



The Use of Essential Joint Oil for Peripheral Neuropathy in the Feet Resulting from an Untreated Lyme Infection after a Tick Bite

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Abstract

Lyme disease can lead to neuropathic problems with the feet. A cure or recovery from these symptoms is almost impossible to achieve. In this case, the positive results from treatment with Rosa Schmid essential joint oil is described. This is the second, recorded successful treatment against peripheral neuropathic pain in the feet in the Netherlands.

Keywords: Neuropathy; Feet; Rosa Schmid joint oil; Case study; Lyme infection

Introduction

In his article in the Dutch Journal for Phytotherapy, Gerben Hoogsteen (2017) describes a phytotherapeutic treatment of neuropathic pain in a woman's right foot [1]. In this case, Rosa Schmid's essential oil for joints was used. After three months of use, the pain decreased from 9 to 7 on a VAS scale. It proved to be a sustainable form of pain relief. She could care for her feet better, walk more easily and, in addition to attaining an executive position, her social life became more active [1].

I also suffered from peripheral neuropathy on both feet. I discussed my symptoms with Gerben Hoogsteen. He knew of no other studies into the benefits of this treatment and could not guarantee that the treatment would be successful in my case.

Case Presentation

I was not aware that I had contracted a Lyme infection through a tick bite in Mexico in 2004. While viewing historical sites, I crouched under some bushes to see the sculptures better. A day later, I had two swollen red spots on my right upper arm. I had never heard of Lyme disease. The swelling increased and I squeezed blood out of them every couple of days. The spots became smaller, but remained visible. I ignored them and travelled back to the Netherlands after several weeks, via the US. I could see something black in the red spots. I squeezed much harder whereby they bled profusely and then the black dots were gone. Later one of the red spots also disappeared. Sometimes I squeezed it hard again and then it would bleed lightly for a few days. I stopped squeezing and forgot about it. One red spot remained visible for years. Newspaper articles led me to believe that it could be a case of Lyme disease [2,3].

Diagnosis

My feet gradually became numb, like I was walking on little cushions. They also hurt, walking became more difficult and it caused me to become more unstable on my feet. I regularly felt like I had a fever, the same feeling as when you have the flu. I often felt tired, like I was constantly walking uphill. My fingers also became less sensitive. To numb the pain and to fall asleep, I started drinking more and more white wine. Meanwhile, I had gathered from newspaper articles that there was little I could do to improve my condition [2]. Walking became increasingly painful. It became harder to drive a car because I couldn't find the clutch with my left foot and I had difficulty pushing down hard enough to shift gears. For two years I stopped driving altogether, which limited my social life.

Neurological Treatment Plan

I was referred to a hospital in D, to a neurologist whom my family doctor knew and trusted. He recognized my symptoms, particularly the emotional mood swings. Blood tests revealed a Lyme infection. A lumbar puncture showed that the infection was also located there, in the spine, whereby

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the infection could manifest itself more easily and more frequently. I could take an intensive and lengthy course of antibiotics lasting for months, travelling to the hospital every day, spending an hour there and back, in addition to waiting times in hospital. The neurologist retired and handed my case file over to his successor. I tried to get an out-patient procedure in a Rotterdam Hospital, in the city where I am living, but that proved impossible, and all the tests would have had to be repeated. I was busy and couldn't free up a whole month. Wim Köhler in the NRC (31 March 2016) convinced me of the limited effectiveness of these courses of antibiotics [2]. I decided to forget about it, and that proved to be fortunate.

The Total Treatment Plan

When consulting my family doctor on a different matter, he saw that I had difficulty walking and asked what the treatment in D. had yielded. I told him that I hadn't followed his advice because I didn't believe in a treatment consisting of a long-term course of antibiotics. After considerable discussion, we were convinced that something had to be done, as my condition was deteriorating all the time. He could determine this by manually inspecting my feet. It was very painful and I couldn't tell which toe he was touching while blindfolded.

I was referred to the Havenziekenhuis (Harbour Hospital) in Rotterdam. A pro-active female neurologist understood what the problem was. That reassured me. She repeated the blood tests and the lumbar puncture. This confirmed Lyme disease but did not show any infection in the spinal fluid. She tested and discussed with me all the other factors that could influence the neuropathic symptoms: my kidney function was not optimal, my B6 levels were extremely high, I had never had chemotherapy, there were no diabetic issues, and she urged me strenuously to stop drinking, which I did. Later, in a second consultation, it appeared that these factors were all under control. She told me that the symptoms in my feet may lessen at some point, but that they would never disappear completely.

I felt that my Lyme disease was taken seriously for the first time that I had to learn to live with it and that because it had been so long since the initial incident; hardly any treatment was possible [3]. My symptoms did lessen a little, but the floating, instable feeling while walking remained. I explored the therapies in the Expertise Centrum Maastricht (The Netherlands), the infectious illnesses clinic at Radboud-UMC Nijmegen (The Netherlands) [3], and finally also the phytotherapy [4].

Treatment with Rosa Schmid Essential Joint Oil

I read the article in the Dutch Magazine for Phytotherapy (NTvFT, 2017) about the Rosa Schmid essential joint oil [1]. I had researched in my carrier Complementary and Alternative Medicine (CAM) earlier in cancer cases. I am sceptical about the healing powers of CAM, certainly with cancer, but I do believe in that CAM can relieve some symptoms, as is also shown through studies. I decided not to rule out the possibility that the essential oil might be able to help me. The oil is prepared from a great many plants and has been used successfully in treating arthrosis (articular degeneration) [1].

I decided to set up a sort of experimental study with myself. Because my left foot bothered me the most, I decided to first treat only my left foot with the essential oil. I did that at night before I went to sleep (wearing a sock in bed) and in the morning too (with a sock as well, obviously). I treated my right foot with Cetaphil, a moisturizing

cream (including the socks).

I continued with this therapy for about one year. I felt that there was improvement; my left foot became warmer and more sensitive; it felt less like I was walking on a 'cushion' with that foot. It became easier to use the clutch while driving. My family doctor tested my feet once again. I had less pain when he touched my feet and I could localize where he pricked my toes. Thus, I personally observed and experienced these improvements. After a year, I started treating both my feet with the Rosa Schmid essential joint oil and I continue to do so every evening.

Discussion

Firstly, numb, painful feet seem to be a result of Lyme disease. After a long period of time has passed, very little can be done to correct this [5]. However, untreated Lyme infection is not the only cause of neuropathic symptoms and complaints. Other causes include an elevated vitamin B6 level, insufficient function of the kidneys, and copious amounts of alcohol, in addition to illness-related factors, such as diabetes and chemotherapy treatments for cancer. Careful neurological testing can trace these factors. Only one of these is Lyme disease. The implications of this insight have not yet been studied sufficiently and thus cannot yet be treated effectively [2,3,5].

Secondly, using the essential joint oil by Rosa Schmid can help in treating peripheral neuropathic pain in the feet. A separate treatment of the two feet yielded systematic insights into the effect of articulation oil. It is a subsequent study of the case study described by Gerben Hoogsteen, in which I have confirmed his results [1]. More research is needed into the effect of the oil, also in podiatric pain symptoms as a result of Lyme disease.

In the third place it is of course the question whether the decline in symptoms in the feet and the increased quality of life can solely be attributed to the joint oil. I continue to use the oil in the evening; during the day, this has been replaced with a foot cream. The pain and insensibility have decreased drastically; walking is much easier, as is climbing stairs, which is confirmed by others. I can bike again with ease and take long car rides, although I now drive an automatic, which fit better to my still a bit insensitive foot. My subjective quality of life rose from a 6 to an 8. Undoubtedly, a placebo effect was also present because I was aware of the positive results of the description of the treatment by Gerben Hoogsteen [1]. At this point, it is still an N=2 study. Perhaps more studies into the benefits of the use of this essential joint oil can be found.

Conclusion

The history of this treatment of neuropathy due to Lyme disease at the feet shows that the joint oil by Rosa Schmid may decrease the complaints and improve the quality of walking, and by that the quality of life. However, so far it is only a N=2 study. It needs more studies in a strict controlled experimental setting. Although the actual results are promising. It may be concluded too that this experimental treatment is also applicable for neuropathic feet complains caused by diabetes and chemotherapeutical treatment of cancer.

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