

## **Lyme Disease**

Written by Delores A. Hampton  
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Lyme Disease is one of the most prevalent diseases found in the United States that is caused by a tick. Unless you are aware that you might have been bitten by a tick, you might you had the flu because of achiness, fever, headache, etc.

**Alfalfa- Internal** Purposes: Can be very good for the digestive system and can help treat such disorders as constipation and arthritis. Use it as an aid to increase clotting of the blood. Alfalfa can also be used as a diuretic. In addition, it can assist with the reduction of inflammation in the prostate, as well as to treat acute or chronic cystitis. Alfalfa can be an excellent source of Vitamin K. Alfalfa can be found in natural supplements, as well as in alfalfa sprouts.

**Dandelion Root, Ginseng, Hawthorn, Horsetail, & Marshmallow Root- Internal** Purposes: Choose one of these herbs to repair the damage that has been to the circulatory system, as well as tissues that have been harmed.

**Echinacea- Internal** Purposes: Also known as Purple Coneflower. Echinacea can be used as an alternative to using antibiotics. Also to be a blood cleanser.

**Milk thistle- Internal** Purposes: Milk Thistle has been shown to nutritionally support healthy liver function. Used for reducing inflammations of the liver.