



HERBAL EXTRACT
COMPANY

CLINICAL GUIDE FOR LYME DISEASE

In Australia Lyme-like illness remains contentious yet more people are reporting chronic symptoms after tick bites. Naturopaths and herbalists are well placed to support these often-overlooked patients.



Lyme disease is a complex, multisystem disorder, with a highly variable presentation, that often mimics other chronic conditions.



Delayed diagnosis, immune evasion and biofilm formation can lead to persistent symptoms and immune dysregulation.



Herbal medicine may help reduce microbial burden, calm inflammation and support immune modulation, complementing conventional care.

Japanese Knotweed, Andrographis, Cat's Claw and Astragalus form the foundation of Lyme disease protocols, targeting inflammation, supporting immune function and addressing microbial persistence across all stages.

At the first sign of infection, antimicrobial and immune supportive herbs like **Andrographis, Cat's Claw and Sweet Wormwood** may reduce microbial load and support defence.



If symptoms persist, turn to anti-inflammatory and neuroprotective herbs such as **Japanese Knotweed, Turmeric and Reishi** to calm the immune response and protect tissues.



During recovery, rebuild vitality and resilience with adaptogens and tonics like **Astragalus, Teasel Root and Cordyceps**.

Featured Formula*

Ingredients

50mL Pomegranate extract
35mL Japanese Knotweed extract
30mL Astragalus extract
25mL Cat's Claw extract
25mL Teasel Root extract
20mL Echinacea extract
15mL Sweet Wormwood extract



A synergistic formula designed to support immune defence, reduce microbial burden and modulate inflammation following a tick bite.

Dose

Take an age-appropriate dose three times daily for 4 weeks.
E.g. Adults: 5mL TDS

Tick Removal Advice

Prompt and proper technique is vital. Freeze visible ticks, dab permethrin on tiny ones. Avoid squeezing to prevent pathogen release.

*Naturopath Lara Ryan's acute tick bite support

Treat the patient, not just the infection.

Herbal Actions & Indications



Andrographis (*Andrographis paniculata*): A key Lyme herb used to modulate immunity, reduce inflammation and fever, and disrupt microbial signalling. May also calm nerve irritation.



Astragalus (*Astragalus membranaceus*): Adaptogenic immune tonic used early after tick exposure or for long-term support. Avoid in late-stage infection.



Cat's Claw (*Uncaria tomentosa*): Supports immune surveillance, eases joint pain and may disrupt biofilms. Valuable in chronic and autoimmune Lyme presentations.



Cordyceps (*Cordyceps militaris*): Enhances energy and immune resilience. Ideal for Lyme-related fatigue and post-infectious recovery.



Echinacea (*Echinacea spp*): Primes immune defences and enhances pathogen recognition. Best used early to activate innate immunity against stealth microbes.



Garlic (*Allium sativum*): A potent antimicrobial that supports immunity, reduces inflammation and disrupts biofilms. Especially useful in complex, chronic Lyme cases.



Japanese Knotweed (*Polygonum cuspidatum*): Promotes vascular and neurological health while supporting immune function. Its ability

to target biofilms makes it a key ally in persistent, complex Lyme presentations.



Lion's Mane (*Hericium erinaceus*): Supports nerve regeneration, cognitive clarity and neurological repair. Often used for brain fog, neuropathy and post-infectious inflammation.



Reishi (*Ganoderma lucidum*): A calming adaptogen that modulates immune responses, eases inflammation, supports sleep and mood and builds resilience in chronically depleted individuals.



Schizandra (*Schizandra chinensis*): A hepatoprotective adaptogen that enhances phase I and II detoxification, helping to clear microbial toxins and support resilience during treatment.



Teasel Root (*Dipsacus asper*): Traditionally used in Lyme protocols to help expose *Borrelia* and enhance immune targeting. Teasel also supports joints, lymphatic flow and detoxification during recovery.



Turmeric (*Curcuma longa*): A potent anti-inflammatory and antioxidant that eases pain, supports liver detoxification, improves circulation and promotes recovery from chronic inflammation.

PRACTITIONER TIPS



Use a systems lens: Consider *Borrelia*, co-infections, immune dysregulation, detox, neuroendocrine tone and vitality.



Use herbal synergy: Combine immunomodulators (**Japanese Knotweed**), antimicrobials (**Andrographis**), adaptogens (**Withania**), anti-inflammatories (**Turmeric**), neuroprotectives (**Lion's Mane**) and hepatoprotectives (**Schizandra**).



Build immune resilience: Modulate cytokines and support adrenals (**Korean Ginseng**, **Siberian Ginseng**).



Target biofilms: Address microbial strongholds and post-treatment inflammation (**Garlic**).



Manage Herx reactions: Support detox with **Dandelion Root**.



Support sleep hygiene: Reinforce circadian rhythm. Use **Hops** if needed.



Reduce toxic load: Recommend mould-free, low-toxin spaces. Avoid synthetic scents and chemicals.



Prioritise symptoms: Focus on dominant issues to improve quality of life and gain traction early.

- Joint pain: **Teasel Root**
- Neurocognitive symptoms: **Bacopa**
- Bell's palsy: **St. John's Wort**
- Anxiety/insomnia: **Passionflower**



Optimise gut health: Restore gut function with **Barberry**, prebiotics and fermented foods.



Support neurological repair: Use nervines and nootropics like **Rosemary**.



Offer trauma-aware care: Validate experiences and offer support. Consider **Motherwort**.



Focus on functional foods: Recommend anti-inflammatory diets. Reduce alcohol, sugar, processed foods.



Encourage gentle movement: Walking, stretching or tai chi aids mood, lymphatics and circulation.



Explore adjuncts: Saunas, acupuncture or hyperthermia treatment may help when safely applied.