

Lyme, Lyme, Lyme: Just Making Sure You Know What to Do



Guest blogger Kate Bechard writes about her personal experience with ticks and Lyme Disease:

I awoke one morning, jumped in the shower and felt something odd on my skin. Yuck! A tick was stuck to me!

How long has it been there? Will it come out? Will I get a tick disease from this? Help!! Eeeew! Someone get this thing off me!!!

If you have ever had a tick of any kind stuck to you, I'm sure you can relate. It seems like talk of tick disease is everywhere these days. Lyme, Borrelia, Ehrlichiosis, Anaplasmosis and Rocky Mountain Spotted Fever are some of the common names of diseases that can come from tick bites.

None of them are any fun!

So, what do you do if you were bitten by a tick? What about your dog or cat or horse? No need to panic.

Let me share with you what I do when bitten by that dreaded tick.

After I have removed the tick, I dab hydrogen peroxide on the site of the bite. Next, I rub some calendula ointment or another herbal antibacterial salve on the area of the bite.

Now it's time to get out my homeopathy kit. [*Ledum palustre* 200C](#) is the remedy I choose because it is used specifically for bites and puncture wounds of any kind. I take one dose of the *Ledum* as soon as I have discovered I have been bitten. I will also take another dose of *Ledum* approximately 12 hours after the bite. That's it!

(Remember to scroll to the bottom of this page to receive your free remedy card containing Joette's method of using *Ledum* in an easy-to-reference form.)

If the tick has been embedded in the skin for a while, or the skin begins showing signs of redness, I refer to [Joette's blog post on using homeopathy to treat tick disease](#).

Ledum is an amazing homeopathic remedy. I have seen this remedy work time and time again for bug bites, puncture wounds, and tick bites. When one of our animals has come down with a tick disease – after a confirmed diagnosis or tell-tale symptoms – I start the homeopathic protocol for tick disease, which includes [*Ledum* 200C](#).

Usually later that day, after being given just one dose, the animal goes from being lethargic, limping, and having no appetite, to moving and playing as if nothing happened. Of course, I do continue with the homeopathic treatment, but we

once again have our playful friend back.

Years ago, when I was diagnosed with an older tick disease, I used [Ledum 200C](#). Within the first day of taking that remedy just once, I felt so much better. My energy improved, my memory was better, and I had no more joint pain.

At the time, I was using classical homeopathy and repeated that dose only when symptoms would return. At first, I was taking it every few days, but I was quickly able to repeat the doses less and less frequently.

Today, I have no symptoms of tick disease. If I were to develop a tick disease now, I would use the protocol outlined in [Joette's blog on tick disease](#).

What can I do about our animals? They spend their days outside every day, and I have no way of knowing if they have been bitten by a tick. Is there anything I can do to prevent tick-related diseases?

I use homeopathy prophylactically. My animals who spend their days outside each get one dose of *Ledum 200C* approximately one to two times a month during tick season.

This gives me peace of mind that if an animal were bitten and started to come down with a tick-related disease, *Ledum* would hopefully prevent it from developing any further.

When a correct remedy is chosen, homeopathy can safely and effectively cause the body to heal itself with no side effects. What a beautiful thing!

Note from Joette: *The number of emails, calls, and requests I receive from those hoping to understand how Lyme can be addressed homeopathically is the reason for my discussing this subject repeatedly.*

My hope is that if you read through and gather enough information on this method, you'll feel confident enough that your fears will dissipate. This will allow you to make better decisions, such as the one to head straight to your homeopathy kit!



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