

Lena's Lyme disease (*Lyme borreliosis*) arthritis in her knee joint disappeared after treatment with Skanlab 25 – HF heat therapy

Between the years of 2010 and 2012, naprapath Patrik Melin from Rygg & Idrottskliniken treated Lena Nederdal with Skanlab 25 – HF heat therapy for her painful, intensive and searing discomfort in her hip and thoracic vertebrae. During this period, Lena investigated various other possible illnesses; she underwent rheumatology tests and MRT brain scans, and various blood tests were taken privately. As she had not been affected by ticks, Lyme disease was not suspected. She found that she felt better after each treatment on her hip and thoracic vertebrae with Skanlab.

In January 2015, Lena was affected by severe dizziness and in February, her knee swelled up to double its size and she could not bend her knee, or walk on it. Via a proximity care clinic, she underwent an ultrasound examination on 13.02.2013 and was diagnosed with a possible ruptured Baker cyst. No medical treatment was given to Lena. She then went private/paid herself for an MRT on her knee joint on 18.03.2015.

In March 2015, Lena was informed that she had Lyme disease. She then suspected that she had Lyme disease arthritis in her knee and that this was the reason for the swelling that came and went. She then began the course of treatment on her knee along with Patrik Melin and Skanlab 25 – HF heat therapy. Lena felt a noticeable improvement already after her first treatment. After three treatments her knee is well again – she has no pain, the swelling has gone down and she can walk and bend her knee. Despite a worn knee joint, these symptoms have not returned.

Lena is still fighting Lyme disease and has to travel to consultations with Lyme disease specialists in Berlin for treatment in July 2015, as she is not keen on undergoing treatment at Uppsala Academic Hospital for her neuroborreliosis that occasionally makes her dizzy, among other things.

Lyme disease spirochaetal bacteria die when exposed to heat above 39 degrees. With heat from Skanlab 25 – HF heat therapy, Lena's knee became well again.

Heat and Lyme disease

EMIL REISINGER, ILSE WENDELION, ROBERT GASSER, GABRIELE HALWACHS, MARTINI WILDERS-TRUSCHING and GUENTER KREJS (from the Division for Clinical Microbiology and Infectious Diseases, Department of Medicine, Karl Franzen University, Graz, Austria) *Scan J Infect Dis* 28: 155–157, 1996

Antibiotics and Increased Temperature against *Borrelia burgdorferi* In Vitro

Reduced growth of certain strains of *B. burgdorferi* with increasing temperature in vitro suggests that increased body temperature may be beneficial during anti-microbial treatment of Lyme borreliosis. This may be particularly important for infections in tissues and compartments where high concentrations of antibiotics are difficult to achieve.

Lyme arthritis is a complication that arises in connection with Lyme disease infection. The illness leads to painful swelling of the joints, which return to normal, in repeated attacks. Lyme arthritis is treated with antibiotics.

Appendices:

1. 2015.02.13 Ultrasound report
2. 2015.03.10 Lab report Lyme disease
3. 2015.03.18 MRT knee joint
4. 2015.07.07 Lab report from DCL Berlin, indicating three types of active borrelia
5. EMIL REISINGER, ILSE WENDELION, ROBERT GASSER, GABRIELE HALWACHS, MARTINI WILDERS-TRUSCHING and GUENTER KREJS (from the Division for Clinical Microbiology and Infectious Diseases, Department of Medicine, Karl Franzen University, Graz, Austria) *Scan J Infect Dis* 28: 155-157, 1996



Author and patient: Lena Nederdal Lillehallsvägen 5, 27291 Simrishamn, Sweden