These are some cursory ideas and considerations when working with people with Lyme disease. Disclaimer; I am far from being an expert on this condition, I just want to offer some suggestions and treatment strategies from my work as a practicing herbalist. Each individual will have to do their own research and figure out which is the best approach for themselves, these are just a few pointers.

**Considerations and Treatment Strategies**
1. Focus on treating an individual’s symptoms
2. Consider which herbal categories help alleviate the symptoms. Pick the plants that match the most symptoms per category.
3. It is questionable whether herbs can kill the Lyme (Borrelia) bacteria or co-infections.
4. How to deal with all the conflicting information.
5. How to afford all the tests and treatments.
6. Learn to evaluate the effectiveness of various lab tests.
7. What to do if the person feels like they have Lyme, but the test results are negative?
8. Antibiotics or not, especially if they only recently found a tick on their body.
10. Too much reliance on just a few sources of herbal treatment.
11. Addressing the differences and confusion about post-treatment Lyme disease syndrome (PTLDS) vs. chronic Lyme disease.
12. Potential increase of efficiency of antibiotics and other drugs with herbal medicine
13. Potential negative interactions between herbal medicines and conventional drugs.
14. Physiology and constitutional approaches to health
15. Addressing the worry and fear of Lyme
16. Which drugs, herbs or other treatments have helped or worsened an individual’s symptoms?

**Categories**
1. Antiinfectives
2. Antiinflammatories
3. Cognitive dysfunction
4. Connective tissue, Joint and Arthritic disorders
5. Fatigue
6. Gut dysfunction
7. Mental Health 9. Skeletal muscle relaxants
8. Pain relief

**Formulas and Dosage**
1. Many of these medicinal plants can be put into the same preparation, though a large amount may be necessary to take to get a pharmacological dose.
2. Daily regular use of herbs, they may need to be taken frequently
3. Consider teas, tinctures, capsules and powders as preparations

**Plant List-Botanical and Common Name**
(spp. means a number of species of that genus are used for medicine)
1. Achillea millefolium-Yarrow 25. Humulus lupulus-Hops
3. Actaea racemosa-Black cohosh 27. Hypericum perforatum-St. Johnswort
5. Anemone spp.-Pulsatilla 29. Lavender essential oil
6. Arnica spp.-Arnica 30. Leonurus cardiaca-Motherwort
8. Avena sativa-Oats 32. Matricaria chamomilla-Chamomile
11. Calendula officinalis-Calendula 35. Mentha spicata-Spearmint
13. Centella asiatica-Gotu kola 37. Ocimum tenuiflorum-Tulsi
16. Echinacea spp-Echinacea 40. Phytolacca americana-Poke
17. Eleutherococcus senticosus-Siberian ginseng 41. Piper methysticum-Kava kava
18. Eschscholtzia spp.-California poppy 42. Piscidia piscipula-Jamaican dogwood
19. Eupatorium perfoliatum-Boneset 43. Polygonatum spp.-Solomon’s seal
20. Fallopia japonica (Polygonum cuspidatum)-Japanese knotweed 44. Rose spp.-Rose
22. Ganoderma spp.-Reishi mushroom 46. Scutellaria lateriflora-Skullcap
23. Ginkgo biloba-Ginkgo 47. Silybum marianum-Milk thistle

**Categories**
**Antiinfectives**-for various infections
1. Baptisia tincturia
2. Berberis spp.
3. Echinacea spp.
4. Eupatorium perfoliatum
5. Hydrastis canadensis

**Antiinflammatories** to reduce inflammation
1. Achillea millefolium
2. Arnica spp.
3. Curcuma longa
4. Glycyrrhiza spp.

**Cognitive Dysfunction**-Brain fog and memory loss
1. Acorus calamus
2. Centella asiatica
3. Ginkgo biloba

**Connective tissue, Joints, Arthritic Pain**
1. Calendula officinalis
2. Centella asiatica
3. Fallopia japonica
4. Polygonatum spp.

**Fatigue**
1. Avena sativa
2. Ganoderma spp.
3. Matricaria chamomilla
4. Nepeta cataria
5. Withania somnifera

**Gut Dysfunction**-may be due to antibiotics or otherwise
1. Althaea officinalis
2. Rubus spp.
3. Filipendula ulmaria
4. Glycyrrhiza spp.
5. Matricaria chamomilla
6. Mentha piperita
7. Mentha spicata
8. Nepeta cataria
9. Ulmus rubra

**Immunity and Lymph**
1. Astragalus spp.
2. Echinacea spp.
3. Eleutherococcus senticosus
5. Phytolacca americanum
6. Silybum marianum
Mental Health-Anxiety and Depression
1. Anemone spp.
2. Avena sativa
3. Cannabis spp.
4. Eschscholtzia spp.
5. Hypericum perforatum
6. Lavender essential oil
7. Leonurus cardiaca
8. Lobelia inflata
9. Matricaria chamomilla
10. Melissa officinalis
11. Ocimum tenuiflorum
12. Passiflora incarnata
13. Piper methysticum
15. Scutellaria lateriflora

Pain relief-including general body pains and headaches
1. Humulus lupulus
2. Lactuca spp.
3. Lobelia inflata
4. Piscidia piscipula
5. Scutellaria lateriflora
6. Tanacetum parthenium
7. Valeriana officinalis

Skeletal muscle relaxants
1. Actaea
2. Pedicularis
3. Scutellaria

Complimentary Treatments
1. Breathing exercises
2. Counseling
3. Diet and food considerations
4. Essential fatty acids
5. Gentle exercise
6. Meditation-walking or sitting
7. Nutritional supplements
8. Probiotics