

Morgellons Disease (MD):

Diagnostic and Testing, Conventional and Alternative / Integrative Treatment Approaches in the BCA-clinic Augsburg / Germany

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Disclosure Statement



Dr. Carsten Nicolaus, MD PhD Founder and Medical Director BCA-clinic Augsburg / Germany

I, Dr. Carsten Nicolaus, have completed commercial bias disclosure forms and do not have any conflicts of interest.

BCA-clinic overview





- Founded in 2006
- 44 Employees (5 physicians)
- Over 26,000 patients over the past 11 years
- Since 2007 treatment of MD patients

Overview of Presentation



- 1. Diagnostic and testing of MD
- 2. MD Symptoms
- 3. Treatment strategies:
- a. Convential treatment of MD
- b. Alternative / Integrative treatment of MD

Diagnostic is based on:



- 1. Medical history (anamnesis) of the patient, including special anamnesis types
- 2. Inspection and physical examination
- 3. Dermatoscope inspection (50-60 x magnification to make possible filaments visible)
- 4. Diagnostic Tests => Laboratory testings
- 5. Before starting treatment:
 - => additional technical examinations, always ECG, abdominal and abdominal ultrasound.
 - => if needed MRI Scan, SPECTScan (single photon emission computerized tomography)

Extended Anamnesis Checklist (Questionnaire 15 pages)



A	General symptoms	visit	Since when	30 days	intensity	frequency	
01		1					
	Abnormal fatigue, chronic exhaustion, permanent tiredness	2					
		3					
	lasses stibility of clocked because " which looks	1					
02	Incompatibility of alcohol, "hangover" which lasts longer then normal,	2					
	-	3					
	General weakness, low condition, physical and	1		M L I I I			
03	mental tiredness	2					
		3					
04	State of health is improving or degrading with	1					
	movement		2				
_		3					
05	Otate of headless and an even within all out maying to	1					
05	State of health changes within short periods	2					
-		3					
06	Fever, feeling of fever	2					
	rever, realing of lever	2					
-		1					
07	Shiver, to be cold	2		impair 30 dat impair			
		3					
		1					
08	General aches and pains	2					
		3					
		1					
09	Cold hands and feet although you`re staying in a	2					
	warm roon	3					

в	Joints	visit	since when	30 days	intensity	frequency	Left Right	UP down	pain	turgor	stiffness
		1									
01	Elbows	2									
		3									
		1									
02	Fingers	2									
		3									
		1									
03	Foot, ball of the foot, heel	2									
		3									
		1									
04	Wrist, carpus	2									
		3									
	Hip	1									
05		2									
		3									
	Jaw	1									
06		2									
		3									
		1									
07	Knee	2									
		3									
		1									
08	ankle	2									
		3									
09		1									
	Neck	2									
		3									
		1									
10	Shoulder	2									



Multi Infectious Diseases Prediction Tool

со	Symptoms please mark	x	Score-Points
01	Stomach-ache		Ehrlichia:
02	Anemia		Babesia:
03	Diarrhea		Bartonella:
04	Fever		Rickettsia:
05	Lack of concentration, disturbance of memory, amentia,		Yersinia:
06	Encephalitis (Brain inflammation)		Chlamydia:
07	Icterus (Jaundice)		Mycoplasmas:
08	Painful joints		Coxsackie virus:
09	Aches and pains		EBV:
10	Flu-like symptoms		
11	Rush,		
12	Petechiae, punctate purpuric lesion		
13	Heart-trouble		
14	Cough		
15	Headache		
16	Affected liver-function or liver blood results		
17	Pneumonia		
18	Swollen or inflamed lymph nodes		
19	Tonsillitis, Yellow dinger to the almonds		
20	Splenomegaly (Enlargement of the spleen)		
21	Fatigue, exhaustion		
22	Muscle pain		
23	Shivering		
24	Vision problems, blurry		
25	Nausea, ∨omiting		
26	Dark urine		
27	Painful urinating, itching while urinating		

Risk Assessment Questionnaire for Chronic Inflammation



Risk Assessment Questionnaire for Chronic Inflammations

Source of this questionnaire: "The Lyme Disease Solution" (Chapter 5 The Inflammation Diet) by Kenneth B. Singleton M.D., M.P.H. (ISBN 978-1-934812-00-6 / Brown Books, Dallas) www.lymedoctor.com

The following questionnaire focuses on factors that can improve or worsen inflammations. It is an effective self-assessment tool you can use to quickly determine whether or not you are at risk of a chronic inflammation. The good news is that every bad thing is reversible and every good thing is capable of being added to your program.

This test is very easy. Simply write down the numbers that indicate "positive" or "negative" for each item. Then add the positives together. Then add the negatives together. The final score is the sum of positives and negatives, and this total will tell you your personal score.

Positive (Anti-Inflammatory) Daily Dietary and Lifestyle Factors

Award yourself the indicated positive (+) number for each of the following items that are part of your *average* daily or weekly dietary and lifestyle routine. If the item does not apply to you, leave that particular score blank.

Fruit Consumption: (5 points for each serving of fresh, frozen, or dried organic fruit you consume each day; 3 points for each serving of unsweetened fruit juice)	
Vegetable Consumption: (5 points per each serving of raw or steamed vegetables)	
Daily Vitamin/Mineral/Antioxidant Supplementation: (5 points)	
Consumption of Oily Fish (e.g., Salmon) or Omega-3/Fish Oil Supplements: (7 points for consumption four or more times/week; 4 points for con- sumption 1-3 times/week)	
Organic or Free Range Meat Consumption: (5 points)	
Regular Use of Olive Oil and/or Other Healthy Oils for Cooking: (5 points)	
Regular Exercising: (3 points for each 10 minutes of exercise performed per day)	





- The following bacterial infectious diseases have been mostly found in patients diagnosed with MD:
- Borrelia burgdorferi and other closely related Borrelia species (e.g.
- B.afzelii, B. garinii, etc)
- Bartonella
- Clamydia pneumoniae
- Other so called co-infections



The following lab tests are available for Borrelia infections:

from blood or tissue:

- Borrelia IgG and IgM EIA
- Borrelia IgG and IgM Blot
- Elispot /Lymespot Borellia
- CD 57+ NKcells Test
- C6 peptide ELISA

Direct detection:

- Borrelia-DNA-PCR
- Borrelia culturing









Plus:

 \Rightarrow Checking for possible bacterial co-infections

- Ehrlichia
- Bartonella
- Rickettsia
- Chlamydia
- Mycoplasma
- Yersinia



Plus:

 \Rightarrow Checking for parasites:

- Babesiosis
- other Piroplasma Infections

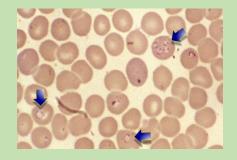
Checking for worm disease:

Helminths (tapeworms, roundworms)

e.g. Toxocara canis (dog tapworm)or Ascaris suum (roundworm of pigs) but only the larvae*.



* Regarding Prof. Dr. Herbert Auer, Department of Parasitology, Universitty of Vienna / Austria





And/Or:

- \Rightarrow Checking for possible viral co-infections
 - EBV
 - CMV
 - HSV
 - Coxsackie
 - Toxoplasma
 - Parvo B19



Plus:

- \Rightarrow Checking for Differential Diagnosis
- Rheumatic Diseases (RF, Anti-CCP)
- Autoimmune Diseases (ANA, ENA, p-ANCA, c-ANCA)
- Inflammation (IL-1, IL-6, TNF-α, Interferon gamma)
- Toxicity (Multiple Chemical Sensitivity, Heavy Metals, Environmental Illness, Mold)
- Endocrine dysfunktions (Thyroid, Pituitary, Adrenals, Sex Hormones, Vit D)

Morgellons Disease: Symptoms



Acute Stage/ Onset:

- MD patients often have spontaneously-appearing, slowly-healing skin ulcers and may have itching, crawling or stinging sensations in their skin.
- Presentation of microscopic filaments or fibers in the skin lesions or under the skin. Fibers or filaments could be multicolored.

Chronic Stage:

- Patients could present constitutional, musculosceletal and neurocognitive symptoms similar to Lyme Disease and other co-infections.
- Severe tiredness and Fatigue
- Poor sleep
- Cognitive decline (brain fog)
- Behavioral and other mental disorders, especially depressive episodes and increased suicidal tendencies, but not in the sense of delusion sticking parasitosis

Unspecific General Symptoms



significant loss of energy (work/house work/sports)	> 90%
exhaustion	> 90%
fatigue	> 90%
flu-like infection with fever: In the early stages this means that Borrelia are present in the blood (20%)	≈ 20%

neck pain	78%
shoulder pain	76%
temporary headache / dizziness	76%
changing/"moving" joint pain	68%
changing/"moving" muscle pain / "rheumatism", overall weakness	62%

Unspecific General Symptoms



bad temper / mental instability / depression	62%
back pain, often sciatic pain	58%
problems sleeping "through" the night with night sweating / urge to urinate between 2 a.m. and 4 a.m.	47%
sore throat / prone to infections / herpes-EBV-infections	39%
burning eyes / watering eyes / blurred vision	28%

dysuria, irritated bladder / urge to urinate	19%
coughing	5%
chest pain / heart palpitations / heart rhythm dysfunction	4%
ear pain / tinnitus	4%
diarrhoea	2%

Some MD patients could remember an

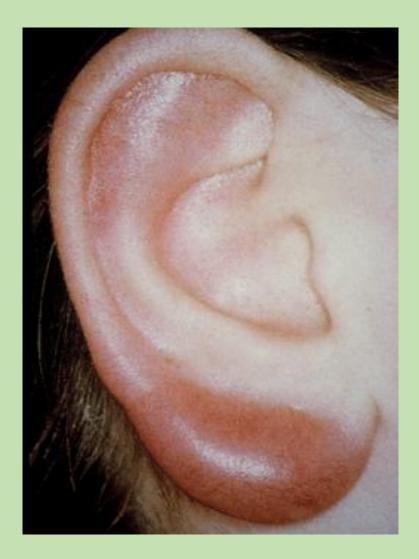


Erythema migrans



Or Cutaneous Lymphoid Hyperplasia (Borrelial Lymphocytoma)





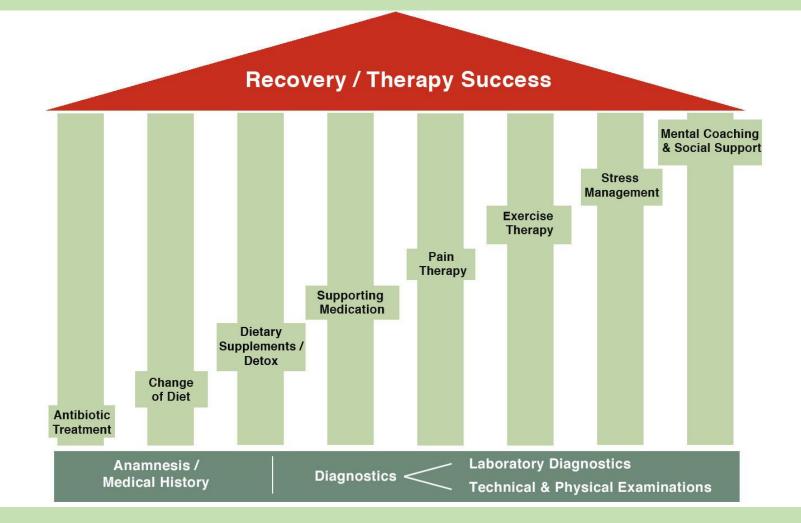
Or present Acrodermatitis chronica athrophicans (ACA)





8 Pillars of Integrative MD Treatment - Conven<u>tional</u>









Anti-microbial Treatment:

- Antibiotics
- Antiparasitics / Anthelmintics
- Antivirals
- Antifungals

Designing Combination Treatment / Treatment for Borrelia and co-infections



Cell Wall	"Roundbodies" former Cystic Forms	Intracellular
Betalactams:	Artemisin	Macrolides:
Amoxicillin	Hydroxychloroquin	Azithromycin
Penicillin G benzathine	Atovaquon	Clarithromycin
Cephalosporins:		Clindamycin
Ceftriaxon i.v.	Metronidazole	Quinolones:
Cefotaxim i.v.	Tinidazole	Ciprofloxacin
Cefuroxim		Levofloxacin
Cefdinir		Moxifloxacin
Cefpodoxime		Rifampicin
		Tetracyclines:
		Doxycycline
		Minocycline

Co-Infections transmitted by ticks or other biting insects (tick or mosquito borne infections):



- Ehrlichia / Anaplasma infections
- Rickettsial infections
- Bartonella
- Babesia
- Tularemia (Francisella tularensis)
- Vector-Borne Viral Infections (TBE, Omsk Hemorrhagic Fever, Congo-Crimean Hemorrhagic Fever (CCHF)

Co-Infections transmitted by air, ingestion (unsterilized milk or meal), sexual contact, transplacental and others

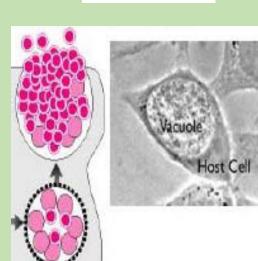


These co-infections are mostly based on a weak immune system supressed by CLD:

- Chlamydia pneumoniae and trachomatis
- Mykoplasma pneumoniae and fermentans
- Yersinia
- Brucellosis
- Q fever (Coxiella burnetii) Feces of Dermacentor ticks
- Virus infections: EBV, Cytomegalie, HHV-6, Coxsackie, etc.

Chlamydia pneumoniae infection

- Bacteria: Chlamydophila pneumoniae (gramnegative, intracellular)
- Vector/Transmission: airborne infection, human to human, ticks or reactivated in Lyme disease
- Symptoms: slight throat pain, hoarseness, sinusitis, atypical pneumonia, meningoencephalitis, bronchiolitis obliterans, myocarditis, Guillain-Barre-Syndrom;
- after infection (4-6 weeks): arthritis, tendovaginitis
- Comorbidity: e.g. Morbus Alzheimer, Multiple Sclerosis, Depressions, Fibromyalgia, Chronic Fatigue Syndrome (CFS), heart attacks, apoplectic stroke, arteriosclerosis, Autism, Parkinsonism, Rheumatoid Arthritis
- Risk factors: immune suppression (children/elder people)





Chlamydia pneumoniae: Laboratory tests



- Chlamydia pneumoniae Elispot or Lymespot revised [™]: based on T-cellular activity (Interferon gamma).
- ELISA / IFT: Antibodies for Chlamydia pneumoniae (IgA, IgM and IgG): indirect detection (half-life time of local-standing IgA-antibodies: 2 weeks)

PCR:

Chlamydia pneumoniae in blood/sputum/pharyngeal secretion: direct detection

Treatment:

- Macrolids (Azithromycin, Clarithromycin, etc.)
- Doxycyclin
- Chinolones (Levofloxacin, etc.)

Bartonella



• Bacteria:

Gram-negativ, intracellular parasite. 8 Bartonella species or subspecies are known to infect humans: B. henselae (Cat scratch disease), B. quintana (Trench fever, bacillary angiomatosis), B. bacilliformis (Carrion's disease/ Oroya fever).

• Vector:

Cats, ticks, fleas, sand flies and mosquitoes

Symptoms: Symptoms disproportionately affect the following areas:

- Central nervous system
- Peripheral nervous system
- Gastrointestinal
- Eyes
- Skin

Bartonella: Symptoms



Peripheral Neuropathies:

- Shooting, sharp, burning pains
- Electric sensations
- Paresthesias
- Creepy-crawly sensations
- Sore soles, especially in the AM
- Palsies, weakness

Bartonella: Symptoms



Dermatological:

- Red papular eruptions
- Red streaks like stretch marks that do not follow skin planes
- Spider veins
- Skin mottling, livido reticularis
- Erythema nodosum, subcutaneous nodules
- Bacillary angiomatosis
- Rarely, can find Bartonella organisms in rash biopsies

Bartonella: Treatment



Most effective: Floroquinolones

- Levofloxacin > Cipro
- Efficacy decreased if co-administered with macrolides
- Pretreat with magnesium to protect tendons

Combinations

- Azithromycin, Doxycyclin and Rifampicin
- Clarithromycin, Doxycyclin and Rifampicin
- Clarithromycin and Rifampicin
- Doxycycline and Rifampin
- Metronidazole and Rifampin
- SMZ/TMP and Macrolide
- Hydroxychloroquine or Artemisia added to above regimens

MD: anti-microbial treatment



Antibiotics:

• Different combinations based on confirmed or suspected bacterial infections

Antifungals

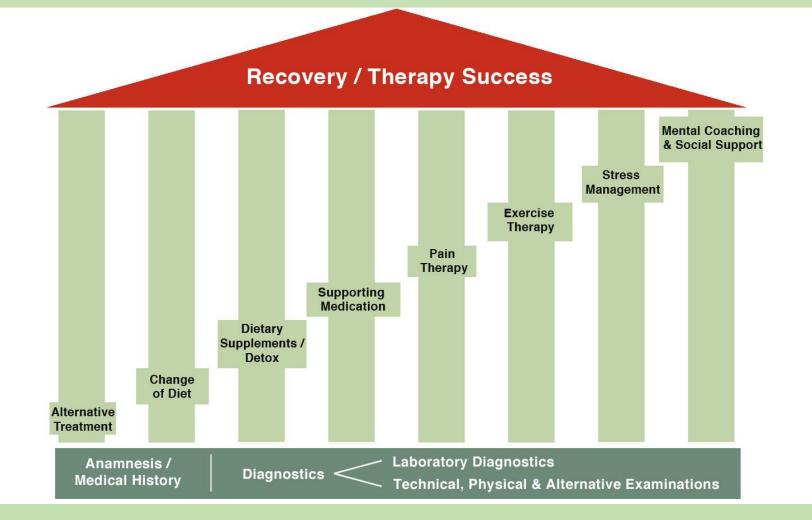
- Amphotericin
- Itroconazole
- Fluconazole
- Ketoconazole

Anthelmintics / Antiparasitics

- Ivermectin
- Mebendazole
- Albendazole

8 Pillars of Holistic MD Treatment - Alternative





The 8 Pillars of Holistic MD Treatment



I. Herbal Anti-Microbial Remedies

- Herbal anti-microbials could eliminate Borrelia spirochets (destruction, to prevent further dissemination, etc.) and potential co-infections
- Herbal remedies support the body in accomplishing this task
- Regulation of the body's immune reaction
- Promotion of damaged tissue repair



Integrative/Alternative Protocols



Many different herbal protocols are available:

- USA:
- Buhner Protocol
- Beyonced Balance Formulas Susan McCamish
- Cowden Protocol
- Byron White Formulas
- Zhang Protocol
- Europe:
- "Lyme plus Protocol" (Austria)
- "M1-M7" Protocols (Dr. Carsten Nicolaus)



Lyme plus Protocol

Dosage recommendations for naturopathic therapy of Lyme disease and co-infections (incl. Bartonella and Babesia)

Name of patient:

effect	product	dosage	intake	comments		
principal therapy						
	Supplement with 200 mg artemisia annua and 100 mg monolaurin	2 x 1 cps.	after the meal			
therapy	Supplement with 120 mg polyporus umbellatus, 100 mg andrographis paniculata, 100 mg artemisia annua, grape seed extract, grapefruit, garlic	2 x 2 cps.	after the meal			
detoxification	Supplement with 150mg chlorella, 50 mg nettle, 50 mg bilberries, 50 mg cranberries, artichoke, sage, wild garlic, curcuma	2 x 2 cps.	after the meal			
	accompanying ther	ару				
	Supplement with phytonutrients	1 x 1 cps.	with the breakfast			
pro-immune	Multivitamin	1 x 1 cps.	with the breakfast			
	Synbiotic with at least 10 bacteria strains and 12 billion bacteria per capsule	1 x 1 cps.	fasting before bedtime			
	omega-3 fatty acids dha, epa, liquid, linseed oil		before bedtime with plenty of water	depending on inflammations: 1 - 3g per day		
anti-inflammation	Supplement with 50 mg OPC, 20 mg resveratrol, 80 mg curcuma, 150 mg bromelain	2 x 1 cps.	with the meals			
anti-fatigue	Supplement with at least 1 mg NADH, Q10, L-carnitine, L-tyrosine, L-arginine	2 x 2 cps.	morning and noon with the meal			
	Supplement with 100 mg Q10 and 200 mg L-carnitine	2 x 1 cps.	with the meals			
healthy acid-base- balance	Alkalizing supplement (7,5 mval) from citrates	4 cps.	before bedtime with plenty of water			

date:

Intake duration is ca. 6-12 months, depending on the disease pattern. Please attend for follow-up/reassessment in the BCA after consultation with your attending physician.

(The naturopathic therapy should not be interrupted without consulting your physician first!)

Fluid amount per day (50 ml/kg body weight, considering cardiovascular diseases): Still/non-carbonated water, preferably still spring water.

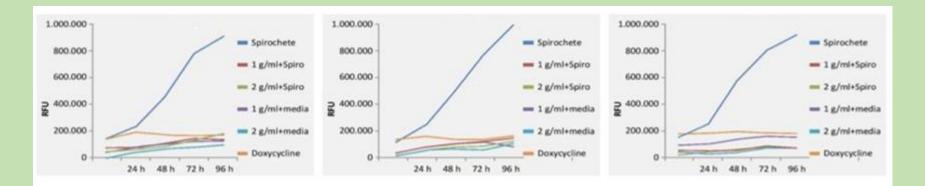
We ask for a EUSPOT and CD57 Test in the beginning of the 12th and 25th therapy week, as well as co-infections in our laboratory. The results of these tests and the symptom development determine the therapy duration, which will be discussed with the patient during an appointment at the private practice Dr. Nicolaus in the BCA-clinic Augsburg in the 14th and 27th therapy week. Please arrange an appointment.

Lyme plus Core Protocol



Anti-microbial Treatment:

- Polyporus umbellatus
- Andrographis paniculata
- Artemisia annua
- Red Grape Seed (OPC)
- Grapefruit seed
- Garlic

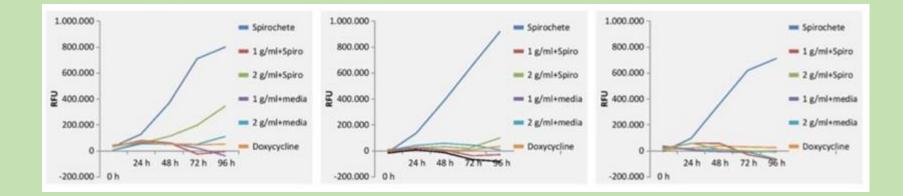


Lyme plus Core Protocol



Anti-microbial and anti-parasitic Treatment:

- Artemisia annua
- Monolaurin
- Rosmary
- Black Pepper

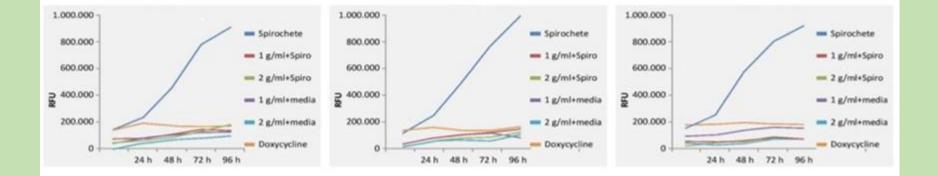


Lyme plus Core Protocol

Detoxification

- Chlorella pyrenoidosa
- Nettle
- Bilberry
- Cranberry
- Ligonberry

- Artichoke
- Sage
- Bear's Garlic
- Turmeric (Curcuma)





Lyme plus Protocol



Anti-microbial and anti-parasitic Treatment:

- Artemisia annua
- Allicin / Garlic
- Black walnut
- Thyme
- Ginger
- Gentian
- Marshmellow root
- Milk Thistle
- Ysop
- Fennel
- Clove
- Cayenne Pepper

Lyme plus Protocol



Anti-microbial Bartonella Treatment:

- Gou Teng (Uncaria rynchophylla)
- Lapacho
- Cyst Rose
- Smilax
- Liquorice Root
- Garlic
- Neem
- Grapefruit seed
- Clove
- Beard Lichen

Lyme plus Protocol

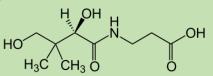
• Treatment MD skin lesions with a herbal compound:

• Nigella sativa (black caraway)

• Gotu Kola (Centella asiatica, Asiatic Pennywort)



•









The M-Protocol – Dr. Carsten Nicolaus –



Recommended Dosage during Naturopathic Therapy M1 – M6

e of patient:		Date:
Naturopathic Remedies	Dosage	Intake Recommendation
"M1"		before meals directly on the tongue
"M2"		before meals directly on the tongue
" <mark>M</mark> 3"		before meals directly on the tongue
"M4"		before meals directly on the tongue
"M5"		before meals directly on the tongue
"M6"		before meals directly on the tongue

In herbal medicinal products effects of turbidity might appear. Please shake before use.

Intake duration is ca. 6-12 months, depending on the disease pattern. Please attend for follow-up/reassessment in the BCA after consultation with your attending physician.

(The naturopathic therapy should not be interrupted without consulting your physician first!)

Fluid amount per day (30 ml/kg body weight, considering cardiovascular diseases): Still/non-carbonated water, preferably still spring water.

Probiotics for weeks.

Recommended Dosage during Naturopathic Therapy M1 - M6

Name of patient: Date: Week linkt. Dos. Dos. Dos. Dos. Dos. Dos. Junkt. lunkt. Junkt. Linkt Junkt. 1.0 .M2" "M3" "M4" ..M5" .M6" .M1″ 2 M1" M2" "M3" M4" M5" M6" 3. .M1" .M2" "M3" .M4" .M5" M6" 4 M2" .M4" M5" .M1* M3" M6" 5. ..M1″ ..M2" "M3" "M4" .M5" M6" M2" 6. .M1" ..M3" M4" M5" M6 7. .M1" .M2" .M3" .M4" M5" M6" 8. .M1 .M2" M3" .M4" .M5" M6" 9. .M2" .M1″ "M3" "M4" .M5" .M6" 10. .M1" M2" .M3" M4" M5" M6"

Please continue the dosage as in the 10th week up to the discussion of the blood results.

We ask for a ELISPOT and CD57 test in the beginning of the 12th /25th therapy week, as well as coinfections in our laboratory. The results of these tests and the symptom development determine the therapy duration, which will be discussed with the patient during an appointment at the BCA-clinic Augsburg in the 14th and 27th therapy week. Please arrange an appointment.



The M-Protocol – Dr. Carsten Nicolaus –

Mixture 1:	Mixture 3:
Tct. Artemisiae annuae hb. 9,5g	Tct. Gynostemmae pentaphylli hb. 15,8g
Tct. Dipsaci silvestri rad. 9,5g	Tct. Salviae officinalis fol. 15,8g
Tct. Gynostemmae pentaphylli hb. 9,5g	Tct. Tropaeoli maj. hb.15,8g
Tct. Salviae officinalis fol. 9,5g	extracting agent: ethanol 40% (V/V), drug/extract ratio 1:10
Tct. Tropaeoli maj. hb. 9,5g	Mixture 4:
extracting agent: ethanol 40% (V/V), drug/extract ratio 1:10	Tct. Artemisiae annuae hb. 28,4g
Mixture 2:	extracting agent: ethanol 40% (V/V), drug/extract ratio 1:10
Tct. Aegopodii hb. 6,0g	Mixture 5:
Tct. Allii ursini hb.6,0g	Tct. Dipsaci silvestri rad. 28,4g
Tct. Calendulae flor. 6,0g	extracting agent: ethanol 40% (V/V), drug/extract ratio 1:10
Tct. Cardui mariae fruct. 6,0g	Mixture 6:
Tct. Ononidis rad. 6,0g	Tct. Myristici sem. 28,4g
Tct. Parietariae officinalis hb.6,0g	extracting agent: ethanol 40% (V/V), drug/extract ratio 1:10
Tct. Solidaginis virgaureae hb. 6,0g	
Tct. Urticae hb. 6,0g	
extracting agent: ethanol 40% (V/V), drug/extract ratio 1:10	



The M-Protocol – Dr. Carsten Nicolaus –

Other herbal extracts for:

- Additional symptoms & ailments
- Systemic and topical treatment MD skin lesions
- Organ dysfunctions
- Flushing out of heavy metals (Detoxification)



2. Change of Diet

A diet and "lifestyle" change is also important in case of chronic inflammation and infections.

Treatment Aims:

- Restoration of homeostasis in the body
- Supporting and strengthening the immune system
- Termination of chronic inflammation
- Alleviation and elimination of ailments and symptoms





• 3. Selected Dietary Supplements during MD Therapy

The therapy and immune system can be supported by taking additional micro-nutrients.

Important Vitamins / Minerals:

- Vitamin A (3-5.000 I.E daily) + ß- Carotin (5-10.000 I.E.)
- Vitamin B-Complex (B1 Thiamin, B2 Riboflavin, B3 Niacin, B5 Pantothenic acid, B6 Piridoxin, B9 Folic acid, B12 Methylcobalamin)
- Vitamin C (500 2000 mg daily) + possibly Quercitin (Bioflavonoid, 500- 1500 mg daily)
- Vitamin D (D3 Cholecalciferol 400-5000 I.E.)
- Magnesium (400 -1000 mg daily)
- Coenzyme Q10 (100-400 mg daily)
- Zinc (50 mg daily)
- Selenium (100 -300 mg daily)





Other Dietary Supplements (depending on treatment and symptoms)

- Eleutherococcus sentinosus (Siberian Ginseng)
- Quercitin
- Curcumin
- Essential Fatty Acids (Omega 3, 100 4000 mg and Omega)
- Alpha Lipoic Acid (600mg)
- Resveratrol (20 40 mg)
- Gluthatione
- Alkalizing Supplements
- Gingko biloba (120 240 mg)
- SAMe (S-Adenosyl-Methionin, 200 400 mg)
- 5 HTP (100-200 mg)
- Tryptophan (500- 1000 mg)
- Probiotics (Acidophilus B. / Lactobacillus, Bifidus B., Sacchromyces boulardii)



• 4. Supporting Medication / Detox

The following positive effects can be reached through "supporting therapies" (treatment & supplements):

- Better tolerance and effectiveness of "anti-infectious herbs"
- Immun support
- Pain relief (even for chronic pain)
- Create "unfavorable environment" for Borrelia bacteria and other pathogens
- Decreasing cytokine production, which supports inflammation, and balancing TH1 and TH2
- Treating mood swings
- Support and improvement of organ functions (including liver and kidneys) and detoxification (endotoxins, heavy metals)
- Improving the body physique



• 5. Pain Therapy for MD patients

Pain amongst many others is the most common ailment and symptom of MD.

An efficient pain management of acute and chronic pain demands consistent application of pain relief medication at fixed times and should be part of any holistic approach.

Common forms of 'MD-Pain':

Musculoskeletal pain:

- Joint pain
- Muscle pain

Neuropathic pain:

- Poly-neuropathy
- Neuralgia



Accompanying medication in pain therapy "Co-Analgetics":

- Antidepressant (Amitriptylin, Doxepin)
- Anticonvulsants (Carbamazepin, Gabapentin, Pregabalin)
- Sedatives (Lorazepam, Midazolam)
- Spasmolytics (Butylscopolamin)
- Antiemetics (Metoclopramid, Haloperidol)

Accompanying therapies in pain therapy :

- Electro therapies:
 - TENS therapy (Transcutaneous Electrical Nerve Stimulation)
 - High-tone therapy (Transcutaneous High Frequency Nerve Stimulation)
 - Magnet therapy
- Acupuncture
- Photon therapy (e.g. Bionic 880)
- Swedish Massage



Herbal Pain Killers

Naturopathic Remedies:

Devil's Claw Nettle Curcumin Bromelain

White Willow Bark

Homeopathic Remedies:

Arnica Homeopathic complex remedies (e.g. Traumeel, etc)



6. Physiotherapy

- **Physiotherapy**, is a <u>physical medicine</u> and <u>rehabilitation</u> specialty that, by using mechanical force and movements, remediates impairments and promotes mobility, function, and quality of life through examination, diagnosis, prognosis, and physical intervention.
- Manual therapy
- **Classical massages**, connective tissue massage
- Manual lymph drainage
- **Thermo therapy** (Heat, cold incl. Infrared therapy)

Exercise Therapy

- Individual cardiovascular training from the beginning of treatment onwards
- Specific exercises
- Exercise with ionized oxygen therapy
- At later therapy stages: easy weight training







• 7. Stress Management

- Determination of causes of mental stress
- Identify stress caused by "external environment" (e.g. conflict consultation)
- Modification of mental stress:
 - Progressive Muscle Relaxation according to Jacobsen
 - Autogenic training
 - Qigong / Tai Chi
 - Photon therapy (e.g. Bionic 880)



• 8. Social Support

Social Support aims

- to support and help MD patients to live with their disease in the private and professional environment, e.g. at home, work, with family/friends, and in relationships;
- to support them with the recognition of their disease, i.e. health insurances, pension insurance funds and authorities;
- to help them with expert report, i.e. insurance claims.

The Roof of a Holistic Treatment Approach



Conclusion

The Goals of Holistic MD Treatment:

- Eliminating Borrelia and other TBD bacterias, parasites and viruses
- Anti-inflammatory support
- Immun support, build-up and stabilization of the immune system
- Minimizing the side effects of treatment
- Restoration of homeostasis
- Reducing therapy duration
- Optimizing successful treatment to achieve the overall goal:

→ COMPLETE RECOVERY

Conclusions



- Naturopathic treatment protocols are a good alternatives in treating Morgellons Disease (MD), particularly if a conventional antibiotic treatment cannot be prescribed due to various reasons.
- The length of treatment is in mostly 2-3 times longer.
- The treatment is usually best tolerated by patients and has no or very few side effects.
- A naturopathic treatment over 12 18 months has shown almost similar results compared to a 6 months antibiotic treatment in our clinic.

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Thank you for your attention!





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