



Plastikos Plastic & Reconstructive Surgery
Plastikos Surgery Center
Millennium Healthcare
Avatar Industries
4370 Georgetown Square
Atlanta, GA 30338
(770) 457-4677 (Tel.)
(770) 457-4428 (Fax)

www.plastikos.com
www.millennium-healthcare.com
www.templeofhealth.ws



Morgellon's Disease Protocol

Morgellon's Disease is a systemic disease characterized by a chronic fatigue illness with systemic symptoms such as joint aches, muscles aches, headaches, insomnia, and depressed immune system. The skin manifestations include multiple skin lesions especially in areas with hair as well as emergence of fibers, seed-like substances, and in some cases, bugs. Other organ systems are frequently involved including a variety of neurological symptoms. The following is a protocol which will be updated intermittently to help those with Morgellon's Disease obtain a more holistic approach to this systemic multi-system disease.

Please be aware that each person is unique and will not necessarily need all parts of the protocol.

Skin Products and Baths:

1. Because the disease manifests frequently with skin lesions and symptoms of biting, itching, burning, and crawling, the treatment of the skin is important for symptomatic relief. We recommend the **New Hope Skin Care Line** by Trisha Springstead, R.N., who can be reached at espskincare@yahoo.com. You can always email her from her website www.espbotanicals.com

ESP has created bug repellants, shampoos, serums, a Home Spray with 20 botanicals for persons whose homes are affected by this disease. Each Home Kit makes 2 Gallons of an Organic Pesticide that you can mist your home with or put in spray bottles. Sufferers, who order the patented New Hope Kit, will receive a small jar of her new sulfur, herb, spice and Menthol, patented based New Hope 2 balm and a free New Hope 2 soap to test. If this works, better than the original New Hope then we will be going to this for Morgellon's sufferers. Your feedback is very important to Trisha and she is listening to what helps others and trying to provide one place for patients to go for their skin care and home sprays.

Trisha has invented 100% essential oil and 100% organic products for skin diseases. Please remember you did not get this in one day and perseverance with the products will draw out organisms and toxins in the skin and will also replenish needed oils to moisturize and replenish damaged skin.

Feedback shows symptomatic relief from skin symptoms with use of this skin care line.

- A. Begin with the New Hope 3 step system. Each kit is meant to last 3 months or more.
We have brought down the prices so it should not cost more than 1 to 2 dollars per day.
You cannot stop using these products and they should be used exclusively for at least the first 6 months to 1 year.
- B. These products contain no fragrance oils, chemicals, neurotoxins, mineral oils, Urea's, Fragrance Oils, etc., that are contained in many skin care lines. (* US Patent 7060306).
- C. Remember that this treatment will draw out toxins, debris, and organisms at first. You may get a bit redder but it will get better.
- D. Epsom salts baths: 2 cups of Epsom salts per bath, to this you may add 1/4 cup of Borax, 1/4 cup sea salts and dried alfalfa capsules 10 per bath opened. ESP is creating a New Bath Line and has tested it on over 20 sufferers with great results. It will be available on the website at the end of Dec 2008.

2. **Citrus Facial Scrub** by Burt's Bees
 - Apply to skin all over and scrub to draw out larvae and eggs.
3. **MSM Lotion:** apply to skin
4. **MSM Ophthalmic Drops:** apply to eyes or Sulfacetamide Sodium Ophthalmic 10% drops – 3 drops to affected eye twice a day/prn.
5. **DSP cream:** (Divine Skin Protection) apply twice a day to lesions. <http://www.dsp-cream.com/>
6. **Dettol liquid antiseptic** can be added to body cream or Dettol soap.
 - Dilute well to avoid causing a chemical burn type reaction.
 - Do not treat over-reactive skin
7. **Wounded Warrior Ointment:** helps local skin lesions. www.woundedwarriorointment.com
8. **Eco-Vie™ Topical Cleanse:** (topical cleanse cream) <http://www.eco-vie.com/ecovie/products.html>
 - Spritz to affected area (20cc/1cup warm water) or
 - Soak for 20 min intervals (1/8 cup in 4-5inches warm bath water)
 - Air dry. Do not wipe off.
9. **BATHS:** first three can be combined or used individually
 - **Epsom Salts Baths:** 2 cups of Epsom salts per bath
 - **Baths with dried alfalfa capsules:** 10 per bath opened and ¼ cup of sea salt.
 - Dr Overman's **Morgan Bath** www.precisionherbs.com
 - **Magnetic Clay Baths** both soaking in bath and packing the bentonite clay in the area which helps draw out the fibers and heal the lesions.
 - **Hot Oil Bath Intensive:** 8 oz. in a bath has produced purges in some patients. <http://www.accessnutraceuticals.com>
 - Miracle II moisturizing soap
10. Remove hair in symptomatic areas, since the disease favors hair follicles: www.moom.com
 - Natural depilatory: **Moom Organic Hair Remover** - contains Chamomile, Lavender and other essential oils.
11. **Mona Vie™:** antioxidant drink that helps to restore pigmentation in healed lesions. www.monavie.com
12. Kleen Free in soaking bath, as shampoo and topical application to the skin.
13. Organic Coconut Oil – apply to areas with lesions.
14. MIMS Ketazol Shampoo.
15. 10% Sulphur soap
16. Use white vinegar (1 cup) mixed with xantham gum (1 tsp.) (Apply to skin and scalp 3 x a day).
17. Metronidazole gel on affected areas.
18. Kleen-Free Naturally concentrate – apply directly to lesions four (4) times a day. Do not ingest.
19. Itch Relief Ointment (999) – as directed
20. Face & Body Mud Packs, DermaTechRx from Q-Based Solutions: <http://shop.qbased.com> or call 1-866-314-8917.
21. Treatment For Morgellons Lesions – 2tsp Tea Tree Oil, 2 tbsp of White vinegar, 1/3 cup of full fat mayo (thick) – mix all ingredients together and apply to all lesions, let the mixture remain on for a couple of hours. Rub mixture in while washing it off.

22. Citrus Silk Oil Vera to affected area three times a day.

Diet:

1. Change to a diet that contains more alkalizing food, as the disease flourishes when more acid forming foods are eaten. (See list of recommendations).
2. Eat organic (avoid pesticides) and limit exposure to preservatives.
3. Avoid foods stored in plastic and/or aluminum.
4. Avoid all luncheon meats (they are sprayed with viral phages which have been coated with a high-density polyethylene (nanotechnology) in order to prevent bacterial infections but are suspected to cause immune issues).
5. Avoid genetically modified foods (see list) and dairy products that contain growth hormone.
6. Avoid high sugar intake (including fruit), which can feed intestinal yeast. Natural sweeteners like Stevia, VeggieSweet & Xylitol can be used.
7. Drink adequate clean water e.g. distilled or filtered water

Acidity & Low Alkaline Reserve:

Dietary changes may not be adequate to increase alkalinity of the body

Test acidity of urine in the morning using pH strips (Ideal urine pH > 7.5)

1. **Buffer pH:** 3 to 6 capsule/day
2. **Alkaline Water:** can be produced by ionizer water treatment units.
3. See the information on www.miraclemineral.org and <http://mmsmiracle.com> on the use of sodium chlorite or dioxylor.
4. Overman's **Bio-Electronic Energizer** (see below)

Immune Deficiency:

1. **EpiCor:** one capsule (500 mg.) orally a day, to help raise natural killer T-cell levels.
2. **Vitamin D3:** 1000 to 2000 U/day. Monitor Vitamin D levels by blood test. (Use caution with Vitamin D in Lyme patients)
3. **ImuPlus:** protein supplement that also increases immunity.
4. **Grape Seed fruit extract** as directed.

Detoxification:

1. Herbal liver, gallbladder, and colon cleanses
2. Coffee Enemas
3. Colon hydrotherapy (list of local practitioners available)
4. Aqua Detox Ionic Foot Bath or "EB" cellular cleanse therapy ionic footbath, to help remove heavy metals and other chemicals. www.ebrwp.com
5. **Harmonic Quad foot bath plus Portozone Ozone Generator** (see below) aka Electrolysis Ionic Foot Bath (series of 6 – 12)
6. Triphala – two capsules by mouth twice a day with meals
7. Opaline Dry Oxy™ as directed according to weight or Nutraoxygen as directed
8. Infrared Saunas.
9. Lymph Tone III – as directed.
10. XenoForce – detoxification of xenobiotics
11. Recanostat or IV glutathione (series of 6 – 12)
12. Mold Sporex – 4 capsules twice a day for biotoxin detoxification
13. Vitamin IV's with Vitamin C for biotoxin detoxification
14. NAC (N-Acetyl-Cysteine) as directed
15. Mint Matrix Oil Vera – Add 2-3 drops to ionic footbaths or fluid per day.

Electromagnetic Devices:

The Harmonic Quad is a frequency generator that can kill parasites inside the body without damaging the tissue. Avoid use if pregnant or have an implanted defibrillator.

Information at www.precisionherbs.com and Overman's Health Choices (330) 276-4234.

1. The **Harmonic Quad attached to a double-reflective blanket** increases the killing power in the blood and skin by reflecting the electromagnetic force back into the skin, to help remove insects and arthropods.
2. The **Harmonic Quad attached to the ionic footbath** along with the **Portozone Ozone Generator** to place ozone into the water to help remove chemicals and plastics, which may be involved with the disease.

3. The **Harmonic Quad with the Healing Detox attachment** aids in removal of synthetic and organic toxins from the tissues. Use for 4 minutes a day.
4. **Bio-Electronic Energizer** allows the body to absorb & store alkaline minerals, building up depleted alkaline reserves.

Infection:

Multiple infections – bacterial, fungal, parasitic – are usually present with Morgellons Disease.

➤ **General antimicrobials**

1. **NutraSilver** (Warning: Use of silver products and sun exposure can cause a rare but possibly bluish permanent skin discoloration).

Suggested Use of NutraSilver for Morgellons by Beneficial Solutions, LLC

- **NEVER APPLY NUTRASILVER TOPICALLY!**
- **NEVER USE METAL OF ANY KIND!**
- **DO NOT ALLOW NUTRASILVER TO BE EXPOSED TO SUNLIGHT!**
- Remove the cap and puncture the safety membrane so the bottle now becomes the dropper.
- Dose in filtered or distilled water starting with 30 drops 3x/day. Watch for potential die-off reaction.
- Increase to 40, then 50, then 60 drops only if no reaction is noticed.
- You should now decide which dosage feels the best.
- Have your doctor check your liver and kidney function every 3 months while on NutraSilver/Monitor silver levels monthly.
- Dr. Staninger does not recommend any heavy metals such as silver due to its ability to create silver protein and react with advanced nano materials.

2. **Dioxychlor or MMS:** natural antibacterial/viral/ fungal

- Aids the bodies natural defenses little or no toxicity to normal tissue
- Start with 1-2 drops and build gradually to 20 drops twice a day orally
- Can also be use to clean food (soak 10-15 seconds in 60 drops/gallon water)
- Need to activate with apple cider vinegar or fresh squeezed lemon or lime juice.

3. **Thieves essential oils:** combination of oils for natural antibacterial/fungal/viral effect

- Dissolve 10 drops in 8 oz. of distilled water and drink, three times a day.
- Recipe to prepare your own: 1oz clove: 1oz lemon: 30 drops cinnamon: 30 drops eucalyptus: 45 drops rosemary essential oils
- Mix in glass container.
- Place 4 drops of solution in 4 ounces of green tea, 1 time per day.
- Remember, these oils are very strong, do not rub in eyes.
- Available online at Trishaspring50@yahoo.com; (www.espbotanicals.com.)

4. Apply Essential Oils or Tea Tree Oil topically to lesions if burning is not significant.

Only apply Essential Oils including Tea Tree Oil to skin if diluted as contact dermatitis may occur. For Essential Oils (God's Tears) see www.espbotanicals.com - Mint Essential Oil as directed.

5. **Alllicidin Complex™ by Premier Research Labs:** Use as directed for treatment of biofilms.

➤ **Antiparasitics**

1. **Core Artemesia Blend** by Energetics or **Super Artemesinin** by Allergy Research Group.
2. **Amazon AP:** 2-3 capsules twice a day with food (www.RaintreeNutrition.com).
3. Overman's **Parasigest, Arthropex, Morgonex, Mutex**
4. **Parasitin** – 4 capsules twice a day as directed.
5. **Diatomaceous Earth** – one to two teaspoons in water twice a day by mouth.

➤ **Antifungals**

1. Prescription **Sporanox** 200 mg/day of Vfend 200 mg. twice a day (if liver functions tests are normal).
Use herbal milk thistle e.g. Super Thistle X 3 x/day for liver protection.
2. Combination herbal antifungal e.g. **Yeast Max**;
3. Enzymes to break up yeast e.g. **Yeastzyme, Candizyme, Candex**

4. Overman's **Microzymex, Yeast Myceliex, Mold Myceliex**
5. **Pleo Alb Suppositories** as directed.

➤ **Antibacterials**

1. Prescription **Biaxin** or **ZPack** early in the disease course have been reported to be effective but long term use can lead to bacterial resistance developing (especially *Pseudomonas Putida*).

➤ **Other:**

1. Probiotics to decrease intestinal candidiasis e.g. Primal Defense or Ortho Biotic.
2. Colloidal Minerals to replace deficiencies.
3. Permethrin Cream as directed to areas with lesions.
4. Tetrasil Ointment: apply topically as directed.
5. Alfalfa capsules 2 a day orally.
6. Garlic capsules (Garlitrin): one tablet orally prior to bed.
7. Mangosteen 40% extract or higher, standardized.
8. CorValen-M for muscle cramps and energy.
9. Tri Guard Plus – (Oxygen Nutrition Company) a broad-spectrum antimicrobial compound.
10. Wobenzyme or Complete Nutritional Enzymes.
11. Graviola as directed with Ortho Biotic.
12. EPA-DHA 6:1 or EPA-DHA Complex – as directed
13. Magnascent Iodine – one drop twice a day in water and increase slowly to 10 drops twice a day, see <http://www.magnascent.com>
14. Iodine supplementation topical (Potassium Iodine) or oral (Ioderal).
15. Citrus Silk Oil Vera to affected area three times a day.

Co-Morbidities

1. **Lyme Disease**

- a. Marshall protocol
- b. Monolaurin
- c. Saventaro/Samento
- d. Harmonic quad
- e. Dioxychlor, MMS
- f. Mangosteen 40% extract or higher
- g. Wobenzym or Complete Nutritional Enzymes
- h. Lithium
- i. Co Q10 or UBQH
- j. Olive leaf extract

2. **Mold Biotoxin Disease**

- a. Get rid of mold in the environment (see information on Essential Oil Diffuser with God's Tears essential oils on our website - <http://www.millennium-healthcare.com/documents/Products/EssentialOilDiffuserNebulizer.pdf>)
- b. Mold Sporex
- c. Vitamin C 2-8gm/day in divided doses
- d. Recanostat
- e. Butyrate two capsules three times a day with food.

Environmental Care and Cleaning:

1. Avoid bleach and ammonia, as they are not effective.
2. Stop all use of conventional commercial pesticides, fragrance oils, mineral oils, and petroleum products.
3. Clean rugs with borax
4. Wash clothing in non surfactant/non ionic organic cleaners with no fragrance oils:
 - Combination of borax, baking soda, and salt
 - Arm and Hammer Botanicals in the green bottle
5. Use 7th generation cleaning products.
6. Use baking soda to clean all vegetables and fruits.

7. Use 1 cup of apple cider vinegar down the drains once every 2 weeks to create an alkaline environment so organisms can't grow there.
8. Wash windows with soda water or vinegar and newspapers.
9. Animals can be carriers and also get sick. Health Food Stores carry Enzymatic Cleaners for Animals that are Chemical Free, also recommend Dinovite® Original Canine
10. Use combination essential oils **Environmental Spray** below as an organic pesticide.
 - Recipe: Mix 1oz geranium: 1oz peppermint: 1oz black pepper oil: 1oz cedar wood oil: 1oz rosewood: 1oz citronella essential oil
 - Mix with 2 Gallons of Water and ½ Cup of Borax
 - Put in spray bottle and mist home environment and animals.
 - This works great as an insect repellent in small spray bottles.
11. Use a hair dryer to kill mites in environments with heat.
12. Use a Shred Ender to remove debris from scalp.
13. Boil clothes to kill organisms.
14. Kleen-Free Naturally: <http://www.kleen-free.com/> directed for use as spray in the laundry and environment. Please enter "**Morgellons**" code for a 15% discount in the comments section on the CheckOut screen.

Additional Information about Dr. James Overman's Herbal Treatment for Morgellons Disease:

Additional Information can be found in Dr. Overman's book, *Overcoming Parasites Naturally*, Professional Edition, Copyright 2003. Published by Overman's Healthy Choices, Inc. Includes information on: Morgonex, Mutex, Siliconex, Yeast Mycelex, Myceliheal, Parasigest, Mutagenex, LivGall and Arthropex.

Please note: That there is individuality as to presentation as well as biochemistry of each Morgellons' patient. Not necessarily all of the above is necessary and for some individuals only part or an addition to this protocol may be important.

The following statements and/or supplements have not been evaluated by the FDA. The FDA suggests that you consult with a health care professional before using any dietary supplement. This product is not intended to diagnose, treat, cure or prevent any disease.

Suggested Reading

The Naked Truth About Breast Implants: From Harm to Healing by Susan E. Kolb, M.D., F.A.C.S.

Visit www.TheNakedTruthAboutBreastImplants.com to read about Dr. Kolb's personal experiences and extensive knowledge of the potential dangers associated with silicone and saline breast implants.

Goddess Shift: Women Leading for a Change by Stephanie Marohn

Visit www.goddessshift.com to read about the anthology of over 40 women leaders in diverse fields of human endeavor where Dr. Kolb is a contributing author.