

# Handling the Herx



**Herxing, MARCoNS madness, and symptom intensification all mean you need to back off!**



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## MARCoNS MADNESS or HERXING either way = SYMPTOM INTENSIFICATION

We've nicknamed the condition MARCoNS madness because it most often occurs when patients are on binders and treating the MARCoNS that they forget everything they ever knew about treatment for mold and Lyme and panic. It's the same idea as what we also have called a HERX reaction. And the treatment is basically the same. If you are hurting all over and every day it's different, or brain fog is crazy bad, and you are overwhelmed with fatigue or you have had an increase or appearance of any of the following symptoms it's basically SYMPTOM INTENSIFICATION due to increased exposure to mycotoxins, or Lyme toxins, or MARCoNS endotoxins and your immune system is OVER reacting as usual.

**Biotoxin Illness Symptom Cluster, Ver. 2.0**

Fatigue	Unusual Skin Sensitivity Tingling Tremors Unusual Pain	Red Eyes Blurred Vision Sweats (night) Mood Swings Ice-pick Pain
Weak Decreased Assimilation of New Knowledge Aches Headache Light Sensitivity	Shortness of Breath Sinus Congestion	Abdominal Pain Diarrhea Numbness
Memory Impairment Decreased Word Finding	Cough Excessive Thirst Confusion	Tearing of Eyes Disorientation Metallic Taste
Difficulty Concentrating	Appetite Swings Difficulty Regulating Body Temperature Increased Urinary Frequency	Static Shocks Vertigo
Joint Pain AM Stiffness Cramps		

It means you have to back off.

1. Decrease your binder first. If you are on CSM and taking 2 scoops a day go back to one scoop. If you're taking 2-3 Welchol tablets go back to 1 tablet a day.
2. If that doesn't help do one less nasal spray of your MARCoNS treatment.
3. When you're tolerating it better you can try to increase your binder or increase the nasal spray instead.
4. It's not a race and I understand you want it over as fast as you can but ignoring it just makes you more miserable and then you'll feel like you can't do it at all. Don't let it get that bad.

MORE next page

## Other Treatments

1. Alka seltzer Gold, it has to be the GOLD because the regular contains aspirin which can be pro-inflammatory in this setting so go for the gold which doesn't contain aspirin.
2. Lemon water works too and both contain citric acid. Citric acid is the key. It decreases the production of inflammatory cytokines, tumor necrosis factor, interleukins and cyclooxygenase.
3. Why do Epsom salt baths work? People think they're absorbing magnesium, they're not. It's that the salts make the water stay hotter longer.
4. Glutathione especially IV really helps with herxing and is usually available in our office (call and ask to be sure). Orally has to be taken in liposomal form or nasal sprays.
5. MCAD (Mast Cell Activation Disease) approaches can be helpful for herxes. See that hand out or email if you can't find it.
6. High dose fish oil helps if your MMP9 is over 900 or your leptin is over 13 for men and 25 for women. But I would avoid it if you have Samter's Triad and do just DHA then. Samter's triad is aspirin or NSAID induced respiratory disease.
7. Widespread pain (FMS): Great reason to get a cannabis card. To me until proven otherwise FMS=CIRS=FMS. So anyone with CIRS complaining of pain that moves around and involves pretty much any part of the body at some time can get a medical marijuana card.
8. Constipation must be avoided!!!! See constipation protocol.
9. Diarrhea: I have a few patients that had worsening diarrhea on binders. Doesn't make any sense but it happens. Don't use Imodium if you can avoid it. Better to add fiber first. Calcium is the opposite of magnesium so you can also up your calcium and lower your magnesium. Basically loose stools take more calcium, harder stools take more magnesium or Vitamin C powder.
10. If you have strange reactions to medications it could be that you have Mast Cell issues and you're reacting to fillers more than the active ingredient. If you are not already on daily antihistamines then you should try that. (See MCAD handout).

BUT I'll say it again, the best method is to back off and go low and go slow. You may have to take it a little longer but that is more likely to work than powering through.

**RESPECT THE HERX, IT DOES MEAN YOU'RE GETTING SOMEWHERE!**