

EQUIPPING, TRAINING, & ENCOURAGING THE BODY OF CHRIST



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Thoughts on How God Heals Through Medicine

By Connie Strasheim

I have been walking a serious healing journey since 2001, when I first turned my life over to Jesus Christ, and asked Him to be my Lord and Savior. I came to Him with a lifetime of unhealed emotional trauma and a poorly functioning body that, over the following four years, would continue in decline as He paradoxically began to heal me emotionally. In 2004, I became disabled by chronic illness involving Lyme disease, which was really a translation for, “Some bugs have overtaken your body because your immune system has been broken by a lifetime of trauma and environmental toxins.”

God began an intense work in me in 2001, but when I could no longer work in 2004, and had to quit my job, sell my home, deplete my 401K, and spend every last nickel of my savings on medical treatments, I really began to pay attention to my healing and what He wanted to accomplish through me. Over the past decade, I have learned many lessons, including that God heals, both through medicine and supernaturally, but that how He chooses to heal each person is different, depending upon their faith, the type of treatments available to them, and His purposes for their lives.

I am both a medical writer and healing prayer minister, which means that I have seen how God heals people using the natural resources and gifts that He has given us, as well as how He heals supernaturally, by His Spirit. That said, I also believe that natural treatments can become supernatural, when their creation is directed, inspired and blessed by God.

I have done many types of therapies throughout my healing journey. To treat the

Lyme disease infections, I have used pharmaceutical antibiotics, Rife machines, biophoton therapy, and high-dose herbal remedies, as well as other treatments. While all of these approaches have been useful for removing infections from my body, some produced harmful side effects and most were not entirely effective. Biophoton therapy, for instance, removed many of the *Borrelia* infections, but was ineffective for treating other infections, and caused me to become more sensitive to electromagnetic fields (EMFs). That sensitivity persists to this day and I get a buzzing feeling in my body whenever I am exposed for prolonged periods of time to EMFs. While I believe that biophoton therapy may be useful for some people, it was not the best treatment for me.

As another example, pharmaceutical antibiotics were effective for removing most all of the tick-borne infections with which I had been afflicted—but not all, and, after a year of intensive therapy involving multiple combinations of 5-6 types of antibiotics, I felt no better than when I had started. In fact, I felt worse. This was partly because I wasn't just ill from tick-borne infections; multiple other factors, such as emotional trauma, had created severe autonomic nervous system dysfunction in my body, and I had other pathogenic infections and toxins that I needed to address—but the antibiotics themselves had also further compromised my body.

I believe that pharmaceutical therapy can be useful for some people with Lyme disease, and that this therapy is blessed by God in some situations, but I felt in my Spirit that this was not the path that He had wanted me to pursue.

The reason for this was first given to me at a 2009 International Lyme and Associated Diseases Society conference, as I listened to practitioner after practitioner describe complicated, difficult, and expensive antibiotic treatment regimens for chronic Lyme disease. I kept thinking, I know God uses medicine to heal people, but is it supposed to be this complicated and expensive? Does He mean for us to use substances that heal the body in some ways, but destroy it, and the environment, in others? Again, I believe that there are people for whom long-term antibiotic therapy is necessary, but I wasn't convinced I was one of them.

The same thoughts go through my mind whenever I think of conventional cancer treatments, such as chemotherapy and radiation, which actually kill more people than they save, according to statistics. The negative effects of antibiotics upon the body aren't usually as damaging, but they weaken immune function by destroying beneficial bacteria in the gastrointestinal tract and on the skin. These bacteria kill incoming pathogens from the environment, which enter the body through the air, skin, food and water supply. Seventy percent of all pathogens are removed by these beneficial bacteria, so if they get destroyed by antibiotics, then many more infections can enter the body and overburden the immune system. But the implications of antibiotic therapy go beyond the destruction of beneficial bacteria—besides weakening immune function, antibiotics encourage the creation of “super bugs” which can be resistant to therapy, and damage the environment and body in a variety of ways.

I am grateful that antibiotics removed dangerous infections from my body, but they also harmed it in more ways than one. The drugs that I took weakened my adrenal glands, taxed my liver, pancreas and kidneys, and caused my body's circadian rhythm to be disrupted. I also have blurriness in my right eye as a result of one particular medication. During the course of therapy, I also became allergic to one medication, and spent six weeks lying on my floor and in my bed, because my liver was so stressed from the medication and I couldn't even sit in a chair due to extreme fatigue.

I believe that God blessed these treatments; otherwise, I might still have high levels of infection in my body today, but I recall Him quietly saying something to me at the onset of my therapy: I would rather you not go through this—there is a better way for you—but I will use the drugs in your healing, nonetheless, if you choose to take them.

I have come to believe that when a treatment is God-ordained, it addresses the cause of illness, not just the symptoms. It also generally does not harm the body, and if it produces side effects, those effects are temporary. It is not unaffordable, or seemingly impossible to do. God has impressed upon me, time and again, that His ways are not complicated and healing isn't meant only for the rich and prosperous, or the genetically strong. He intends it for everyone.

One type of antimicrobial therapy that God has really blessed in my healing journey, however, has been herbal remedies. When used properly, herbs can be extremely effective for healing the body of a multitude of problems.

So when antibiotics failed to completely eliminate the infections from my body, I once again began an herbal antimicrobial protocol using NutraMedix remedies. I had used these remedies before, but not by themselves (that is, without also taking antibiotics), and not according to the protocol that is recommended by Lee Cowden, MD, who is an expert in their use and a consultant to the NutraMedix company. One reason why I chose to use NutraMedix herbs is because I knew that the founder of NutraMedix, Tim Eaton, as well as Dr. Cowden, who are both friends of mine, love God, and are divinely guided by Him in their work. And I believe that anyone who allows himself or herself to be guided by God will have better results with their patients and clients.

So in early 2012, I began taking NutraMedix's antimicrobial remedies to treat the low-grade *Borrelia* and *Bartonella* infections that remained in my body, as well as the systemic fungal and mold infections that I had developed as a result of prolonged antibiotic use and from living in a damp

environment. I took Banderol, Cumanda and Samento according to the Cowden Support Program, which is a six-month protocol that was developed by Dr. Cowden in 2007, and which was initially designed for the treatment of *Borrelia* and co-infections. (Today, however, the Program is also used to treat many other types of chronic health conditions, since it effectively removes a broad variety of toxins and infections from the body). The Program is described on the NutraMedix website: www.nutramedix.com as well as on the Bionatus Labs website: <http://www.nutramedix.ec>. The Bionatus Labs website provides the most comprehensive product and Cowden Support Program information—including a 2-page summary of the program, a 190-day treatment schedule; videos, study reports, product information sheets and testimonials—since FDA rules prohibit NutraMedix from publishing that information on their US website. According to the Bionatus Labs website, health care practitioners who use the Cowden Support Program report that more than 80% of their patients who suffer from a variety of conditions respond positively to it.

Along with the NutraMedix antimicrobial remedies (which I dosed at 50 drops per remedy, twice daily), I took biofilm-busting systemic enzymes, such as nattokinase, lumbrokinase and serrapeptase, which are also recommended as part of the Cowden Support Program. After six months of treatment, the infections no longer showed up in my body on Zyto scans and through Applied Kinesiology testing. Praise God!

From my experience, I concluded that had I properly followed the Cowden Support Program, I might not have had to take long-term, high doses of antibiotics from 2009-2010, or spent so many years treating the infections with other therapies. This is something that I will never know for sure, but it seems that the herbal remedies were effective for removing what the antibiotics did not.

Also, as part of the Program, I took a variety of NutraMedix detoxification support remedies, including Parsley, Burbur, Pinella, Zeolite, and Trace Minerals, as well as EZOV, a hyssop extract formula that helps the body to release emotional trauma that is stored in the organs and tissues of the body. I also found NutraMedix's Amantilla and Melatonin products to be beneficial for reducing anxiety and helping me to sleep better.

I advocate the NutraMedix remedies and Cowden Support Program for anyone who has been diagnosed with a chronic illness of any kind. The Program is not only effective, but also reasonably priced, and doesn't harm the body. NutraMedix's antimicrobial remedies can produce Herxheimer, or

detoxification reactions, but such reactions can result from any type of antimicrobial therapy, and aren't harmful to the body if the remedies are properly taken. Nonetheless, they do not damage the body, and are, in some cases, just as effective, if not more so, than pharmaceutical antibiotics.

Furthermore, NutraMedix donates many of its proceeds to humanitarian missions and to helping the underprivileged around the world, which is an important consideration for those of us who consider it essential to obey God and carry out His command to care for, and love others. The book of Isaiah, Chapter 58, verses 6-7 of the NIV Bible, states:

"Is not this the kind of fasting I (God) have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter—when you see the naked, to clothe him, and not to turn away from your own flesh and blood?"

NutraMedix carries out these tasks as part of its humanitarian work, and, as described on the NutraMedix website: www.nutramedix.com/company.asp, it uses a significant amount of its proceeds to support orphans, widows, Christian pastors and missionaries in economically-distressed parts of the world. James 1:27 of the Bible states that: "Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress."

Therefore, I would recommend that anyone with chronic illness, whether from Lyme disease or another unlabeled or undiagnosed condition, consider the herbal antimicrobial NutraMedix products and especially the Cowden Support Program as part of a comprehensive treatment regimen, not only because the Program is effective and safe, but also because the people of NutraMedix, as well as Dr. Cowden, believe in, and follow the Biblical mandate to help "orphans and widows" (as well as the sick!), in their affliction.

Today, I am mostly free of infections. I am still treating parasites (which are found in most people worldwide, whether they have symptoms or not), removing environmental toxins from my body, and healing my autonomic nervous system from the trauma that first caused me to become ill, many years ago. But I have made great strides in my healing, thanks to God and what He has taught me over the years. This has become invaluable knowledge that I now share with others.

May you be blessed in your healing journey!