



# UPROOTING LYME

## Holistic Lyme Practitioner Mentorship 2021

### Curriculum & Course Outline: Year 1

*Course begins March 3rd, 2021*

Orientation: Wednesday, March 3rd, 5:45 - 6:30 pm Eastern Time (ET), Online via Zoom

### Online Coursework

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#### Module 1

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

Suggested start date: Sunday, March 7th, 2021

- 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 14th, 2021

- 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 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

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presentation.

Suggested start date: Sunday, March 21st, 2021

- Applying the Uprooting Lyme Systems Model to an initial consultation.
- How to organize information and bring clarity to a messy case history.
- How diagnostic / treatment priorities evolve out of the initial evaluation.
- Realistic expectations for a holistic Lyme recovery journey.
- The characteristics of genuine healing: knowing what to look for.

Mentorship Call #1: Wednesday, March 31st, 2021, 5:45 - 6:45 ET

## Module 2

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

Suggested start date: Sunday, April 4th, 2021

- 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 11th, 2021

- 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 for specific co-infections.

Web-Class 2.3: Yeast & Parasites

Suggested start date: Sunday, April 18th, 2021

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

Mentorship Call #2: Wednesday, April 28th, 2021, 5:45 - 6:45 pm ET

## Module 3

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

Suggested start date: Sunday, May 2nd, 2021

- The relationship between Lyme and toxicity, and why detoxification is so fundamental to treatment.
- Defining “toxin,” and 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 9th, 2021

- Deep dive into how cleansing happens inside the body.
- Understand the role that each of these holistic cleansing 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 23rd, 2021

- How to open and work with the avenues of elimination of the body.
- Practical aspects of the core cleansing protocol, and how to structure the day when incorporating these practices.
- The Spectrum Model for health-generating practices, and supporting the ongoing up-leveling of health generation until goals are achieved.
- Pacing, consistency, transition and other principles of success.

Mentorship Call #3: Wednesday, June 2nd, 2021, 5:45 - 6:45 pm ET

Clinical Integration June 6th - 12th, 2021: No assignments

## Module 4

### Web-Class 4.1: The Lyme-Gut Connection

Suggested start date: Sunday, June 13th, 2021

- 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.
  - Integration of diet with cleansing, Lyme disease, and gut health.

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

Suggested start date: Sunday, June 20th, 2021

- Diagnosis and treatment of food allergies.
- 5-Step Protocol for 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 27th, 2021

- 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.

Mentorship Call #4: Wednesday, July 7th, 2021, 5:45 - 6:45 pm ET

### Module 5:

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

Suggested start date: Sunday, July 11th, 2021

- The emerging paradigm of the human cellular energy system.
- The human energy battery, and how to recharge it.
- Roles of structured water & light in charging the human energy battery.

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

Suggested start date: Sunday, July 18th, 2021

- 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.

- Role of sleep in health generation, and healing broken sleep patterns.
- Natural protocols for the treatment of different forms of insomnia.

### Web-Class 5.3: Immune Deficiency, Inflammation, & Autoimmunity in Lyme Disease

Suggested start date: Sunday, July 25th, 2021

- How Lyme and stealth pathogens compromise the immune system.
- What promotes a healthy immune system; repairing immune function.
- The 2 opposing efforts of the immune system, and how to alleviate excessive inflammation while promoting immune function.
- The patho-mechanisms of autoimmunity from a holistic perspective.
- Strategies and protocols for the treatment of autoimmunity + Lyme.

Mentorship Call #5: Wednesday, August 4th, 2021, 5:45 - 6:45 pm ET

Clinical Integration August 15th - 28th, 2021: No assignments

## Module 6

### Web-Class 6.1: The Holistic Antimicrobial Strategy

Suggested start date: Sunday, August 29th, 2021

- 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 antimicrobials in Lyme and stealth infection treatment.

### Web-Class 6.2: Gu Syndrome Materia Medica

Suggested start date: Sunday, September 5th, 2021

- Herbs utilized to fulfill each treatment strategy discussed in Module 6.1.
- In-depth background and information for 2-3 herbs for each category.

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

Suggested start date: Sunday, September 12th, 2021

- 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 them, and how to manage them to the patient’s advantage.

Mentorship Call #6: Wednesday, September 22nd, 2021, 5:45 - 6:45 pm ET

Clinical Integration September 26th - 12th, 2021: No assignments

## Module 7

### Web-Class 7.1: The Lyme-Thyroid Connection

Suggested start date: Sunday, October 3rd, 2021

- The thyroid’s roles and relationships, and pathogenesis in the Lyme / complex chronic disease patient.
- Common symptomatology 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 10th, 2021

- Recognizing different types of adrenal gland dysfunction in Lyme.
- 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 17th, 2021

- The HPA axis and the adrenal-medullary hormone system.
- Common causes of dysregulation.
- How HPA axis dysfunction perpetuates Lyme / complex chronic disease.
- 4 natural strategies for correcting HPA axis dysfunction.

Clinical Integration October 24th - November 3rd, 2021: No assignments

Mentorship Call #7: Wednesday, November 3rd, 2021, 5:45 - 6:45 pm ET

## Module 8

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

Suggested start date: Sunday, November 7th, 2021

- The relationship between mold illness, stealth pathogens, and biofilm.
- Causative factors in mold and mycotoxin 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.

Clinical Integration November 21st - 27th, 2021: No assignments

### Web-Class 8.2: Heavy Metal Detoxification

Suggested start date: Sunday, November 28th, 2021

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

### Web-Class 8.3: Stress

Suggested start date: Sunday, December 5th, 2021

- Stress as a roadblock to recovery.
- Holistic strategies & protocols for stress in the Lyme disease treatment.
- The role of mind-body-spirit medicine in Lyme recovery.
- Positive Psychology for Lyme disease patients.

Mentorship Call #8: Wednesday, December 15th, 2021, 5:45 - 6:45 pm ET

Clinical Integration December 19th, 2021 - January 1st, 2022: No assignments

## Module 9

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

Suggested start date: Sunday, January 2nd, 2022

- Mechanisms of brain disease due to Lyme-Borreliosis and co-infections.

- Symptomatic treatments for brain fog / cognitive deficits due to Lyme.
- Treatment plan strategies that best target “Lyme Brain.”
- Techniques to enhance cognition.

### Web-Class 9.2: Psychiatric Manifestations & Treatment

Suggested start date: Sunday, January 9th, 2022

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

### Web-Class 9.3: Neurotransmitter Therapy

Suggested start date: Sunday, January 16th, 2022

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

Mentorship Call #9: Wednesday, January 26th, 2022, 5:45 - 6:45 pm ET

## Module 10

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

Suggested start date: Sunday, January 30th, 2022

- 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, February 6th, 2022

- 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 13th, 2022



- 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: Wednesday, February 23rd, 2022, 5:45 - 6:45 pm ET

## Clinical Training

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### The Detox For Lyme Online Program

The clinical year will begin in March with Hillary's [Detox For Lyme](#) online detoxification program. All practitioners will be encouraged to participate in the online program along with the patient cohort to experience the shifts of adopting the cleansing lifestyle together. This is your opportunity to take your cleansing practices to their next level! In addition, all participants in the program will be supported by nine weekly Q&A / Accountability calls hosted by Hillary and Associates.

### Nine 30-minute weekly Q&A / Accountability Calls

Tentatively scheduled for Mondays, 5 - 5:30 pm ET:

- |            |            |            |
|------------|------------|------------|
| ● March 15 | ● April 5  | ● April 26 |
| ● March 22 | ● April 12 | ● May 3    |
| ● March 29 | ● April 19 | ● May 10   |

### Live Clinical Trainings & Follow-Ups

Patients will then move into the more formal "treatment phase" of their journey, while practitioners move more deeply into clinical practice. This will kick off with the first Holistic Lyme Teaching Clinic in May. From there, every patient will receive a monthly virtual follow-up led by a small group of practitioners, interspersed with treatment at the August and November Holistic Lyme Teaching Clinics.

All practitioners are asked to attend the entire Holistic Lyme Teaching Clinic sessions; for follow-up sessions, you will be assigned a specific appointment slot based on your availability.

Following are the dates of the Holistic Lyme Teaching Clinics and virtual follow-up consultations:

- Holistic Lyme Teaching Clinic #1: May 17th & 18th, 2021 (Monday & Tuesday), 9am – 5pm ET (virtual or in-person options available)
- 45 min. Virtual Patient Follow-Up Session: June 14th-16th, 2021 (Monday-Wednesday) Exact time TBD.
- 45 min. Virtual Patient Follow-Up Session: July 12th-14th, 2021 (Monday-Wednesday): Exact time TBD.
- Holistic Lyme Teaching Clinic #2: August 9th & 10th, 2021 (Monday & Tuesday), 9am – 5pm ET (virtual or in-person options available)
- 45 min. Virtual Patient Follow-Up Session: September 13th-15th, 2021 (Monday-Wednesday): Exact time TBD.
- 45 min. Virtual Patient Follow-Up Session: October 11th-13th, 2021 (Monday-Wednesday): Exact time TBD.
- Holistic Lyme Teaching Clinic #3: November 15th & 16th, 2021 (Monday & Tuesday), 9am – 5pm ET (virtual or in-person)
- 45 min. Virtual Patient Follow-Up Session: December 13th-15th, 2021 (Monday-Wednesday): Exact time TBD.
- 45 min. Virtual Patient Follow-Up Session: January 10th-12th, 2022 (Monday-Wednesday): Exact time TBD.
- 45 min. Virtual Patient Follow-Up Sessions: February 14th-16th, 2022 (Monday-Wednesday): Exact time TBD.