



UPROOTING LYME

Practitioner Mentorship 2020

Curriculum & Course Outline: Year 1

***Course begins March 8, 2020*

Module 1

Web-Class 1.1: Lyme-Borreliosis, Gu Disease, & the UL Roadmap To Recovery.

Suggested start date: Sunday, March 8th, 2020

- The epidemic nature of Lyme & stealth pathogens.
- Characteristics of Lyme-Borreliosis.
- The ancient concept of Gu disease, and how this understanding can inform our approach to holistic Lyme recovery.
- Orientation to the Uprooting Lyme Recovery Roadmap.

Web-Class 1.2: Case Illustration of the UL Approach, Borreliosis Diagnostic Concerns, & Holistic Treatment for Acute TBD Infection

Suggested start date: Sunday, March 15th, 2020

- Practical demonstration of the Uprooting Lyme approach to holistic treatment via a case study walk-through of the process.
- The Lyme diagnostic process and how to guide and advise your patients.
- How to make a clinical diagnosis of Lyme disease via symptom presentation, history, and diagnostic lab tests.
- The UL basic treatment protocol for acute Lyme disease.

Web-Class 1.3: Creating Order Out Of Chaos: Organizing a

complex case presentation.

Suggested start date: Sunday, March 22nd, 2020

- Apply the Uprooting Lyme Systems Model to an actual initial consultation;
- Learn how to organize the information and bring clarity to a messy case history;
- See how diagnostic and treatment priorities evolve out of the initial evaluation process;
- Look at realistic expectations for you and your patient for the course of a holistic Lyme recovery journey;
- Discover the characteristics of genuine healing so that you know what to look for.

Mentorship Call #1: Tuesday March 31, 1:30 – 2:30pm EST

Module 2

Web-Class 2.1: Co-Infections, Part 1: Babesia & Bartonella

Suggested start date: Sunday, April 5th, 2020

- Understand the nature of co-infections in general, and what it means for the Lyme recovery process to address these additional layers of infection.
- Clinical presentation, including diagnostic markers, and identification of the hallmark signs and symptoms of these infections.
- Natural treatment strategies and protocols for the treatment of Babesia and Bartonella.

Web-Class 2.2: Co-Infections, Part 2: Miscellaneous Opportunists

Suggested start date: Sunday, April 12th, 2020

- Clinical presentations of the most common co-infections and co-existing infections;
- Diagnostic markers, and how to identify hallmark signs and symptoms of these infections;
- Natural treatment strategies and protocols to address specific co-infections;

Web-Class 2.3: Yeast & Parasites

Suggested start date: Sunday, April 19th, 2020

- Causes and clinical presentations of yeast and parasitic infections;
- Specialized questionnaires, diagnostic markers, and other identification techniques;
- Natural treatment strategies and protocols for the treatment of these infections within the context of Lyme disease.

Mentorship Call #2: Tuesday April 28, 1:30 – 2:30 pm EST

Module 3

Web-Class 3.1: The UL Approach to Detox for Lyme & Complex Chronic Diseases

Suggested start date: Sunday, May 10th, 2020

- The relationship between Lyme and toxicity, and why detoxification is so fundamental to treatment;
- Define “toxin” and look at both external and internal sources of toxicity;
- The signs and symptoms of a toxic body;
- The core strategy that constitutes effective cleansing, a 2-step process called “Awaken + Release”.

Web-Class 3.2: The Cleansing Practices

Suggested start date: Sunday, May 17th, 2020

- Deep dive into how cleansing happens inside the body.
- Understand the role that each of the holistic cleansing lifestyle practices plays to create momentum for detoxification.
 - Cellular Hydration
 - Alkalizing
 - Elimination
 - Consistency

Web-Class 3.3: Elimination Pathways, Consistency, & the Spectrum of Cleansing Practice

Suggested start date: Sunday, May 24th, 2020

- How to open and work with each of the avenues of elimination of the body;
- Practical aspects of the core cleansing protocol, and how to structure the day incorporating these practices;
- The Spectrum Model for health generating practices and how this supports the on-going up-leveling of these health generating practices until the health goals are reached.
- Pacing, consistency, transition and other principles of success.

Live Clinical Training #1: May 18 -19, 2020 (Monday & Tuesday), 9am – 5pm followed by dinner

Mentorship Call #3: Tuesday June 2, 1:30 – 2:30 pm EST

Module 4

Web-Class 4.1: The Lyme-Gut Connection

Suggested start date: Sunday, June 14th, 2020

- Gut function and physiology, and the connection between Lyme / stealth infections & chronic GI disease;
- 5 major components of dual Lyme / GI disease;
- Symptoms and treatment of nutritional deficiencies;
- Dietary discussion with regards to cleansing, Lyme disease, and gut health.

Web-Class 4.2: Food Allergies & Bacterial Infections of the Gut

Suggested start date: Sunday, June 21st, 2020

- The diagnosis and treatment of food allergies;
- 5 Step Protocol for doing an elimination diet;
- Causes and symptoms of intestinal permeability / leaky gut syndrome;
- Strategies and protocols for effective treatment of leaky gut.

Web-Class 4.3: Special Protocols for Specific GI Diseases

Suggested start date: Sunday, June 28th, 2020

- The treatment of gut infections & restoration of the

- microbiome;
- Diagnosis, symptomology and holistic treatment of other common GI conditions including SIBO, inflamed bowel disorders and upper GI disease according to this 5-step model;
 - Specific natural protocols for the treatment of these diseases.

Virtual Clinic #1: Thursday June 18, 11am – 2:30pm EST

Mentorship Call #4: Tuesday July 7, 1:30 – 2:30pm EST

Module 5:

Web-Class 5.1: The Human Cellular Battery & Energy Restoration

Suggested start date: Sunday, July 12th, 2020

- Discover the emerging new paradigm of the human cellular energy system;
- The human energy battery, and how to re-charge it;
- The role of structured water and light as they pertain to charging the human energy battery.

Web-Class 5.2: The Role of Exercise, Circadian Rhythm & Sleep in Lyme Recovery

Suggested start date: Sunday, July 19th, 2020

- The role of movement and exercise in energy and health generation;
- How to work with patients at different levels of ability to implement a movement practice;
- The crucial roles of circadian rhythm and autophagy in health generation, and how to support these biological processes;
- The role of sleep in health generation and how to heal broken sleep patterns;
- Natural protocols for the treatment of different forms of insomnia.

Web-Class 5.3: Immune Deficiency, Inflammation, &

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Auto-Immunity in Lyme Disease

Suggested start date: Sunday, July 26th, 2020

- How Lyme and stealth pathogens compromise the immune system.
- What promotes a strong healthy immune system and how to repair immune system function.
- The 2 opposing efforts of the immune system and how to alleviate excessive inflammation while promoting immune function.
- The patho-mechanisms of auto-immunity from a holistic perspective;
- Strategies and protocols for the treatment of auto-immune disease in the Lyme patient.

Mentorship Call #5: Tuesday August 4, 1:30 – 2:30pm EST

Live Clinical Training #2: Monday & Tuesday August 10 & 11, 2020, 9am – 5pm followed by dinner

Module 6

Web-Class 6.1: The Holistic Antimicrobial Strategy

Suggested start date: Sunday, August 30th, 2020

- What it means for a patient to be “antibiotic ready” and why this is crucial for treatment success;
- Why antibiotics often do not work to treat Lyme disease;
- When to start, continue, or stop the use of antimicrobials within the context of a holistic Lyme treatment plan;
- The Uprooting Lyme multi-pronged strategy for the use of anti-microbials in Lyme and stealth infection treatment.

Web-Class 6.2: Gu Syndrome Materia Medica

Suggested start date: Sunday, September 6th, 2020

- Learn what herbs can be utilized to fulfill each treatment strategy discussed in Module 6.1;
- Receive in-depth background and understanding of 2-3 herbs for each category.

Web-Class 6.3: Biofilm, Herxing & Additional Non-Pharmaceutical Antimicrobial Treatments

Suggested start date: Sunday, September 13th, 2020

- The role of biofilm in Lyme infection and treatment;
- Additional non-pharmaceutical antimicrobial treatments beyond pharmaceuticals and herbals;
- Herx reactions, disease crises and healing crises – why they happen, how to distinguish what’s going on in the midst of a crisis, and how to manage them to the patient’s advantage.

Virtual Clinic #2: Thursday September 10, 11am – 2:30pm EST

Mentorship Call #6: Tuesday September 22, 1:30 – 2:30pm EST

Module 7

Web-Class 7.1: The Lyme-Thyroid Connection

Suggested start date: Sunday, September 27th, 2020

- The thyroid’s roles and relationships, and pathogenesis in the Lyme / complex chronic disease patient;
- Common symptomology and presentation in Lyme disease;
- Thyroid hormone diagnostic testing and interpretation;
- Holistic strategies and protocols for healing thyroid dysfunction in the context of Lyme disease.

Web-Class 7.2: Adrenal Health & Lyme Disease

Suggested start date: Sunday, October 4th, 2020

- How to recognize different types of adrenal gland dysfunction in Lyme / TBD;
- Adrenal gland lab testing options and interpretation;
- How adrenal gland excess or deficiency impacts the immune system, brain function, and other important aspects of Lyme recovery;
- Holistic treatment strategies and protocols for adrenal gland

imbalance in the context of Lyme disease treatment.

Web-Class 7.3: HPA Axis Dysregulation

Suggested start date: Sunday, October 11th, 2020

- Exploration of the HPA axis and the adreno-medullary hormone system;
- Common causes of dysregulation;
- How HPA axis dysfunction participates in Lyme and complex chronic diseases;
- 4 natural strategies for correcting HPA axis dysfunction.

Mentorship Call #7: Tuesday October 20, 1:30 – 2:30pm EST

Module 8

Web-Class 8.1: Mold & Myco-toxin Illness & Treatment

Suggested start date: Sunday, November 8th, 2020

- The relationship between mold illness, stealth pathogens, and biofilm;
- Causative factors in mold and myco-toxin illness;
- Signs, symptoms and associated conditions;
- Mold and myco-toxin diagnostic testing for body and buildings;
- Holistic strategies and protocols for the treatment of mold and mycotoxin illness.

Web-Class 8.2: Heavy Metal Detoxification

Suggested start date: Sunday, November 15th, 2020

- Identifying heavy metal toxicity in Lyme and complex chronic disease patients;
- Common symptomology & characteristics in the context of Lyme disease;
- Diagnostic testing options and interpretation;
- Heavy metals detoxification protocols and guidance.

Web-Class 8.3: Stress

Suggested start date: Sunday November 22nd, 2020

- Stress as a roadblock to recovery;

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- Holistic strategies & protocols for stress in the context of Lyme disease treatment;
- The role of mind-body-spirit medicine in Lyme recovery;
- Positive Psychology for Lyme disease patients.

Live Clinical Training #3: Monday & Tuesday November 16 & 17, 2020, 9am – 5pm followed by dinner

Mentorship Call #8: Tuesday December 1, 1:30 – 2:30pm EST

Module 9

Web-Class 9.1: Lyme Brain – Treatment for the Brain & Cognitive Function in Lyme Disease

Suggested start date: Sunday, December 27th, 2020

- Mechanisms of brain disease due to Lyme-Borreliosis and co-infections;
- Symptomatic treatments for brain fog and cognitive deficits due to Lyme;
- Treatment plan strategies that best target Lyme Brain;
- Techniques to enhance brain cognition.

Web-Class 9.2: Psychiatric Manifestations & Treatment

Suggested start date: Sunday, January 3rd, 2021

- Common psychiatric manifestations of Lyme & stealth infections;
- Challenges of working with Lyme-driven psychiatric disease;
- Holistic treatment strategies and protocols for psychiatric Lyme disease.

Web-Class 9.3: Neurotransmitter Therapy

Suggested start date: Sunday, January 10th, 2021

- Neurotransmitter physiology;
- Symptoms and distinctions among specific neurotransmitter imbalances;
- Causes of neurotransmitter imbalances in the Lyme patient;
- 9 natural strategies to enhance neurotransmitter brain

chemistry.

Virtual Clinic #3: Friday January 7, 11am – 2:30pm EST

Mentorship Call #9: Tuesday January 19, 1:30 – 2:30pm EST

Module 10

Web-Class 10.1: The Energetic & Spiritual Layers of Disease

Suggested start date: Sunday, January 24th, 2021

- ☐ Energetic and spiritual perspectives of chronic infectious disease;
- ☐ Energetic diagnostic and treatment methods for enhancing clinical insight and treatment success;
- ☐ The spiritual gifts of illness and how they accelerate the recovery processes.

Web-Class 10.2: Skills & Systems for Successful Long-Term Client Relationships

Suggested start date: Sunday, January 31st, 2021

- ☐ Coaching as a vital clinical skill;
- ☐ Establishing reasonable expectations;
- ☐ Conducting high-value progress evaluations.

Web-Class 10.3: Sustaining Your Practice

Suggested start date: Sunday, February 7th, 2021

- ☐ Practice Management for holistic Lyme specialty practices;
- ☐ Clinical practice as a path of self-mastery;
- ☐ Practitioner mindsets for clinical success and professional happiness;
- ☐ Energy management for practitioners.

Mentorship Call #10: Tuesday February 16, 1:30 – 2:30pm EST