

Based on the information in the sources, I can outline two potential herbal protocols, drawing on the described functions of the herbs and supplements mentioned. It is important to note that these protocols are examples compiled from the provided texts and should only be implemented under the guidance of a qualified healthcare practitioner, especially since you are working with a compounding pharmacist to check for compatibility and determine appropriate dosages 1-4. The sources emphasize that treatment should be individualized as there is no one-size-fits-all approach 5-7. Herbal therapy involves using multiple plants for synergistic effects 8. The choice of specific herbs often depends on the targeted pathogens, the patient's symptoms, and their individual tolerance 9, 10. Many protocols utilize combination formulas 2, 11, 12.

Here are two distinct examples of herbal protocols, focusing on different but complementary functional approaches described in the sources:

Protocol 1: Focus on Antimicrobial, Biofilm Disruption, and Basic Detox Support

This protocol focuses on directly addressing *Borrelia* and co-infections in their various forms (spirochetes, cysts, biofilms) and supporting the body's ability to handle potential detoxification reactions. It incorporates elements seen in approaches like the Cowden protocol and specific herb functions mentioned in other sources.

- **Samento (*Uncaria tomentosa*)** 13-15: Mentioned as being effective against *Borrelia* in both spirochetal and cyst forms 16 and also effective against biofilms 16. *In vitro* studies showed Samento and Banderol had significant effects on all forms of *B. burgdorferi*, suggesting they could be an effective therapeutic approach 17. Samento is included in the Cowden 15, 18, 19 and Buhner protocols 14. Byron White's A-Bab formula also contains Samento 20, 21.
- **Banderol:** Mentioned with Samento as effective against spirochetal and cystic forms of *Borrelia* and against biofilms *in vitro* 17, 22. It is also noted as being active against Bartonella 16. Banderol is a key component of the Cowden protocol 15, 18, 19.
- **Stevia (*Stevia rebaudiana*)** 2, 18, 23, 24: Found to be effective in breaking up biofilms in laboratory studies 2, 18.
- **Monolaurin (Lauric acid)** 15, 25-27: Described as a biofilm buster 25 and is effective against yeast 15, 25. It helps decrease yeast overgrowth and treat imbalances in gut flora 25. It has shown synergistic anti-spirochetal and anti-biofilm effects with cis-2-decenoic acid against *Borrelia* 26.
- **Serrapeptase** 18, 28, 29: Recommended as a biofilm buster with antibiotic and herbal protocols 25, 28.
- **Houttuynia (*Houttuynia cordata*)** 30-36: Described as highly effective against Bartonella and is the primary natural remedy used for this co-infection in one practice 36. It is also listed as a broad-spectrum and systemic antibacterial herb 35. Different strengths are used in the Zhang protocol (HH and HH2) 30.
- **Cryptolepis sanguinolenta** 20, 23, 24, 37-40: Mentioned as an herb used with Dapsone 37 and as an antimalarial herbal protocol to treat Babesia 20. *In vitro* studies have shown it has good activity against *Babesia duncani* 40. It is described as potently antibacterial and broadly systemic 39.
- **Burber and Parsley** 18, 41: Specifically used to help support detoxification during treatment, especially during Jarisch-Herxheimer reactions 18, 41.

- **Probiotics:** Consistently recommended to support the gut microbiome, especially when using antimicrobials 25, 29, 42. They are most supportive to *Bifidobacterium* species against penicillin and tetracycline medications 12. A high-dose probiotic is recommended regardless of the antimicrobial protocol 42.

Protocol 2: Focus on Systemic Support, Inflammation Modulation, Immune Enhancement, and Specific Co-infection Targeting

This protocol emphasizes addressing the body's response to infection, such as inflammation and immune dysfunction, while also including herbs noted for targeting specific common co-infections and supporting detoxification pathways. It draws on principles found in the Buhner and Zhang protocols and the discussion of inflammation management.

- **Andrographis paniculata** 14, 15, 24, 43: Possesses broad properties including antibacterial, antiviral, anti-spirochetal, antimalarial, anti-inflammatory, and analgesic effects 14, 43. It crosses the blood-brain barrier, helping to decrease inflammation in the central nervous system, and also modulates autoimmune reactions 14. It is part of the Buhner protocol 14.
- **Polygonum cuspidatum (Japanese Knotweed)** 14, 24, 32, 33, 39, 40, 44, 45: An anti-inflammatory and antioxidant herb that protects endothelial cells and decreases cytokine activity 14, 39, 45. It is included in the Buhner protocol 14.
- **Chinese Skullcap (*Scutellaria baicalensis*)** 24, 40, 44, 46-48: Identified as a primary cytokine cascade inhibitor for Mycoplasma and Bartonella 44, 47. It is described as calming to the nervous system and useful for conditions like seizures and extreme rage events that can occur with co-infections 46. *In vitro* studies also show good activity against *Babesia duncani* 40.
- **Cordyceps (*Cordyceps sinensis* or *militaris*)** 30, 47, 49: Described as perhaps the most specific herb for Mycoplasma infections 49. It acts as a primary cytokine cascade inhibitor 47, helps restore immune function, and protects various organs 49. It is used in the Zhang protocol for significant fatigue and lack of stamina 30.
- **Sida acuta** 35, 36, 39: Protects the red blood cells against invasion by organisms like Bartonella 36. It is a broad-spectrum and strongly systemic antibacterial, active against the Proteobacteria phylum 35.
- **Adaptogens (e.g., Ashwagandha (*Withania somnifera*), Rhodiola)** 24, 35, 50, 51: These herbs support the immune system and adrenal glands 35, 51. They have immune-modulating, adaptogenic, and cytokine-reducing effects 35. Ashwagandha and Rhodiola specifically increase CD4+ cell counts 35. Ashwagandha is listed for adrenal problems 50.
- **AI#3 (Autoimmune III)** 18, 30: An herbal product mentioned in the Zhang protocol for use when there is evidence of an overstimulated immune system with inflammation 18, 30. It is typically used for two to three months consecutively 18.
- **Detox Support Herbs/Nutrients:** A combination of herbs and nutrients is important to assist the liver and gastrointestinal tract in moving toxins out 52. This can include bitter herbs like Dandelion, Burdock root, and Artichoke, and nutrients to enhance glutathione such as cysteine, glutamine, and glycine 52, 53. Other important detox support mentioned includes Alpha-lipoic acid 53, 54 and Sulforaphane from broccoli compounds 45, 53, which help modulate liver detoxification pathways 53.

- **Beta-caryophyllene (BCP)** 55-58: A phytochemical found in various herbs 58. It may help reduce inflammation by disrupting proinflammatory pathways 55.
- **Probiotics:** Essential for gut health and balance, especially with antimicrobial use 12, 25, 29, 42.

General Guidance on Administration from Sources:

- Herbal preparations are often liquid tinctures, which allow for dose adjustment 9, 11.
- To minimize Herxheimer reactions (healing crisis), start with a very low dose, such as one drop per day in water, and gradually increase every few days as tolerated 2, 9, 59. Some very sensitive individuals may start with even less 9.
- The maximum dose for many herbal antimicrobials is typically thirty to forty drops per day 9.
- Multiple herbal tinctures can often be combined into one dose 60.
- Serrapeptase is often taken twice a day on an empty stomach (30 minutes before meals) 29.
- Probiotics should generally be taken two hours away from antimicrobials 29.
- Binders like activated charcoal or bentonite clay, if used for detoxification, should be taken at least one hour before or two hours after other medications/supplements to avoid decreasing their absorption 52, 61.
- Always follow the specific instructions provided on the product labels or by your practitioner 28, 60, 62.
- Monitor carefully for side effects and adjust dosing as needed 1, 3.

These are just examples based on the provided information. Your herbal compounder, in consultation with your healthcare practitioner, will be able to create a specific protocol tailored to your individual needs and health status, checking for compatibility and determining the appropriate forms and dosages of these herbs and any others they deem beneficial 4, 63, 64.