

JHR or "Herx"
(List yours)

MINOCYCLINE DAYS. Example: write "25" for 25mg.

CALENDAR DAYS, Mo

Yr

MY DOSING
INTERVAL IS:

- Phase1-Benicar only
- Phase1-Benicar+25mg Mino
- Phase1-Benicar+50mg Mino
- Phase1-Benicar+75mg Mino
- Phase1-Benicar+100mg Mino

JHR or "Herx": Tangible Evidence of Bacterial Elimination

Although the Jarisch-Herxheimer response (JHR, "Herx") is often unpredictable, patients report it can be managed with a judicious choice of antibiotic combinations, careful dosing schedule, tapered dosing and use of Benicar (an ARB) to establish an anti-inflammatory blockade.

The Marshall Protocol does not advocate eliciting a more severe JHR than a patient can tolerate in order to eliminate the bacteria and the antibiotic dosing is individualized to each Th1 patient.

JHR might linger for weeks, rather than hours, as expected from an allergic reaction.

Dr. Greg Blaney of Vancouver, Canada said this:

I, too, 'caught a cold' about a week after starting **Benicar**. I thought that because it was 'going around'. But since then, I have observed numerous patients who have the same reaction when starting Benicar.

My interpretation is that the first Herx reactions tend to be in the respiratory & gut linings initially, followed by connective tissues with muscle skeletal pain and fatigue and then later, the cartilage (joint pain) and nervous system.

... As the body detoxifies, it creates a mild inflammatory response to assist in elimination of the toxins. You may feel worse initially but long term, your progress will become easier.

Congrats as your body is responding and while uncomfortable, heralds a return to health.