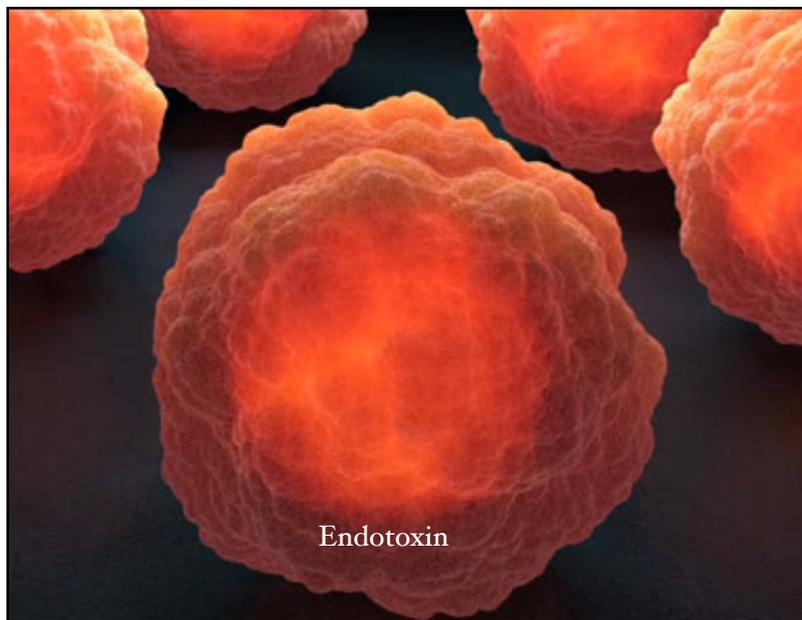


# Treatment Side-Effects

## Herxheimer Reaction

*“Feeling Worse Before Feeling Better”*



The Herxheimer Reaction is a short-term (from days to a few weeks) detoxification reaction in the body. As the body detoxifies, it is not uncommon to experience flu-like symptoms including headache, joint and muscle pain, body aches, sore throat, general

malaise, sweating, chills, nausea or other symptoms.

This is a normal — and even healthy — reaction that indicates that parasites, fungus, viruses, bacteria or other pathogens are being effectively killed off.

### Hang Tough!

Herxheimer reactions can be very difficult on you, the patient, and affect compliance with therapy. But do not stop your medications - they are working!

Seek supportive measures to lessen discomfort if needed. The use of aspirin, NSAIDs (non steroidal anti-inflammatory drugs), pain medication, muscle relaxers, hot baths, or others remedies may help you. Benedryl is another OTC drug that sometimes relieves symptoms.

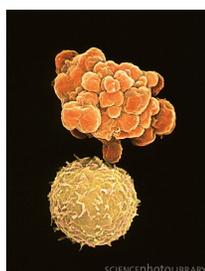
Some patients (and doctors) may mistake Herxheimers reaction for an allergic response. Generally Herxheimer’s occurs within hours or days after treatment with antibiotics after confirmation of infection. Some tetracycline antibiotics do cause skin rashes, thus make sure your doctor evaluates you regularly.



### What is the Herxheimer Reaction?

The Herxheimer Reaction is an immune system reaction to the toxins (endotoxins) that are released when large amounts of pathogens (bacteria, viruses, fungi) are being killed off, and the body does not eliminate the toxins quickly enough.

Simply stated, it is a reaction that occurs when the body is detoxifying and the released toxins either exacerbate the symptoms being



treated or create their own symptoms. The important thing to note is that worsening symptoms do not indicate failure of the treatment in question; in fact, usually just the opposite. “Chronically ill patients are carrying a heavy load of intracellular pathogens... infection has been growing, unhindered, for most of a patient's life”