

How Does ZenMen Tick Immune Support Protect You Against Tick Borne Disease?

Tick borne diseases like **Lyme disease** are the major cause of concern for patients as well as medicinal professionals across the world.

In spite of the advancements in the medical field and the efforts by doctors and researchers, the incidence of Lyme disease has been increasing over the past few years. The prevalence of complications and the risk of mortality and morbidity associated with Lyme diseases have also been increasing steadily.

This marks the need to adopt alternative ways to control this infection and protect yourself against the risk of Lyme disease.

If you are diagnosed with Lyme disease or are at a risk of developing it, read on to learn the most effective ways to clear the infection in a shorter duration and prevent it from recurring.

Let us start with understanding what Lyme disease means, its symptoms, and causes.

What is Lyme disease?

Lyme disease is caused due to an infection by bacteria, *Borrelia burgdorferi*, transmitted to us through a bite from infected deer or black-legged tick.

The symptoms of this infection usually start becoming evident within 3 to 30 days of the bite. In some cases, the symptoms may appear very late and persist for several months affecting multiple organs and systems of the body. [\[1\]](#)

Your risk of getting Lyme disease from the tick bite depends on the kind of tick and the duration for which the tick had been attached to your body.

The black-legged ticks can transmit Lyme disease to you when they are attached to your body for at least 36 hours. Also, if you remove the ticks within 48 hours, you are less likely to develop severe symptoms.

Lyme disease is more prevalent in the Northeast USA where it has been found in all 50 states. The cases of Lyme disease have also been rising in the districts of Columbia, California, and Florida. The healthcare experts fear that the tick might be expanding its range into the western and southern U.S. and even into Canada. [\[2\]](#) [\[3\]](#)

However, with improved awareness about preventive care and hygienic precautions, the incidence of this disease is expected to come down. This marks the importance of learning all

about Lyme disease so that you can adopt appropriate measures to protect yourself and your family so that you can avoid the infection and stay healthy.

What are the **symptoms of Lyme disease?**

- Severe headache and weakness
- Skin rashes
- Loss of muscle tone
- Neck stiffness
- Arthritis with pain and swelling, in the joints, particularly in the knees
- An irregular heartbeat
- Drooping of the face on one or both the sides
- Heart palpitations
- Inflammation in the brain
- Shooting pains with numbness and tingling in the hands or feet

Let us move further to learn the most effective measures that will help you overcome these symptoms with ease. We will also have a look at the natural herbal supplement that would speed up your recovery.

What should you do if you have Lyme disease?

If you notice any of the above signs of Lyme disease, contact your physician at the earliest so that you can receive timely treatment aimed at clearing the infection and preventing complications.

Your doctors may prescribe antibiotics, especially if the infection is in its early stage.

Oral antibiotics are the standard treatment for patients with early-stage Lyme disease. You may have to follow a course of antibiotics for 14 to 21 days depending on the severity of the infection and the extent of symptoms.

Your doctor may recommend intravenous antibiotics if the infection has progressed considerably resulting in the involvement of the central nervous system. A course of intravenous antibiotics for about 14 to 28 days is often effective in these cases to clear the infection. This would help in eliminating the infection, although it may take longer for you to recover completely.

This is why; it is important to complement these treatments with alternative therapies in order to shorten the recovery period. [\[4\]](#)

If you are diagnosed with **Lyme disease**, follow the dietary and lifestyle interventions discussed below so that you are protected against the risk of complications and are able to recover faster.

Dietary and lifestyle interventions for the management of Lyme disease

Even while being treated for Lyme disease with oral or intravenous antibiotics, it might take you several weeks or months to recover fully and resume your routine activities.

You can take the following steps to promote your recovery:

- Include healthy and nutritious foods in your diet such as fresh fruits, vegetables, and whole grains
- Avoid foods containing a high amount of sugars and unhealthy fats like trans fats and saturated fats
- Drink plenty of water
- Take adequate rest
- Limit your alcohol intake
- Adopt healthy stress-relieving methods like yoga and meditation
- When necessary, use anti-inflammatory medications to ease pain and discomfort

Other than these, you can also use supplements that have been specifically formulated for the treatment and prevention of Lyme disease.

ZenMen Tick Immune Support is a highly effective natural supplement that offers a combination of herbal compounds known to possess the therapeutic potential that would help you avoid the symptoms of tick-borne diseases.

Let us take a closer look at what ZenMen Tick Immune Support is, the herbal ingredients present in it, and how it works.

ZenMen Tick Immune Support

[ZenMen Tick Immune Support](#) is an all-natural supplement carefully formulated for the management of tick borne diseases. It offers a powerful herbal formula that includes a combination of renowned herbs like Japanese Knotweed, Chinese Skullcap, Cat's Claw, and many more.

Each of these herbs possesses a unique medicinal potential that would help you avoid tick borne diseases and recover faster, in case you have already been infected with it.

Here is a detailed analysis of the medicinal properties and the mechanism of action of each of these herbs with respect to how they help to control tick borne diseases.

The therapeutic effects of herbal compounds in ZenMen Tick Immune Support

Japanese Knotweed

Research studies have shown that Japanese Knotweed can produce a powerful activity against the organisms responsible for causing tick borne diseases. It is specifically effective against the dormant and persistent forms of bacteria that are not killed by the commonly used antibiotics.

The medicinal benefits of Japanese Knotweed can be attributed to a rich amount of Resveratrol present in it. Resveratrol acts as a natural anti-inflammatory and antioxidant agent and reduces inflammation in the joints, brain, and heart thus protecting you against the severe symptoms of this infection. [5] [6]

Cat's Claw

Cat's Claws contains plant sterols and tannins that can support a healthy and strong immune system response. It can strengthen the body's own defense mechanisms against infectious pathogens and render them ineffective.

This would activate your body's natural anti-infective mechanisms thus clearing the infection in a shorter duration. [7]

Black Walnut

Research studies have revealed that Black Walnut contains phenolic and polyphenolic compounds that can produce an antioxidant effect. This property of Black Walnut can protect the healthy tissues of the body including the skin, bones, joints, heart, gut, and brain against oxidative stress or free radical damage thus allowing you to recover faster. [8]

Sweet Wormwood

Sweet Wormwood is revered for its potent anti-inflammatory and antioxidant effects. It would also support the functions of the immune system and help your body fight the infection in a more efficient way. [9]

Chinese Skullcap

This herb has been specifically added to the **ZenMen Tick Immune Support** formula to inhibit or reverse the damage to the brain caused due to **tick-borne diseases**.

It would act as a neuroprotective agent and protect the brain and nerves against this infection. This herb would also prevent cognitive impairment commonly associated with tick borne diseases and improve your memory, attention span, and focus. [10]

Cryptolepis Sanguinolenta and Serrapeptase

Cryptolepis Sanguinolenta and Serrapeptase are commonly used for the management of diseases caused due to infections and inflammation.

These herbs can produce antibacterial and anti-inflammatory effects and clear the infection rapidly. These herbs may also shorten your recovery period and allow you to resume your routine activities with ease by improving your energy levels. [11]

Gou-Teng

The therapeutic action of Gou-Teng on your heart will reduce your risk of cardiac complications during and after recovery. It can control your blood pressure, regulate heart rate and rhythm, and improve cardiac functions.

The vasorelaxant effect of this herb would result in the dilatation of the blood vessels thus lowering your blood pressure and inhibiting complications like hypertension. [12]

Alchornea Cordifolia and Sarsaparilla

Alchornea cordifolia and Sarsaparilla can complement the therapeutic action of other herbs by acting as anti-inflammatory, and antimicrobial agents. These herbs also produce an adaptogenic effect and reduce mental stress and anxiety that are common in patients with tick borne diseases.

Relief from mental stress would help you focus on your diet and improve your outlook towards the infection thus allowing you to feel better in a shorter duration. [13] [14]

Black Pepper Extract

Black Pepper is valued for the alkaloid called Piperine it contains. It would not just reduce inflammation and oxidative stress in the vital tissues of your body but also provide relief from itching, rashes, and redness of the skin.

Piperine would also stimulate the activities of the digestive enzymes and provide relief from digestive complaints. It may also increase your energy levels by promoting the breakdown and absorption of nutrients from foods and help you feel fresh and energetic during the recovery phase. [15]

Uses of ZenMen Tick Immune Support

You may include **ZenMen Tick Immune Support** in your treatment plan for tick borne diseases to speed up your recovery. ZenMen Tick Immune Support offers a perfect blend of ancient herbs that would promote the functions of your immune system and enhance natural detoxification processes.

The recommended uses of ZenMen Tick Immune Support include:

- Relieves the symptoms like rashes, loss of muscle tone, and weakness
- Strengthens immunity
- Reduces stiffness, pain, and swelling in the joints
- Produces a natural anti-inflammatory action

- Restores healthy heart functions and maintains regular heart rhythm thus preventing palpitations
- Protects the brain against inflammation and free radical damage
- Reduces drooping of the face by improving muscle tone
- Increases energy levels and reduces fatigue

About Zenmen

Zenmen is a small family-owned business committed to providing 100% natural supplements that are scientifically-backed but chemical-free and drug-free.

The supplements by Zenmen are developed by the Naturopathic expert, Dr. Wilkins, who believes in harnessing the power of nature to provide safer and more effective healthcare solutions to patients suffering from acute and chronic ailments.

The herbs in ZenMen Tick Immune Support have been carefully chosen based on the results of scientific studies that have proven their medicinal potential. This formula has been created to address the symptoms of tick-borne diseases in a safe and effective manner.

These vegan, non-GMO capsules are free of allergen, gluten, dairy, and sugar making them suitable even for patients having sensitivities to these factors.

Natural supplements vs modern drugs for Lyme disease

Natural supplements like ZenMen Tick Immune Support would provide relief from the symptoms of tick-borne diseases by strengthening your immunity and promoting the body's own ability to fight the infection whereas modern drugs only help to relieve the symptoms, often temporarily. [16]

ZenMen Tick Immune Support offers holistic treatment aimed at improving your overall wellness, which is why it is considered superior to most modern drugs.

Side effects of ZenMen Tick Immune Support

ZenMen Tick Immune Support is a natural supplement containing herbal compounds. Hence, it is considered safe to use. It is not known to cause any serious side effects.

How to use ZenMen Tick Immune Support?

You can take ZenMen Tick Immune Support in a dose of 4 capsules per day or as recommended by your physician. It is advisable to use it continuously for 3 months for better results.

Prevention of Lyme disease

Regular use of ZenMen Tick Immune Support would strengthen your immunity and protect you against the risk of developing a severe form of Lyme disease.

The prevention of tick-borne diseases also involves minimizing your chances of experiencing tick bites with the help of appropriate measure such as:

- Use insect repellent as recommended
- Wear long-sleeve shirts and long pants while outdoors
- Make sure your yard is unfriendly to ticks by keeping underbrush to a minimum and clearing wooded areas
- Check your children, yourself, and your pets for ticks
- Remove ticks with tweezers

Conclusion

The risk of tick-borne diseases can be prevented and treated in a more efficient manner by including [ZenMen Tick Immune Support](#) in your treatment plan. While eating nutritious foods and maintaining a healthy lifestyle are the cornerstones for preventing this infection, the use of ZenMen Tick Immune Support will further improve your protective barriers and keep you safer.

Regular use of [ZenMen Tick Immune Support](#) will also provide significant relief from the symptoms of this infection and enable you to recover faster while avoiding complications.

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