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Lyme Disease Supercharge. To
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Chapter 20

MOLD, BIOFILM AND BARTONELLA (AND WHY OZONE 10 PASS KILLS THEM ALL)

The previous section of this book was a travel diary which was written to share not only our mold avoidance adventures, but also the lessons we learned on the road.

The current section will move on to explore some of the various supportive treatments that I found to be most helpful during my recovery from mold illness. I will also be sharing some other lessons, observations, and tips I've learned, in no particular order. Please remember that these treatments were only helpful in the context of ongoing mold avoidance. Also, I will not be discussing most of the mold treatments which are already used in modern mold illness therapy, since these treatments are discussed at length in other information sources. For example, I did find that cholestyramine was helpful, but only when used in the context of mold avoidance.

Since I wrote my last book (titled *Freedom From Lyme Disease*, and probably my most significant book to date), the three most important discoveries I've made are: mold avoidance, ten pass ozone, and live bee venom therapy. We will take a look at those therapies now.

Let's start by looking at ten pass ozone. For a detailed explanation of what ten pass ozone is, read the blog article on my Anti-Lyme Journal website, at www.antilyme.com. The article is entitled, *New Lyme Treatment is Mainstay for Southern California LLMD*. This article also introduces you to Dr. Mary Ellen Shannon, MD, who practices medicine at the Center for New Medicine in Irvine, CA. She is the doctor from whom I've received all of my ten pass ozone treatments (I've had about 25 of them now), and I highly recommend her.

It is known that mold toxicity can make chronic infections of all sorts, much worse. A participant on the Mold Avoider forum proposed the hypothesis that the reason mold makes infections worse is that it acts as a biofilm to protect the infections. In other words, as mold molecules enter the human body, Lyme and co-infections grab onto that mold and integrate it into their biofilm structure, using mold as a building material to construct the biofilms.

The more I read and experienced after I heard this, the more I realized this was becoming my paradigm for understanding mold illness, and this explained why those with chronic infections seem to be most affected by mold illness. Sure, some folks without chronic infections end up with mold illness, but the more I watch, the more I see that a vast majority of mold sufferers also have such things as chronic Lyme disease, chronic viral infections, or chronic parasites. The connection between infections and mold became so ubiquitous that it was undeniable. Just about every new member of the mold avoiders group, sure enough, announced that they were suffering from chronic Lyme disease or some other chronic infections.

I am certainly not saying that mold doesn't cause other kinds of damage in the body. We know, of course, that mold is immunosuppressive, and that it also causes the blood to thicken, and causes hormonal disarray, and a number of other kinds of damage. It is a direct toxin in and of itself and certainly doesn't need to be combined with infections in order to do damage. And, the immunosuppressive effects of mold also open up the

doors to infection. But for me personally, the biofilm hypothesis matched best with my own experiences. Each time I got a “mold hit,” it felt like the infections were adding a layer of biofilm onto their colonies.

Another theme that began to emerge repeatedly in myself and others, was the correlation between mold and Bartonella; in particular, mold’s ability to build Bartonella’s strength and help Bartonella survive. This observation has been confirmed by several top doctors, one of whom released a leading 2018 mold book. This connection became more and more self-evident the longer I studied and dealt with this issue. Mold hits just seemed to add layers onto Bartonella colonies, increasing Bartonella symptoms and the necessity for treatment. This became a major underlying theme and direction for me to push in, over the months.

And this brings us to why I believe that ozone 10 pass therapy is so effective for combatting this illness. Ozone 10 pass appears to be one of the only therapies which addresses all three of these problems (mold, biofilm, and Bartonella) with swift effectiveness. This shouldn’t be at all surprising, since ozone is a strong oxidizer and is known for its ability to just bulldoze through any and all impurities in the body. Other, less aggressive methods of ozone application can of course help as well, but 10 pass really was the only one that provided the kind of progress that really lead to healing, in my case. Before I used ozone ten pass, I was a very regular user of ozone rectal insufflation, ear insufflation, ozonated water, and even ozone injections into problem areas. But the ozone ten pass beats them all.

It turned out that the issue with Bartonella really wasn’t that it was hard to kill. In fact, once the mold and biofilm were removed, Bartonella felt effortless to kill. The hard part was removing the mold and biofilm, which almost NOTHING accomplished except ozone 10 pass. And as a bonus, many people have also noticed that ozone 10 pass also has direct killing power against Bartonella, and I would agree with this observation, though I think the more helpful part of the ten pass is the elimination of mold and biofilm. So, for anyone pursuing ten pass ozone, don’t waste the opportunity that 10 pass affords you to kill the hell out of Bartonella. All those old Bartonella

treatments you have that don't work anymore – they will all of a sudden work like never before. Even old rife frequencies like 832 Hz seemed to spring to life all of a sudden after 10 pass. So, bring all of your Bartonella treatments with you when you go get your ten pass!

Let me illustrate this by telling you my own experience. In Fall, 2017, when I was at my absolute sickest, I knew I was dealing with Bartonella, but no therapies had any effect at all in reducing the infection. Nothing: not antibiotics, not herbs, not rife. But after my first few ozone ten pass treatments with Dr. Shannon, all of a sudden, all of those same treatments worked with swift and decisive effectiveness, almost instantly. It was as if my Bartonella was a weak, wimpy infection, and any staying power it had was all based on its ability to hide behind moldy biofilms. No wonder people still living in mold can't get better!

This also explains why common biofilm busting herbs seemed to do nothing for my Bartonella. Because most biofilm herbs don't take into account the mold, and in fact, very few, if any, herbs are even capable of removing mold from the body.

And while cholestyramine and other popular mold binders do remove mold from the body, I have not found them to be helpful in disassembling the biofilms that protect the infections.

Can mold avoidance alone accomplish what ozone accomplishes? The answer is a bit tricky, at least for me. I believe that yes, mold avoidance alone could accomplish the removal of the moldy biofilms, exposing the weakened Bartonella infection underneath. But the extreme and perfect level of mold avoidance that would need to be carried out in order to accomplish this is far beyond the ability of most normal people, and even most extreme mold avoiders, especially if they have kids. Uber-extreme mold avoidance may do the same thing, but it is almost impossible to accomplish, and ozone ten pass seems to “cover all sins” by allowing a “reset” button on mold in the body. Even if mold avoidance alone could accomplish it, it would most certainly take a lot longer. Like, hundreds of

times longer. So I personally felt that ten pass ozone was a fantastic short cut. The ozone did not replace my need to do mold avoidance. It just helped me get better faster.

There was a time when I could feel my Bartonella and mold symptoms starting to creep back in, even after I had done several ten pass ozone treatments. This happened when we returned from our road trip and I was in Reno scouting out a location for my family to settle. At this time, it was almost impossible to prevent the worsening of mold and Bartonella, even with pretty darn good mold avoidance practices. Sure, I could have tried to be even more extreme and isolate myself from all societal participation and live alone on a mountain, never going into town. And, I certainly don't have anything negative to say about the mold avoiders I know who do it that way. But I came to a realization during this time: if a therapy such as ozone 10 pass is in fact available and could lessen the degree to which mold avoidance practices are required, why not use it?

As I pondered this idea (that ozone 10 pass could help decrease the degree of mold avoidance I would need to practice), I was reminded of my first ozone 10 pass experience in October of 2017. When I traveled to Oceanside to see Dr. Shannon that first time, I was in fact still living in mold and practicing zero mold avoidance. And still, just five 10 pass treatments had a profound effect in unmasking me and eliminating mold and biofilm. So this was further support for my hypothesis that ozone 10 pass could in fact do some heavy lifting, even if mold avoidance isn't perfectly addressed. The conclusion to the matter is probably something like this: the more ozone 10 pass I can do, the less I need mold avoidance. And conversely, the more mold avoidance I do, the less I need ozone 10 pass. So a person could conceivably mix and match the two therapies as they felt was most convenient and practical for their individual situation. But in the end, I became extremely grateful for ozone 10 pass and its ability to release me somewhat from the bondage of ultra-extreme mold avoidance. Less extreme mold avoidance is something I don't mind at all, and has actually led

our family to a much more peaceful, balanced, and happy existence. All these observations have led me to believe that A LOT more Lyme sufferers have mold illness than we realize. Because, many Lyme sufferers can't seem to get better without ozone ten pass, and ozone ten pass is also just about the only thing that can remove mold from biofilms throughout the body. In fact, the more ozone ten pass I did (and I've done a lot of them), the more I realized that "Lyme disease and co-infections" aren't the primary problems in this chronic illness, but instead, mold is the primary problem. Lyme disease is just an opportunistic infection which happens to thrive in the presence of mold exposure. This doesn't make the damage caused by Lyme disease any less important. Lyme still causes damage and hurts the body. It is just that Lyme is only there in the first place because of mold exposure. It is a fascinating experience to watch the "Lyme layer" of illness be peeled away, as mold is removed.

I am not entirely certain whether the moldy biofilm protecting Bartonella is alive or dead mold. But I suspect that it is alive, and that one of the ways in which environmental mold exposures seem to do harm is by initiating some type of quorum sensing or communication, "waking up" the dormant mold inside of us. So by avoiding mold, we are preventing the mold inside of us from getting signals to be more active. This may also be why spending time in a "good location," also known as a "pristine area," helps us; because instead of mold communicating with our biome, we are getting communication from more beneficial, natural flora in the forest, and that causes the "good" organisms in us to grow and dominate the bioterrain. In this way, one can conceptualize the human body as merely an extension of the bioterrain in the external environment.

I believe that mold colonization becomes especially noticeable later in the mold avoidance process, after a person has done substantial detoxing. For example, after about 9 months of mold avoidance, I began to notice that bizarre mold-related symptoms I was having no longer were responding to detox modalities, but instead were responding to efforts directed at killing mold inside my body and avoiding the quorum sensing queues that mold hits initiated.

Of course, mold exposures also cause a number of other bad things to happen inside the body, not just the communication / activation of mold colonizations inside of us. Toxic mold exposure has dozens of negative effects on human health. And, it appears that Lyme and co-infections, and maybe especially worms, can use dead bits and parts of mold to create biofilm, as I mentioned above. So there are many things taking place when we get environmental mold exposures, and it can be a long and complex process to solve the puzzle. I certainly don't have all the answers.

In any case, ozone, and especially ozone ten pass, seems to be especially helpful in this illness. Ozone ten pass was the key that unlocked a lot of healing and understanding for me. Don't forget to check out my aforementioned blog post in which I describe what ozone ten pass is and how it is administered. You can find that blog post at: www.antilyme.com. I also have published a YouTube video in which I receive ozone ten pass live on camera, while interviewing Dr. Shannon. You can find this (and my other videos) on my YouTube channel at: www.youtube.com/lymediseasepublisher.

It appears that many people need to keep going back for ozone ten pass or they backslide. This has been the case with me, though the need has lessened with time. I believe that there is some phenomenon, perhaps an infection, inside our bodies, which makes us literally a magnet for mold. So, until this phenomenon is resolved, small amounts of mold exposure will reignite the circumstances in the body which called for the ozone in the first place. And so I have noticed that the more mold avoidance I do, the less I need ozone ten pass, and visa versa.

As a final tip, and on a separate topic, I have found the frequencies sold at <http://www.dnafrequencies.com/> to be incredibly useful. I've purchased several sets of frequencies for various pathogens and every time, I am blown away by how well they work. I mainly use them on my EMEM-type rife machine. I've even found the mold frequencies to produce particularly beneficial results. You can purchase a book I wrote on treating Lyme disease with rife machines by visiting: www.lymeandrifebook.com.