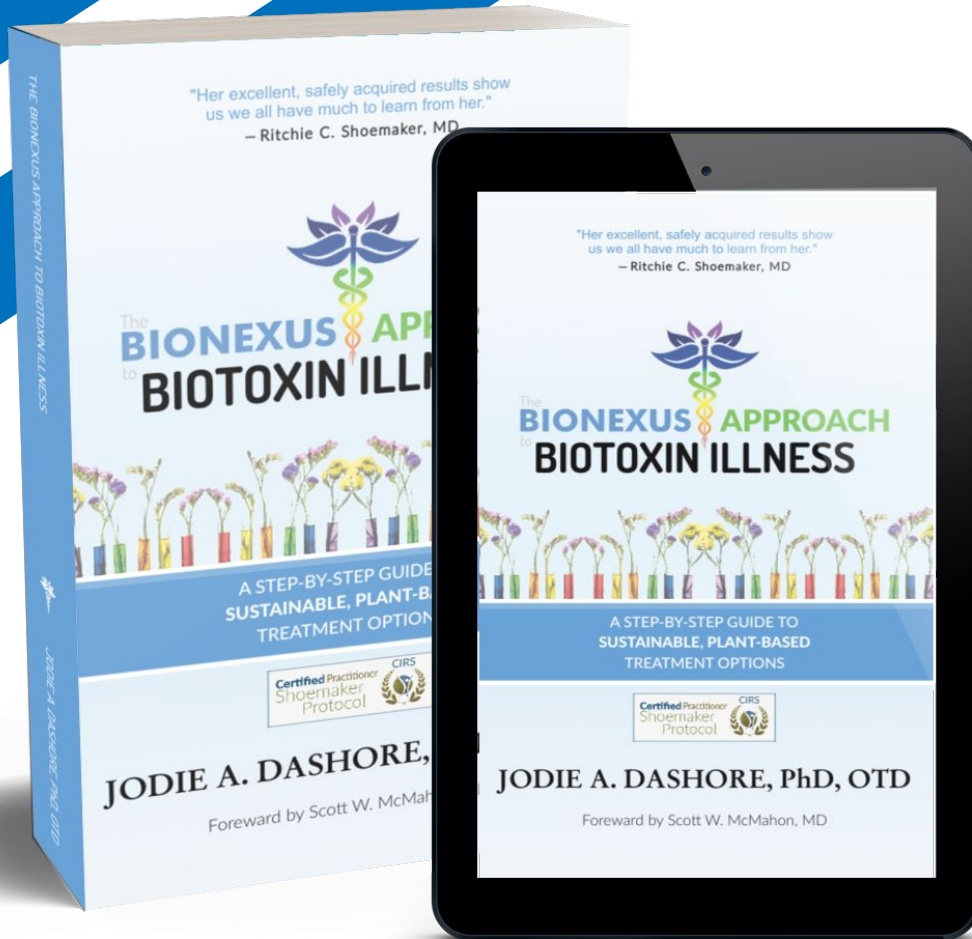
## Herbal Line

Mast Cell Support Blend

Organ Support Blend

**NOTE:** All blends are designed to be further customizable to each patient's individual needs as part of our apothecary services

# Available Soon



# THANK YOU



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