

The Effectiveness of Samento, Cumanda, Burbur and Dr. Lee Cowden's Protocol in the Treatment of Chronic Lyme Disease

by

Suzanne Arthur, Lyme Disease Research Database

The annual number of new cases of Lyme Borreliosis disease occurring in the United States is unknown due to many factors, mainly under-diagnoses and misdiagnoses. Harvard researchers and Lyme-literate physicians believe that as many as 200,000 new cases of Lyme occur in the U.S. annually, and that the number of people infected grows each year. As reported in the Townsend Letter article from July 2004, *What Makes Lyme Disease Tick and How Samento Eliminates It*,¹ Samento was the only herbal antimicrobial recommended for treatment of Lyme Borreliosis. Nutramedix now offers many additional products, some of which are currently undergoing clinical evaluation for effectiveness in the treatment of Lyme disease. Dr. Lee Cowden considers the use of Samento, Cumanda, Burbur, Quina and other products to be a fine-tuned antimicrobial approach that addresses fungus and other problems that accompany Lyme disease.²

Dr. Lee Cowden suspects Lyme Borreliosis to be root cause of many chronic illnesses; recommends detox program and herbal antimicrobial protocol

Although many Lyme patients have had success with long-term antibiotics, Lee Cowden, M.D., integrative medical researcher and physician, believes many patients being treated with antibiotics have recovered hundred percent for months or years only to suffer a recurrence.

"Lyme disease is an epidemic in this country," says Dr. Cowden. He believes most of the diseases "that are considered incurable by conventional medicine have some kind of Lyme component." Many chronically ill people have Lyme as a factor. Dr. Cowden not only suspects Lyme bacteria as a root cause for autoimmune diseases, he also lists neuro-degenerative diseases, cardiovascular diseases, cardiac-arrhythmias, gastrointestinal diseases, MS, ALS, Parkinson's, ADDHD, and autism. "I've found that if you can start working on the Lyme and the toxins, then a lot of these labels go away," he says.

Dr. Cowden says that through the studies he has discovered that "antibiotics do seem to work fairly well in a lot of patients. But, if they've had the illness for longer than six weeks, the chance of antibiotics getting rid of the infection, in my experience, is pretty unlikely, pretty remote. So, they're basically just guaranteeing that they'll stay on antibiotics for the rest of their life.

"The problem with staying on the standard pharmaceutical antibiotics longterm is that you kill off the friendly bacteria in your gut, and you cause an overgrowth of fungus in your gut, so then you trade one problem for another.

In the pilot study in 2003, we used Samento quite a bit, and still use it. But we've found that there are some other herbal therapies that have been brought from Peru by Nutramedix that work just as well or better than Samento.

Cumanda is an extremely powerful anti-Lyme treatment, as well as an excellent anti-fungal. And also is a pretty good anti-viral, and anti-parasitic. So you eliminate a lot of different bugs with one therapy. It's a different philosophy than the philosophy used by conventional medicine, which is one bug, one drug. So if you have six bugs, you have six drugs.

Now, besides Cumanda we have Banderol, which is a very powerful herbal antimicrobial from Peru also through Nutramedix, and Quina, which has been used in Peru for many centuries for treatment for malaria, but is also an excellent anti-Lyme treatment as well as a pretty good anti-fungal and anti-parasitic.

I guess the most important thing we've learned since the pilot study is that if you don't continue to work on getting the physical toxins out of the body, the few remaining microbes that can survive the aggressive therapy with herbals or pharmaceuticals, or whatever is used, those surviving microbes will usually regrow and form a completely new population of Lyme-related microbes in the body because of the toxins stimulating their regrowth.

So, it's so critically important, in my opinion, to work as hard on getting the toxins out of the body as on working on getting the microbes out of the body.”

“The worst culprits usually are the heavy metals,” says Dr. Cowden. “The most common source for heavy metals that I see usually is mercury from the silver mercury amalgam fillings in people's teeth.”

The simple act of chewing releases mercury back into the body, where it stimulates the growth of *Borrelia* and other microbes, and where, additionally, it “blocks the release of other toxins, including other metals, pesticides, solvents, herbicides and so on,” says Dr. Cowden.

Dr. Cowden urges Lyme patients to have amalgam fillings removed “in a very cautious and methodical way. Then, once the mercury is removed from the teeth, the patient must gear up the detoxification for mercury, so that the mercury can be removed from the body over time.”

Mercury is just one issue that predisposes patients to microbial growth and poisons their systems. Other metals such as aluminum, boxite, and copper are also found in high levels in Lyme patients. Pesticides from household use and from conventionally-produced meats, and petroleum by-products from skin care products and cosmetics represent further challenges.

“Once you get a lot of that toxic load out, then it becomes easy to get rid of the microbes,” says Dr. Cowden.

“The other thing we've learned since the study is that enzymes are critically important in breaking up the fibrin that covers over the bugs and hides them from the immune system. The fibrin is a protein produced by the body in response to infectious illnesses. And those bugs can hide very well if the fibrin is coating them over, but if you give a proteolytic enzyme about thirty minutes before food with water only, a couple of times a day, enough of that enzyme gets absorbed and breaks down the fibrin coating on the surface of the bug so that the immune system can find them and get rid of them.

In addition to that, the fibrin that is being produced gets plastered up against the capillary walls, the blood vessel walls and restricts the movement of oxygen into the tissues. So the tissues become oxygen

starved, and start producing lactic acid and go into anaerobic metabolism and create all kinds of other trouble from that. So the proteolytic enzymes have been very helpful to resolve that.

I use bromelain as a proteolytic enzyme. Bromelain is derived from pineapple. And also I use Carnivora, which is derived from Venus Flytrap. These two seem to be fairly well-tolerated and not likely contaminated and not very allergenic. A lot of the other enzymes that are on the market are either contaminated or allergenic. But those two work really well.

We've found that if you rotate remedies, that you're less likely for the microbes to develop a sensitivity or resistance to the treatment, and less likely for the patient to develop an allergy or sensitivity to it."

In 2001, Dr. Cowden co-developed a technique to remove toxins using the principle of complex homeopathy and laser, called cold laser therapy. "That's been a great advent in getting the toxins out of the body, and the doctors I've taught how to do that are very impressed with their results," he says. "Unfortunately, there are so few doctors in the country that are trained in that technique, that there are more people wanting it than doctors who can deliver it."

Dr. Cowden currently leads seminars for physicians who want to learn how to use cold laser therapy for faster detoxification.

Dr. Andrew Wright treating CFS and Lyme disease with Samento and Cumanda³

Dr. Andrew Wright sees patients in his private clinic in Bolton, near Manchester, UK. For the past fifteen years he has specialized in the treatment of Chronic Fatigue Syndrome. He believes that CFS is mainly a chronic bacterial infection, and that *Borrelia* is one of the bacterias that can cause CFS.

"Clinically, CFS is identical to chronic Lyme disease in many ways," says Dr. Wright. "I think there are several reasons for why we should think that bacterias are the main causes of these illnesses. The symptoms are similar to bacterial illnesses. The gene expression, in very carefully selected CFS patients, appears to be identical to that found in Lyme disease. Many patients are positive for *Borrelia*. I do microscopy and I find spirochetes in many people."

Dr. Wright has treated five hundred or more patients with Samento, which he says is safe, and well-tolerated by most people. He believes that for treatment of CFS and Lyme Borreliosis, the best choice is an integrated program if the patient can afford it.

"Often it comes down to what patients can afford," he says. "Many of my patients are on pensions and Social Security and can't afford to pay for lots of herbs and supplements. They go for cheap antibiotics. Some of them get better."

Dr. Wright says that because Samento works very well in at least two thirds of his patients who choose alternative therapies over antibiotics, it remains his first choice in treatment with Lyme Borreliosis. Eighty percent of his patients who are on the antimicrobial treatments respond positively, with about sixty percent of the patients declared clinically cured after a period of one or two years. He now uses other Nutramedix products as well, particularly Cumanda, Quina, Burbur and also Amantilla.

In general, Dr. Wright says, he tries Samento first. If patients don't respond he puts them on Dr. Cowden's protocol. He finds that about half the patients who don't respond to Samento will respond to the protocol. Some people simply do not respond, which, as he points out, is typical for any type of treatment including conventional antibiotics.

The results of Samento treatment are varied due to patients' spectrum of tolerance, in Dr. Wright's experience. "In general," he says, "it is very well-tolerated. It's very rare for someone to have to stop treatment." Some people are very sensitive and can only begin with one quarter of a drop. Others have a greater tolerance and can build up their dosage more quickly, thus achieving quicker results. "The fastest I've seen it work is in six weeks," he says.

Dr. Wright typically recommends a dosage of five to ten drops, three times per day, working up to that dosage over a period of a few weeks. Occasionally, he has put patients on sixty drops a day. In his experience, if Samento is going to work, the patient sees a reduction in symptoms within three months.

"Certainly, Samento causes fewer side effects than antibiotics, such as gastritis, rash or irritable bowel syndrome, and so forth," says Dr. Wright. The only side effect from Samento that his patients have experienced with any frequency is diarrhea, which subsides after about one week.

Dr. Cowden comments on why patients have fewer problems with herbal antimicrobial treatments than with conventional antibiotics. "Fungal overgrowth can be just as bad a problem as Lyme disease," he says. "The herbal treatments we've been using don't tend to cause that problem, because they kill the fungi as much as they kill the Lyme-related bacteria and protozoa, without, in many cases, killing the friendly bacteria in the gut."

In treating CFS and Lyme, Dr. Wright would ideally employ a "combination of therapies," he says, "including Samento, nutritional supplements, dietary change, stress management, the whole thing, because this is a holistic illness. I think we need to do more research, because long-term effectiveness of these therapies is yet to be determined."

Clinical Study currently evaluating effectiveness of Samento, Cumanda, and Burbur

In Fall 2006, pharmacist Philip Kielman of the Netherlands, began a year-long, random double-blind placebo controlled study to evaluate the effectiveness of Samento, Cumanda and Burbur in the treatment of Chronic Lyme disease.⁴This is a follow-up to the pilot study conducted with Samento in 2003. The twelve week preliminary report shows a sixty five percent reduction in symptoms in the treatment group, and a twenty percent reduction in symptoms in the placebo group.

Kielman says, "When we check with the Western Blot or ELISA and we get a negative result for the disease, and there are no symptoms remaining, we conclude that it works. Of course, some people are skeptics. They will say, yes, but you can't cure one hundred percent of the people."

"But I'm a pharmacist," he continues. "And I know that I can't cure anyone with any disease, one hundred percent with 'normal' medication. When you have a thirty percent success rate with pharmaceutical medication, everyone shouts 'wow, that's great, we have a new drug.' But when there is a natural product and people who have been given no hope with conventional therapy succeed at a rate of fifty or sixty percent, well, I think that's great."

Jean Reist, R.N., treats Lyme patients with help from detox formulas Burbur and Parsley⁵

Jean Reist, RN, has treated over a thousand people diagnosed with Lyme disease in her Pennsylvania clinic, Journey to Wellness. Nutramedix products Burbur and Parsley are in her arsenal of herbal therapies for treatment because of their effectiveness in lymph drainage, which she considers critical in healing Lyme. Reist believes that the most essential ingredient in her patients' therapy is diet and lifestyle changes.

“Lyme *Borrelia* will thrive in the presence of fungal elevation. Therefore, sugars, grains, can definitely make the inflammatory situation a lot worse. Sugars will suppress the immune system. But what's more damaging, in our experience, is that Nutrasweet and Splenda are like poison and you want to avoid that like the plague. Splenda will actually dry up the thymus and effect your T-cells in a way that you cannot afford if you have Lyme disease. So, stay away from those artificial sweeteners. Just don't do it.” For her patients, Reist recommends Stevia as an alternative sweetener.

Bea Mistich⁶, success with herbal antimicrobial therapy

Bea Mistich of Colorado Springs, Colorado, spent nearly a decade dealing with serious health challenges and was hospitalized and treated for pain, but not tested for Lyme disease until years later.

She now believes that many, if not all, the health problems that plagued her over the course of nine years were caused by Lyme. During that time Bea underwent neck surgery for herniated discs, she suffered back issues, cellulitis, depression, as well as severe flu symptoms. She also believed that she was experiencing strokes.

For pain relief, Bea tried many types of therapies including acupuncture, with little success. Eventually she received a positive diagnosis for Lyme from IGeneX in Palo Alto, California. She began a course of Doxycycline prescribed by her Colorado Springs physician. In spite of an entire year of treatment, she remained symptomatic. As her health declined, a friend who had heard about Dr. Cowden and Nutramedix products urged her to look into it. Initially reluctant to try yet another purported remedy, Bea eventually considered her friend's advice, went to see Dr. Cowden and began his protocol. Since then, Bea has become progressively healthier.

Dr. Cowden and his associates told Bea that she would start to feel better in about two months. She reports that she had to increase the protocol slowly, at the rate of one drop per every five to seven days. Although she had doubts and feared disappointment in the herbal therapy, she was impressed with the results.

“Within three weeks, I was one hundred percent better. It was incredible. It was wonderful,” she says.

As most Lyme patients are, Bea was well aware of the magnitude of effect that her illness was having on her loved ones. “My husband threw a party on my birthday recently, and announced to our friends the party 'wasn't necessarily just to celebrate Bea's birthday,' as he said, 'it's to celebrate getting my wife back, and getting her healthy again.' It was great.”

Johnny Asia⁷ speeds his recovery from long-term illness after switching to natural protocol

Johnny Asia is healing from Lyme disease after a long struggle, made more challenging by the fact that he is a professional musician. For a time, memory loss and rheumatoid arthritis, profound muscle twitching and crippling fatigue robbed him of his ability to perform and earn a living. Johnny says his healing progress intensified when he started using herbal alternatives Samento, Cumanda, and Quina,

In 1995, Johnny knew he was very ill but was informed by a doctor who was not Lyme literate that he did not have Lyme disease. Eventually, Johnny did receive a positive diagnosis and was treated with a two week course of antibiotics. In spite of his doctor's pronouncement that he was then Lyme-free, his symptoms did not resolve, but plagued him for many years.

Because he believed was Lyme-free, Johnny could not understand the persistent symptoms. Discovering that he was experiencing many symptoms of Lyme, he realized that he may have chronic Lyme disease.

In his research he came across positive reports about Samento from people whose symptoms were similar to his. After beginning treatment with Samento and other nutritional supplements, he experienced the Herxheimer reactions created by the die-off of toxins. After a few months, his headaches subsided. The eyelid twitching stopped completely.

Beginning in mid-2006, Johnny began Dr. Cowden's protocol and is now taking Samento, Cumanda, and Quina. He expects to be symptom-free within a year.

How is Lyme disease contracted and spread?

The question only seems to invite more controversy to a growing population of Lyme sufferers seeking answers. However, one thing is becoming clear. "Only a very small percentage of those have contracted Lyme disease through a tick bite, the way conventional medicine thinks," warns Dr. Cowden.

Dr. Wright agrees. "It's not necessarily transmitted solely by ticks," he says. "There is evidence for other means of transmission in the research literature." He lists congenital and sexual transmission. "I think the incidence of *Borrelia* is much higher than just Lyme disease," he adds.

Master Herbalist and author Stephen Harrod Buhner author of *Healing Lyme: Natural Healing and Prevention of Lyme Borreliosis and Its Coinfections*⁸, reports that although transmission through a tick bite is still believed to be the most common way of contracting the disease, he notes, "little research has been conducted on other routes of transmission." As he states it, "spirochetes are passed not only through tick bites but also through other mechanisms. Once they infect people they can be found in breast milk, in tears, in semen, and in urine. Babies have been infected in the womb."

Buhner says that while gathering research for his book he expected to find that nonpharmaceutical alternatives were not included in any mainstream medical discussion about treatment of Lyme disease. But he was surprised by something else he discovered, which is "that a significant amount of reputable research is being ignored by the mainstream medical community."

COWDEN LYME DISEASE PROTOCOL

Causes: Borrelia burgdorferi bacterial infection and usually one or more of the following microbial infections; Erlichia, Babesia, Bartonella, Mycoplasma, Coxiella, etc. Heavy metal toxicity (usually mercury) plus pesticides, herbicides, petroleum byproducts and plastics make the patient more susceptible to these toxins.

For the first 3 days do only the following:

Mix the following 4 products together in at least a ½ cup (4 oz./120ml) of water and take 3 times daily immediately before mealtimes (whether eating a meal or not): **BURBUR**- 10 drops, **AMANTILLA**- 10 drops, **PINELLA**- 10 drops and **TRACE MINERALS**- 15 drops. Continue this for the entire protocol unless the patient feels fairly well. If so, then the noontime dose can be eliminated.

Then add the following.....

Mix the following 3 products together in at least a ½ cup (4 oz./120ml) of water and take twice daily 30 min before breakfast and supper: **PARSLEY DETOX**- 10 drops, **TRACE MINERALS**- 15 drops and **CUMANDA** - start with one drop adding a drop with every dose until reaching 30 drops. It should take approximately 15 days to reach the full dose of 30 drops. At the same time take **CARNIVORA**- 4 capsules. If a dose of Carnivora is missed it can be taken at bedtime when the other products are taken.

Mix the following 2 products together in at least a ½ cup (4 oz./120ml) and take twice daily after mealtimes (whether eating a meal or not): **ADRENAL SUPPORT**- 20 drops and **BURBUR DETOX**- 10 drops. If feeling toxic (headache, muscle ache, nausea, joint ache, etc) take 10 drops of Burbur or Parsley in water or under the tongue every 10 min. until feeling better and then resume the protocol.

Take 2-6 capsules twice daily of **MAGNESIUM MALATE** (only if kidney failure is not present) with the liquid products before or after meals. Start with 2 capsules twice daily increasing the dose until bowels move at least 2 times a day.

On day 18 of the protocol add the following products mixed together in at least a ½ cup (4 oz./120ml) and take once daily at bedtime: **SAMENTO**- 20 drops, **PARSLEY DETOX**- 10 drops, **AMANTILLA**- 15 drops and **TRACE MINERALS**- 15 drops. **Every 3rd night** take **ALGAS**- 10 drops mixed with the Samento, Parsley-Detox, Amantilla and Trace Minerals.

After two months on full dose of Cumanda, start taking **QUINA** in place of Cumanda. Then, alternate between Cumanda and Quina every two weeks for 4 months (some patients require only 2 months of rotating therapy, but it may be more prudent to rotate for 4 months). Take Cumanda for 12 ½ days stopping for 36 hours then, continue with the Quina for 12 ½ days, stopping for 36 hours. Then, restart with Cumanda for 12 ½ days, etc. Most patients with

chronic, third stage Lyme Disease require four to six months of alternating treatment but never less than two months.

If the patients suspects that a sensitivity or apparent resistance develops to either Cumanda, Quina or Samento, **BANDEROL** can be substituted for any of these products.

For pain: **CONDURA**- 20 drops as needed placed under tongue and held for at least 2 minutes before swallowing and apply topically on the site of pain using the number of drops necessary to cover affected area. May be repeated every 10-15 min. as needed.

For Depression: **AVEA**- 15 drops three times daily 15 min. after mealtimes. If the patient becomes suicidal, take Avea-15 drops and Pinella-10 drops every hour.

For Insomnia: **AMANTILLA**- 15-30 drops 15 min. before bedtime, can be repeated every 30 min. until patient falls asleep and if the patient wakes up at night. Amantilla can also be taken every 15 min. for extreme anxiety or panic attacks.

Also recommended: **Drink 3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis), **Avoid common food allergens**- all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute Nutramedix STEVIA) Take **Proteolytic enzymes (such as Carnivora)**- 4 capsules two times daily- 30 minutes before food with water. Proteolytic enzymes can be taken at the same time as Cumanda, Quina, Samento, Banderol. **Consider having silver (mercury) dental amalgams replaced with composites by a biological dentist.** **Chlorella** (if sensitive to Chlorella substitute with Spirulina)- build up to 1500 mg daily before the mercury amalgams are removed and continue for 3-4 months after the amalgams are removed. After all dental amalgams are removed, **DMSA**- 100-300 mg depending on kidney function, age and body weight can be added every 3rd night for 2-3 months with 10 drops of Algas and 1500 mg of Chlorella or Spirulina.

IMPORTANT INFORMATION

The dosages recommended in this protocol are for an average size adult that weighs between 120-170 pounds (55-77 kilos). Adjust the dosage according to weight; ie. a patient that weighs 30 pounds would take one-fourth of the recommended dose.

Unless the protocol specifies that products can be taken exactly at the same moment, it is best to separate the products by at least 10-15 minutes so that one does not clash with another.

Unless otherwise specified mix all Nutramedix remedies with at least ½ cup (4oz. / 120ml) of water and wait at least 1-2 minutes before drinking. The products are most effective when taken in water. The products can be taken directly in the mouth without water, but this should only be done when water is not available.

13 PRODUCTS USED IN PROTOCOL WITH PRIMARY FUNCTION

Adrenal Support- replenishes the adrenal glands restoring normal function

Amantilla Relax- relieves stress and anxiety

Algas Metal Detox- mobilizes heavy metals out of the interior of the cells

Burbur Detox- aids detoxification of the liver, kidneys, lymphatic system and the ground matrix

Carnivora- proteolytic enzyme that dissolves the fibrin coating around harmful microbes helping the immune system to identify and eradicate them

Chlorella- binds heavy metals and boosts the immune system

Cumanda- anti-inflammatory, broad spectrum antiviral, antiparasitic, antibacterial and antifungal- effective against *Borrelia burgdorferi* and the co-infections

Magnesium Malate- helps maintain normal cardiovascular, muscle, nerve, bone and cellular function

Parsley Detox- aids detoxification of the liver, kidneys, lymphatic system and the ground matrix

Pinella Brain/Nerve Cleanse- eliminates neurotoxins

Quina- anti-inflammatory, broad spectrum antibacterial and antiprotozoal- effective against *Borrelia burgdorferi* and the co-infections

Samento- immune system modulator, anti-inflammatory, broad spectrum antibacterial- effective against *Borrelia burgdorferi* and the co-infections

Trace Minerals Relax- restores depleted mineral stores in the body, helps correct tissue acidity, aids in relaxation, aids in hydration, enhances the effect of the antimicrobials

Resources

Health care professionals can request product samples from Nutramedix, LLC, Suite 301, 900 East Indiantown Road, Jupiter, Florida USA 33477; Tel. (800) 730-3130 or (561) 745-2917; FAX (561) 745-3017; Email: info@nutramedix.com ; Website: www.nutramedix.com.

For comprehensive scientific information about Nutramedix products and Lyme disease visit the following two websites hosted by Bionatus Laboratories in Ecuador, www.nutramedix.cc and www.samento.com.ec

For information about the author of this article and for access to audio interviews with Lyme literate physicians on the Lyme Disease Research Database, please go to <http://www.lyme-disease-research-database.com>

1 . Morton Walker, D.P.M. with Randall S. Walker. What Makes Lyme Disease Tick and How Samento Eliminates It. Townsend Letter, July 2004.

2 . Cowden, W. Lee. Phone interview, August 2006.

3 . Wright, Andrew. Phone interview, January 2007.

4 . Kielman, Philip. Phone interview, January 2007.

5 . Riest, Jean. Phone interview, December, 2006.

6 . Mistich, Bea. Phone interview, October 2006.

7 . Asia, Johnny. Phone interview, November 2006.

8 _____. Buhner, Stephen Harrod. Healing Lyme: Natural Healing and Prevention of Lyme Borreliosis and Its Coinfections. (White River Junction, Vermont: Chelsea Green Publishing, 2005).