

The Ross Lyme Support Protocol

Key Supplements & Herbs in The Core Protocol



For more ideas or information to recover from Lyme [read](#) the full protocol.

Sleep	<p>L-Theanine 100 mg 1 to 6 pills a night 1 hour before bed. Do not exceed 1200 mg a day if using for nerve pain or anxiety during the day too. Excessive amounts in the day are very sedating,</p> <p>AND/OR</p> <p>Herbal Combinations 1 to 4 pills 1 hour before bed. (Common herbs in sleep combination pills include valerian root, hops, yams, wild lettuce, l -theanine, and others. For instance these herbs are found in a product by Integrative Therapeutics called <i>The Revitalizing Sleep Formula.</i>)</p>
Cytokine Control	<p>Curcumin 500 mg 1 pill 3 times a day. (Choose a liposomal product. In such a product, the curcumin is microscopically wrapped in oil like sunflower oil to increase its absorption.)</p> <p>OR</p> <p>AntiCytokine Combination 1-2 pills 3 times a day. (Anticytokine combinations include curcumin, resveratrol, black tea extract, and N-Acetyl Cysteine (NAC). One product that contains these items is <i>Cytoquel</i> by Researched Nutritionals.)</p>
Adaptogen	<p>Ashwagandha 400 mg 1 to 2 pills in am and 1 to 2 pills between 1 to 2 pm. Taking late in the day may disturb sleep.</p>
Adrenals & Thyroid	<p>Ashwagandha 400 mg 1-2 pills in am and 1-2 pills between 1 to 2 pm. Taking late in the day may disturb sleep.</p> <p>For low thyroid USE WITH</p> <p>Zinc 20 mg, Selenium 100 to 200 mg, and Iodine 200 to 300 mcg 1 time a day. (These are often found in multivitamins or you can supplement them individually.)</p>
Essential Micronutrients	<p>Multivitamin. Use a vitamin that has numerous amino acids, antioxidants, minerals, and various vitamin Bs including b12 and folate. In my practice I use powders by Thorne and Integrative Therapeutics and capsules by Researched Nutritionals.</p>
Detoxification	<p>Liposomal Glutathione 400 to 500 mg 1 time a day. Glutathione is the master detox chemical used by the liver to remove toxins. It also helps remove neurotoxins and repair brain tissue. It works better than other herbal options like pinella or burbur.</p>
Kills Yeast and Prevents Yeast	<p>Probiotic. Use a product shown to repopulate the intestines in scientific studies. Take at least 5 to 10 billion live cultures 1 hour away from antibiotics. During an active yeast infection consider increasing to 20 billion cultures one time a day or divided in to two doses.</p>

	<p>USE WITH</p> <p>Herbal Combinations. 2 pills 2 times a day. Common herbs found individually or mixed together include: pau d'arco, caprylic acid, rosemary oil, thyme oil, garlic, and grapefruit seed extract. You can find these herbs in products like Phytostan by Integrative Therapeutics and CapriPlus by Karuna.</p>
Kills Lyme	<p>Otoba Bark Extract and Cat's Claw. 5 drops 2 times a day of each herb and increase the dosing every 2 days by 1 drop per dose till taking 30 drops 2 times a day. Take on an empty stomach. Do not take 30 minutes before through 2 hours after having food, medicines, or supplements. If you get a Herxheimer die-off reaction do not advance the dose till it decreases.</p>
Kills Bartonella	<p>Houttuynia 5 drops 2 times a day of each herb and increase the dosing every 2 days by 1 drop per dose till taking 30 drops 2 times a day. Take on an empty stomach. Do not take 30 minutes before through 2 hours after having food, medicines, or supplements.</p> <p>USE WITH</p> <p>Sida Acuta 1/4 tsp 3 times a day for 1 week, then increase to 1/2 tsp 3 times a day. It is best to take this without food. It can be taken at the same time as the Houttuynia.</p>
Kills Babesia	<p>Cryptolepis 5ml 3 times a day.</p> <p>AND/OR</p> <p>Artemisinin 100 mg 2 or 3 pills 2 times a day for 3 days on the medication then take 11 days off. Continue this 14 day cycle. The goal is to reach 5 pills 3 times a day on the 3 days the medication is taken. I use artemisinin this way because the intestines develop an enzyme that destroys this herbal medicine if it is used longer than 3 days. Be aware the dose on the 3 days is quite strong. Often it causes a worsening of the babesia symptoms beginning on the 2nd day and sometimes lasting until 6 days later. If a person is very medicine sensitive I start at 1 or 2 pills 3 times a day. Artemisinin often does not work well for babesia from tick bites on the east coast US.</p>

Your Source for Quality Supplements



You can find high quality supplements mentioned in this table at Marty Ross MD Supplements. Go to [The Ross Lyme Support Protocol](#) page to see products Dr. Ross recommends and uses with his own patients.