

Before I begin, I'm going to give you:

- 1.) how I approached it
- 2.) how I'd approach it now looking back retrospectively

I went to a functional medicine practitioner in London who gave me the recipe for success straight away, but I was very sceptical which delayed my healing.

The solution is so simple, that I genuinely believe if I'd done it this way and applied what I was told from the start, I could have completely resolved my condition in a matter of months.

Unfortunately, my symptoms were so bad that I could barely think straight and it was like someone was controlling me where all my will-power had been completely removed from me.

**If you want to jump straight to the "how to" then just go straight to the end of the article where I summarise everything in 5 simple bullet points.**

## **My Protocol**

Here are the most important things to do in order:

### **1.) Diet**

Go carnivore and just eat grass fed red meat with salt and drink reverse osmosis water.

My symptoms were so bad that I couldn't eat without it coming straight out and I tried everything you can think of.

I tried vegan, paleo, keto and anything else you can think of to get better, but nothing truly resolved how I was feeling.

I'll admit, my symptoms did improve when I was on an AIP (auto-immune paleo) Keto diet to the point where I basically felt no lyme disease in my body by following a meat + vegetable diet.

But I'm assuming you want the fastest results and looking back now, I would have just followed my practitioners recommendation of just grass fed meat and nothing else.

**Carnivore diet:** only eat grass fed beef such as ribeyes, ground beef and any other cuts you like + only drink reverse osmosis filtered water.

Follow this until your symptoms resolve and then gradually introduce things like:

- Pasture raised eggs
- Pasture raised chicken
- Wild caught salmon
- Bone broth
- Oysters

You can then begin to introduce foods such as:

- Raw dairy
- Raw unheated honey
- Organic berries
- White rice
- Organic potato

Foods to avoid:

- Anything not mentioned above

## **2.) Treatments For Instant Improvement**

1. Ozone
2. Hyperbaric oxygen (HBOT)

### **Ozone**

I was recommended Ozone and I was concerned about taking the leap after some of the horror stories you read online.

Ignore them all and start using it as soon as you can because it will get you to the point where you can start to function again and get your life back on track.

My personal favourites in order:

- Ozone sauna
- Rectal ozone insufflation
- Ozone IV in saline bag (saline solution infused with ozone and then injected into arm)
- Ear insufflation

Now I only got to use ozone sauna later on in my treatment as I didn't have access to it at the start, but looking back, I would have used it as my main treatment alongside rectal insufflations.

Ozone IV and ear insufflation are good, but I didn't personally see much benefit compared to sauna + rectal insufflation - try them all and see what works for you.

I was doing rectal insufflation 3-4 times a week and then I moved on to just sauna 2x a week.

## **HBOT**

I was fortunate enough to find a proper diving hard-shell HBOT chamber which took me to 2.0 APP (atmospheric pressure).

I tried doing the soft-shell that takes you to 1.4 APP that you can rent and use in your own house but I honestly think it was a waste of money and time.

If you're looking to do HBOT, then look for a hard-shell chamber and get one that goes to 2.0 APP because that's where you start to feel yourself getting rid of all the crap in the body and recovering.

I was only able to do this around 3x a week, but I would have done it 5x a week if I could have.

## **3.) Detox + Supplements**

I used to work for a supplement company so I got access to every supplement you can think of and I've tried pretty much everything out there and I can honestly say...

You're wasting your time with 99% of these supplements.

Yes I tried the herbal formulas too and they did next to nothing to help me so I wouldn't recommend it but feel free to try and experiment on yourself.

I've tried NAC, NAD+, NMN, Fisetin, all the vitamins from A-Z and a bunch of other supplements.

Here's what I recommend to help detox:

- Activated charcoal
- Zeolite
- Shilajit
- NAC

That's it.

Those supplements will help you detox and pull the crap out of your body and bind to all the nasty things you've accumulated.

Follow the doses on the containers they come in and make sure you get clean supplements with no extra added ingredients + make sure they're 3rd party tested if you can.

I experimented with saunas and epsom salt baths to help detox my body, but my body was so messed up that I wouldn't personally recommend you use these just yet and stick with the ozone sauna if you are going to sweat.

Your body needs all the minerals and nutrients it can to function and you're likely depleted so don't aim to sweat even more of these minerals out of your body through sauna or hot salt baths yet.

Once you feel better, see if they work and proceed from there.

## **4.) Meditation and Breathwork**

This could arguably be first position, but it doesn't get immediate results and people will get disheartened and give up if they just focus on this.

Your body is ill because you're stressed out and you may or may not realise this so you need to retrain it to calm down by fixing your nervous system.

I guarantee you that your nervous system is high strung and the best way to deal with this is through meditation and breathwork.

Here's how you fix it:

- 1.) Type into youtube: "Soma Higher Self Meditation" and follow this exercise 2x a day
- 2.) Focus on your breath and just following it for 20+ mins after the above exercise 2x a day

Try Wim Hof and look into all of Dr Joe Dispenza's work also to help improve your understanding.

If you believe in God, then ask for his guidance too through prayer - all of the people I read about who healed had a deep belief in God so don't turn your nose up on it.

## **5.) Additional Things You Can Do**

1. **Fasting:** if your body is strong enough then try to start with a fast 3 day fast and just let your body chill out
2. **Grounding:** starting grounding as much as you can throughout the day (preferably beach and in the ocean)
3. **Sun:** get morning sun and as much sun as you can throughout the day

4. **Water:** filter all your water with reverse osmosis machine (I used Aquatru)
5. **Soaps:** use olive oil soap to clean and throw out all shampoos + body soaps that you have as they're full of chemicals
6. **Toothpaste:** start using fluoride free toothpaste and use one with clean ingredients
7. **EMF:** be conscious of EMF exposure and use ethernet cables, turn off wifi router at night and put phone on aeroplane mode

## **If I Could Do It All Again:**

Now this took me close to 7 years to fix my body, but looking back, I could have just resolved my symptoms in a matter of months if I had followed what I'm about to tell you below:

1. Fast for 3 days and only consume filtered water
2. Go carnivore and just eat grass fed red meat, salt and filtered water
3. Begin using Ozone sauna and/or Ozone rectal insufflation 3-5x a week
4. Begin using HBOT treatment in a hard shell chamber that goes to 2.0 APP 5x a week
5. Move to a beach or seaside town with plenty of sun and just relax as much as possible so I could ground, get lots of vitamin D and breathe in fresh salty air
6. Start doing the breathwork meditation morning and night + focus on my breath for 20+ mins after

If I'd done this from the start, I'd have been able to maintain a normal life within a matter of months in my opinion.

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Paola's addition:

Here is a screenshot of Freddy's email where he listed his symptoms:



**Freddy Keefe**

to Paola ▾

Nov 6, 2023, 6:29 PM (16 hours ago)



it honestly varied and I experienced everything from:

- severe mental disorders like paranoia, bipolar, insomnia, stroke & Alzheimer like symptoms
- gut health was awful and experienced constipation, unable to stomach foods and insensitivity to everything
- chronic fatigue to the point i couldn't walk to the end of my driveway, air hunger etc.
- heart felt like it was about to explode due to arrhythmias
- sensitive to heat i.e. would step into a hot bath and my heart would start racing

the symptoms would change from time-to-time and gradually lessen with the treatment I was doing, but I experienced pretty much everything a person can in different areas of my body.

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