



Managing Herxheimer Reaction

The Herxheimer reaction (also known as Jarisch-Herxheimer or Herx) occurs when large quantities of toxins are released into the body as bacteria (typically Spirochetal bacteria) die, due to antibiotic/antimicrobial treatment or rapid detoxification.

A “Herx” typically may increase one’s lyme symptoms as well as leaving one fatigued or with flu like symptoms. Duration can last anywhere from a couple of hours to a couple of weeks. Efficient detoxification of the body’s pathways is essential.

Detox aids include:

- Epsom Salt Baths
- Lemon water
- Alkaline Diet
- Supplements such as:
 - Probiotics
 - Quercetin (manages kinases and inhibits histamine release)
 - Cucurmin
 - Milk Thistle
 - Glutathione