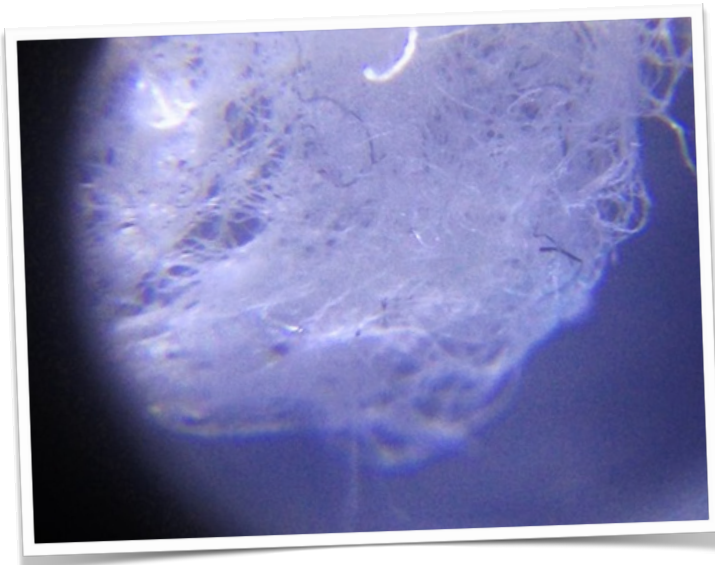


# Lyme or Nano?

How to recover from Lyme disease... or rather, nano-particle poisoning



# Lyme or Nano

## A Little History

Back in 2014, I wasn't sure if I was going to live to see 2015. New Year's Eve came and went - I remember because I heard the fireworks and parties at midnight that year. I got out of bed to look outside and watched tipsy partiers set off firecrackers in the street.

I guess I'd made it to 2015.

Fast forward to today, six years later at the time of writing, and it's hard to believe that there was a time when I thought I might leave my body for good each time I went to sleep.

The difference now is that that is *still* a possibility but my attitude toward death is much different, especially now as we move into a time of oppression, censorship, and psychological warfare. Amongst all that is a mass awakening of people from collective hypnosis... and the deepening slumber of those who will never wake from it.

What was the purpose of my illness, if there was one, other than to kill me? Is there a purpose to yours?

Maybe it was bootcamp for what's coming right now. I have less fear, more confidence, and the illusions that I bought into, be they physical, psychological, or political, are breaking down... *crashing down!* And I'm not alone, and neither are you.

If you're reading this, you may have seen [the video](#) where I talk with Tony Pantalleresco about [nano-particle poisoning](#), which may in fact be what we are calling Lyme disease and could very well be the reason for the rise of chronic disease in the past four to six decades.

Think of how diseases have exploded in number! Cancer, diabetes, Alzheimer's, autoimmune diseases (of which there are a plethora), and autism. **Good news:** There **is** a method of recovery that you won't find in any hospital or doctor's office.

Why? Because our health care system in Canada was not designed to get you better. It was designed to keep you sick. This does not mean the *people* in the system, like doctors and nurses, do not care for others. I believe most of them get into their profession because they are called to help others. As the daughter of a nurse, I saw how caring my mother and other nurses and doctors we knew were towards their patients.

Unfortunately, many of them probably did not know when they entered the system that it was flawed. However, we do have solutions to health problems that allopathic care will not solve and **below is one of the best that has helped to save my life**. I feel that this protocol alone can help you, but feel free to add in meditation, prayer, or another soul-feeding practice that makes you feel whole. You *can* get better!

Are you ready? Let's go.

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## Disclaimer

I am not a doctor or a licensed medical practitioner and everything laid out in this document is from my personal experience and is presented as education only, not medical advice.

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## What's in This Document

I've split this document up into **five things** I've found useful: Lyme Disease Testing Labs, Treatment Options, Supportive Therapies, the Anti-Nano Protocol, and Favourite Products for Self-Care.

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### 1. Lyme Disease Testing Labs

Now before you jump on paying big bucks for Lyme disease testing, if you suspect you have Lyme, see if your regular doctor will do the free, public lab testing first. This is less reliable, but it's a good place to start.

The second thing I'd suggest if you suspect you're dealing with Lyme is to see a competent naturopath who can possibly clinically diagnose you based on your symptoms. Again, this will save you a bit of money. They can also help with therapies like IV treatments (see below).

I am placing this first on this list not because it is the most important but rather to get it out of the way. Put it on the back-burner for a later date, if needed. If you decide to get testing through a private lab, here are a few I suggest, **but I suggest reading this whole document before going for this.**

**i. Armin Labs** - Based in Germany. Web: <https://www.arminlabs.com/en>, Phone: 0049 821 780 931 50.

**ii. Igenix** - Based in California, USA. Web: <https://igenex.com>, Phone: (800) 832-3200 (USA) & +1-650-424-1191 (international).

**iii. Health Genetic Centre (HGC)** - Based in Concord, Ontario, Canada. Web: [dna-human.com](http://dna-human.com), Phone: [289-553-5231](tel:289-553-5231).

## 2. Lyme Treatment Options I Have Used

Personally, when it comes to laser IV, I would no longer choose this type of therapy due to the fact that nano-particles in the body could be exacerbated by the laser (I talk about nano in section four). However, at the time I did this therapy (before I was aware of nano poisoning), it appeared to be helpful in combination with other therapies. I feel **the most helpful things** on the list below were **ozone, LDI, and herbs**, all things that I did through my naturopath.

Symptom relief included improved energy, improved sleep, reduced body pain, improved digestion, and some reduction in headaches. While I felt better after doing some of these, I seemed to plateau and at times have relapses. Also, I could not recover my strength or muscle mass, and any form of exercise or yoga resulted in pain for days, if not for a full week afterward, no matter how gently I tried to do it.

- Antibiotics (most effective if you treat early)
- Laser IV, a.k.a. Ultra-violet irradiation therapy
- Low-dose immunotherapy (LDI)
- Ozone, both IV & rectal
- Herbs, specifically for Bartonella
- Dietary changes, especially the GAPS diet

### 3. Supportive Therapies I Find Most Helpful

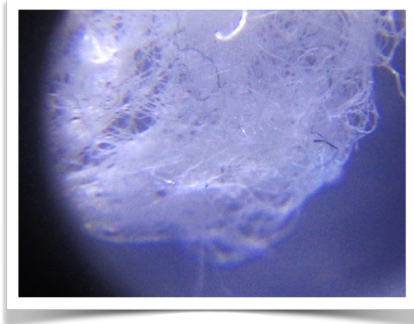
No matter what you do for therapy, adding in at least two of these therapies as much as you can – and as much as you can afford – will help you a lot. They will relax you, assist toxin release, and allow you to recover much more quickly.

- Massage
- [Reflexology](#)
- Manual Lymphatic Drainage (MLD) massage
- Traditional Chinese Medicine (TCM) including acupuncture, moxabustion, & cupping
- Chiropractic
- Warm water therapeutic swim class & hot baths
- Enemas (water & coffee) & colon hydrotherapy

As uncomfortable as enemas and colonics sound (they aren't when they're done properly), they can be life-changing and if you are chronically sick and have never done these before, it is even more important that you give these a try.



## 4. Nano-Particle Poisoning Detox



Above: A bundle of fibres extracted from my body after using the anti-nano bucket. The fibres here are dry & magnified by 60 times.

Do you ever wonder why so many people are sick these days? And why is that so many young people have illnesses at a younger age than what we used to see? How about all those 'autoimmune' diseases and digestive problems?

It is possible that your illness may be in whole or in part explainable by an overload of nano-particles – different from heavy metals, but those could be a factor too – that you have collected over the years from your environment, your food, medications, or drinking water.

When I began to employ the Anti-Nano Protocol, as laid out by Tony Pantalleresco and Bryan396, I had an immense relief of symptoms that I'd had for more than a decade and for which no doctor or any drug, herb, or therapy (including those listed above) could help.

What symptoms? Painful periods associated with suspected endometriosis, a uterine fibroid, and an ovarian cyst. Basically, every month was hell for at least three days. I missed work, loaded up on painkillers, lathered up in essential oils, and curled up in bed with a hot water bottle pressed against my belly and my lower back.



But, the anti-nano protocol *did help*, and still does to this day, with many other symptoms than the ones already mentioned. I also found that my body was rebuilding better, whereas before I could not get my strength and muscle mass up. **The trick, though, is to keep going with it. Don't stop.** It's a continuous process because you constantly collect these particles from your environment.

I'd also suggest testing for heavy metals. Once I got tested and started to chelate (draw out) those, I noticed even more improvement. If you know which metals you have a high toxicity of, then you will know which remedies to take for effective chelation. A doctor or naturopath can help you with that. Here is one test I can suggest you ask for:

Rocky Mountain Analytical, [www.rmlab.com](http://www.rmlab.com)

**E:** info@rmlab.com    **P:** 403-241-4500    **F:** 403-241-4501

### **Here is the Anti-Nano Protocol as I have learned it & practice today:**

1. Avoid grains, eat lots of saturated fats, eat vegetables that can be peeled, eat root vegetables (and peel them also) or get produce grown inside or in a greenhouse. The reason for this is that nano-particles from air pollution (i.e. factories, exhaust, farming sprays, chemtrails) absorb more into the veggies and fruit that are above ground.
2. Use an EMP (electro-magnetic pulse) device such as the triangle or bucket that Tony shows you how to make in this video: [https://www.youtube.com/watch?v=yVyfRVq\\_SC0&t=427s](https://www.youtube.com/watch?v=yVyfRVq_SC0&t=427s). You can also buy them from him directly (go to [www.augmentinforce.com](http://www.augmentinforce.com) and click on the Catalogue). Another option is the *Bermuda Triangle* by Yannis: <https://eshop.iyannis.com/>. Use **fiona10off** for 10% off your purchase.



**Pulse as much as you can, but start slowly.** I did one hour per week with the bucket for three months. Now, I do it a few times a week.

3. Detox every day with full baths or foot baths with epsom salts.
4. Add a little bit of epsom salt to distilled water (1L) & sip throughout the day to help break up more of the nano.
5. Replenish your body's nutrients with clean supplements - no silica or other excipients! You may have to buy stuff separately and combine them. Check out my blog post [What's That Doing in My Supplements? Exploring Excipients](#) to know which ingredients to look out for.

## About Metals in the Body & the EMP Device

One area of confusion that might come up is what the difference is between nano-particles in the body and heavy metals in the body, and what the EMP does.

Heavy metals are metals in a really tiny, broken-down form that have collected in the body. If you have lived near factories or near oil and gas refineries, or worked in one of these places, your exposure to them is probably higher than other people's. The metals start to cause havoc on the body when they build and can affect pretty much every system of the body. Nano-particles are also tiny metals that cause trouble



to your health, but difference is that they are much smaller, thus more of them can saturate the body's cells, and they are **programmable particles**.

In the pharmaceutical industry, many drugs have a 'nano-delivery method', meaning that nano-technology is used to deliver the drug to the body part that needs it. Basically, nano-particles are programmed to target a system or organ with a certain task (i.e. neutralize pain receptors). Then they are placed into the drug, so when you have a migraine and take something like Rizatriptan, for example, your nervous system calms down and you are saved from a wretched migraine that could have you hanging over the toilet for a couple of hours (not to mention the pain in your head you might feel otherwise).



The Anti-Nano Bucket

That's an amazing piece of technology, in my opinion, but the problem lies here: where do those programmed nano-particles go once the drug has been delivered and they are no longer needed?

They stay in the body.

Due to their size, they can penetrate and travel through any tissue of the body. Then, they self-assemble into networks and fibres and cause all kinds of trouble just like the heavy metals do. Of course, drugs are not the only source of programmable nano-particles, as mentioned earlier. The particles you collect from your environment can also potentially be

programmed particles. One big question would be, what else are these particles programmed to do? We don't really know.

The electromagnetic pulse (EMP) device that you place on your body wipes out the program of the nano-particles. This is akin to holding a magnet up to your credit card. What happens? You wipe out the program and the card no longer works. Same idea here.

Just a note on the devices... **the triangle** is placed against your body and can be used in the bathtub. I stay in the tub for at least 30 minutes and place the triangle on various parts of the body. Just don't hold it over your heart and don't hold it against your head for more than a minute until you know if you can handle it. For me, I can only tolerate it on my head for about 15 seconds (I must have lots of nano or metals in my head) because if I do it any longer, I get a pretty intense detox reaction the next day (which includes a headache or migraine).



The Anti-Nano Triangle

**The bucket** you use as a foot-bath. Here's how that works: Place two 4L jugs of white vinegar and one 4L jug of distilled water in it along with some sea salt and a few tablespoons of some kind of oil. Then place your feet in and sit for a bit. I usually do one hour every few days. So...

◆ **Step one in the protocol is to wipe out the program using an EMP device**

◆ **Step two is to detox**

## ◆ **Step three is to replenish and rebuild your body**

### ◆ **Rinse & repeat**

For detoxing, as mentioned above, make use of epsom salts. Get lots in bulk if you can. There are also plenty of detoxing methods to be found online. As for replenishing and rebuilding, ensure you take in adequate rest, sunlight, good quality food and good quality supplements (see the note above) specific to your needs. Breathing exercises and movement are also essential.

For one-on-one coaching through this process, you may contact me at [fiona@fionaforhealth.com](mailto:fiona@fionaforhealth.com). For group coaching, do check my website to see if any new coaching sessions coming up [www.FionaForHealth.com](http://www.FionaForHealth.com).

## 5. **My Favourite Products for Self-Care**

**Watkins Medicated Ointment** – Great for neuropathic pain, such as pain in the feet from restless legs syndrome. I put a thin layer on my foot when irritation begins. Buy it [here](#) (affiliate link) or contact me to order.



**Watkins Warming Balm** – I use this for sore muscles and joints, especially from strained muscles. You can use the Medicated Ointment for this too. Buy it [here](#) (affiliate link) or contact me to order.

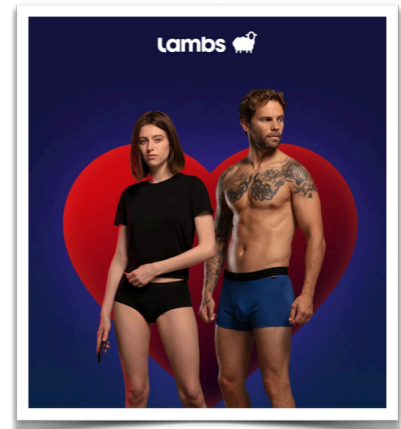
**Supplements** – It's a bit tricky finding stuff that is not loaded with fillers but I have two brands that I find are pretty reliable; NOW Foods and CanPrev. You can find both those brands in most health food stores,

online at Amazon, Well.ca and also [iHerb](http://iHerb.com) (10% discount for new customers with this link). You may also try [PureBulk.com](http://PureBulk.com) for separate ingredients to combine yourself.

**DMSO** – This stuff is used in allopathic care for bladder issues but it is excellent used as a topical for joint and muscle pain, especially if you have fibromyalgia or arthritis. You just need a little bit!

**EMF Protective Clothing** – Many of us nowadays are electrosensitive due to the overabundance in electromog. I use an undershirt, long-john-type leggings, a head covering, and a grounding strap when I go out. It makes a big difference. You can find some at these sites using my affiliate links:

**LessEMF:** [www.fionaforhealth.com/lessemf](http://www.fionaforhealth.com/lessemf) and  
**Lambs** [www.fionaforhealth.com/lambs](http://www.fionaforhealth.com/lambs) (**15% off Lambs** with this link).



**DIY Tinctures** – You can often find raw herbs which you can then make tinctures from. For example, I use valerian root for relaxation and sleep. I take a few tablespoons, put it in a jar, add some vodka, and let it infuse for about two weeks. Then, I strain it and add a little distilled water and put it in a bottle with a dropper top, *et voila!* I have my medicine. You can do this with almost anything.

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## MORE RESOURCES & LINKS

**Nano-particle poisoning** – For more in-depth discussions, go to my blog posts listed below:

1. [Lyme or Nano? In Conversation with Tony Pantalleresco](#) (video)
2. [Why Can't You Get Better? It Could Be Nano-Particle Poisoning](#)
3. [Nano Not Lyme: The Remedy Take-Aways](#) - A glimpse at bio-nanomimetics & DNA manipulation
4. [Mimetics: The Replicants of Disease](#)
5. See how the anti-nano bucket works in this [video of the bucket in use](#).

### Also...

6. Tony Pantalleresco shows you how to make the bucket [https://www.youtube.com/watch?v=yVyfRVq\\_SC0&t=427s](https://www.youtube.com/watch?v=yVyfRVq_SC0&t=427s)
7. Tony's website: [www.augmentinforce.com](http://www.augmentinforce.com)
8. Bryan396: [www.Minds.com/Bryan396](http://www.Minds.com/Bryan396)
9. Yannis & the Bermuda Triangle & other EMF products: <https://eshop.iyannis.com/> . For a **10% discount**, use coupon code **fiona10off**

### Product links...

10. J.R. Watkins - Natural body & home care products  
[www.respectedhomeproducts.com/1380880](http://www.respectedhomeproducts.com/1380880)



11. *LessEMF – The EMF Superstore – [www.fionaforhealth.com/lessemf](http://www.fionaforhealth.com/lessemf)*

12. *Lambs – Radiation blocking clothes – [www.fionaforhealth.com/lambs](http://www.fionaforhealth.com/lambs)  
(**15% off** your purchase through this link)*

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**Minds:** [www.minds.com/fionat](http://www.minds.com/fionat)

**Telegram:** <https://t.me/fionaforhealth>