



Natural Relief for Lyme Coinfections

For more information about this topic and an ingredient database, visit: [RawlsMD.com](https://rawlsmd.com)

The majority of microbes associated with Lyme disease and its coinfections share similar characteristics:

- They live inside cells, making them difficult to identify and eradicate
- They are masters at manipulating the immune system to allow for chronic infection
- They're highly resistant to conventional antibiotics once dispersed deeply into tissues

For these reasons, it makes sense to take a natural, broad-spectrum approach to suppressing all of the microbes that might be at play (versus targeting just one), and to bolstering the immune system so that its ability to contain the entire microbiome is restored. Herbs have the capacity to accomplish both goals safely and effectively.

The herbs and natural supplements recommended here were curated to support recovery from chronic Lyme disease and related coinfections. While it's an extensive and powerful list, it's not exclusive, so feel free to use other natural therapies that you find beneficial.

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Primary Recommendation for Antimicrobial Support

These antimicrobial and adaptogenic herbs suppress systemic, pathogenic microbes (while sparing beneficial ones) and normalize immune function.*



JAPANESE KNOTWEED

An exceptional systemic antimicrobial herb for a wide range of stealth microbes associated with Lyme disease and fibromyalgia; coverage includes *Borrelia*, *Mycoplasma*, *Candida*, and *Bartonella*. Japanese knotweed also has antiviral, antifungal, anti-inflammatory, immune-supporting, and biofilm-disrupting properties. It crosses the blood-brain barrier, and it is protective of the central nervous system.



ANDROGRAPHIS

A broadly systemic herb, andrographis has antibacterial, antiviral, and antiparasitic qualities. It enhances NK (natural killer) cells and cell-mediated immunity, and is known to be effective against *Borrelia*, *Ehrlichia*, *Anaplasma*, and *Chlamydia*. Additional benefits include immune enhancement and cardioprotective effects.



CAT'S CLAW

A primary herb for Lyme disease, arthritis, gastrointestinal restoration, and inflammatory conditions in general, cat's claw is considered an immunomodulator, meaning it calms an overactive immune system (reducing inflammation) while enhancing immune system function. It is known to increase white blood cells, including B and T lymphocytes, NK cells, and granulocytes. Specifically, it enhances CD57, a specific type of NK cell that's deficient in Lyme disease. Cat's claw is also antiprotozoal, and may provide coverage against *Babesia*.



SARSAPARILLA

In addition to offering antibacterial and antifungal properties, sarsaparilla binds endotoxins created from treatment-related bacterial die off to support detoxification. Sarsaparilla has been used traditionally for treatment of syphilis (a spirochete, like *Borrelia*). Lastly, it's a synergist, meaning it increases bioavailability of other herbs and enhances their combined effects.

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REISHI

An extensively-studied mushroom, reishi is a potent adaptogen with exceptional immunomodulating and antiviral properties. It reduces inflammatory cytokines and improves immune response against threatening microbes. Reishi helps calm autoimmune responses and reduce fatigue by restoring normal adrenal-cortical function.



CHINESE SKULLCAP

Chinese skullcap is a potent synergist that enhances the value of other herbs, especially those with antimicrobial properties. It is strongly antiviral (especially against herpes viruses), and is particularly good at addressing Rickettsia, Ehrlichia, Anaplasma, Mycoplasma, Ureaplasma, Bartonella, and Chlamydia.



GARLIC WITH STABILIZED ALLICIN

Stabilized garlic has potent broad-spectrum activity against bacteria, viruses, fungi, and parasites. Studies have shown alliin — a compound in garlic — to be active against multiple species of Babesia, and it can also be beneficial for people with chronic Candida infections. Lyme disease patients have noted significant benefit.

Additional Herbs for Microbiome and Immune Support

These antimicrobial and immune-supporting herbs can serve as a booster or rotator to the primary herbs.



CRYPTOLEPIS

Traditionally used to treat malaria in Africa, Cryptolepis demonstrates systemic antibacterial properties and antiprotozoal properties. Cryptolepis has also been found to have anti-inflammatory properties (it blocks COX2 and inflammatory cytokines), and it provides antimicrobial activity against Babesia.



HOUTTUYNIA CORDATA

A systemic antimicrobial with antibacterial and antiviral properties, *Houttuynia cordata* has also been shown to have anti-inflammatory, antihistamine/anti-allergy, and antioxidant properties. It provides coverage for all the major bacterial and viral microbes associated with Lyme disease, including Ehrlichia, Anaplasma, Mycoplasma, and Ureaplasma.

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PRICKLY ASH

Commonly used in Lyme protocols to improve absorption of other herbs, enhance peripheral circulation, and relieve pain, prickly ash is also broadly antibacterial, antifungal, antiviral, and anti-inflammatory.



RED SAGE

A potent immunomodulator for normalizing immune functions, Red Sage is important for protecting organ functions and may be useful for autoimmune conditions. It's particularly good at addressing Rickettsia, Ehrlichia, Anaplasma, and Chlamydia.



NEEM

This extract from the neem tree offers potent antibacterial, antiviral, antifungal, anti-inflammatory, and antioxidant properties. Neem has been studied for its protective effects on the liver and kidneys. It's very good for addressing relapses of herpes-type viruses as well as Babesia.

All of the ingredients in the Primary Recommendation list can be found in Dr. Rawls' herbal protocol. [Learn more »](#)

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