

PROTOCOL FOR LYME BORRELIOSIS

From Wm. Lee Cowden, MD

Dr. Cowden starts his patients at 1 drop of Nutramedix [Cumanda](#) per day in ½ cup (120ml) of water or sublingual 30 minutes before mealtime (whether the patient eats or not), increasing to 1 drop twice a day after 1 to 3 days. Dr. Cowden also has his patients swallow proteolytic enzymes with water twice daily 30 minutes before mealtime. The most common proteolytic enzyme Dr. Cowden uses is **Bromelain** -5 or 6 tablets or capsules twice a day (400-600 mg. per tablet or capsule). **Cumanda** and the proteolytic enzymes can be taken at the same time.

Dr. Cowden uses Nutramedix [Burbur](#) as a detox remedy at least 30 minutes before or after the **Cumanda**. The adult dosage for **Burbur** is 8 drops in ½ cup (120ml) of water immediately before or after each mealtime and at bedtime, but if the patient is feeling toxic, the **Burbur** dose increases to 8 drops 14 to 16 times daily for a day or two before returning to maintenance dose. Dr. Cowden starts **Burbur** 1 to 2 days before the **Cumanda** whenever possible.

The **Cumanda** dosage is increased every 1 to 3 days by one drop per dose until the full dose is reached. Full dose for a 150 pound adult is 20 drops twice daily if there is central nervous system involvement and sometimes less if no CNS involvement. CNS involvement is typical in 3rd stage Lyme disease, including neurosis, psychoses, forgetfulness, etc.

Once the patient has been up to the full dose of 20 drops of **Cumanda** 2 times per day for at least one month, Dr. Cowden's patients begin rotating between **Cumanda** and [Samento](#), taking **Samento** for 12 ½ days, a break for 36 hours then **Cumanda** for 12 ½ days, off for 36 hours again, and so on. After 3-6 months they reduce the dosage to once per day 30 minutes before mealtime, cycling 12 days on, 2 days off, for 2-3 months. If during that time of taking **Samento** and/or **Cumanda** once daily, there are no symptoms, the patient comes off **Samento** and **Cumanda** to see if they feel well. If not, they restart full dose twice daily, cycling 12 ½ days on and 36 hours off for 2-3 more months.

The cycle "off time" is as important as the cycle "on time". During the cycle "off time" the various forms of *Borrelia* transform back into the spirochetal form which is the form most vulnerable to **Cumanda** and **Samento**. The patient that has been chronically ill for many years often needs to cycle on and cycle off twice daily either **Cumanda** and/or **Samento** for 5-8 months before changing to 1 dose per day.

Dr. Cowden finds that people with *Borrelia* have a lot of other toxins in their bodies, especially heavy metals and pesticides. The Lyme organisms take up these toxins into their bodies, and when killed, dump toxins back into the patient's body. Therefore it is important to take other detox substances when microbes are being killed. Dr. Cowden finds that

chlorella, spirulina and other algae are beneficial in binding toxins in addition to the **Burbur**. Dr. Cowden also asks his adult Lyme patients to drink at least 3 quarts or 3 liters of pure spring water daily and to do dry skin brushing every morning to stimulate their lymphatic, neuro-endocrine and immune systems.

Dr. Cowden finds most people who are chronically ill are deficient in magnesium unless they have kidney failure. Nutramedix [Magnesium Malate](#) is the best form that Dr. Cowden has found to correct this deficiency. Dr. Cowden has found in his patients that it is very important to release toxic emotions (especially anger, fear, worry, guilt, grief and inadequacy) as well as to adhere to the blood type diet without processed foods in order to rapidly resolve Lyme disease (refer to Blood Types, Body Types and You by Joseph Christiano).

Dr. Cowden has had many patients with severe symptomatic Lyme disease that became asymptomatic by taking **Samento** and/or **Cumanda** for a few months and now have been off **Samento** and **Cumanda** for many months without any recurrence of disease symptoms.

Best sources for products used in the protocol:

Nutramedix, LLC- 800-730-3130 or 561-745-2917 or www.nutramedix.com

- Burbur
- Cumanda
- Magnesium Malate
- Samento

Source Naturals - 800-815-2333 or www.sourcenaturals.com

- Bromelain

Nature's Balance - 800-858-5198 or www.natures-balance.com

- Chlorella

Blood Type diet links:

- Joseph Christiano- www.bodyredesigning.com
- Eat Right 4 Your Blood Type- www.dadamo.com
- Blood Type 0 Food list- intraspec.ca/bto.php
- Blood Type A Food list- intraspec.ca/bta.php
- Blood Type B Food list- intraspec.ca/btb.php
- Blood Type AB Food list- intraspec.ca/btab.php