

# **Preparing Japanese Knotweed to Help Resist and Treat Lyme Disease**



**A Short, Practical Workshop at  
The Whole Health Center**

**162 Gilbert Farm Road, Bar Harbor**

**Saturday morning, July 22, 9:30 - 12:30**

**Japanese Knotweed is known as a pernicious invasive species in Maine.  
But it turns out to be one of the primary herbal remedies  
for another invasive species: Lyme.**

Lyme disease has become a major health concern for everyone in Maine, often redefining how we spend time outdoors. The Lyme spirochete is powerfully invasive of the body, not so easy to remove, and capable of causing great debility. But, as if part of the plan, the invasive plant species, Japanese knotweed, arrived here several decades earlier. Also difficult to remove, it may be found in fields, dumps, gardens, woodsides, and roadsides.

As it turns out, Japanese Knotweed is a powerful herbal medicine for treating Lyme. With its antibiotic, anti-inflammatory, and many other special qualities, it is one of the two or three most highly regarded herbs now used for treating the body for Lyme. It is actually pleasant tasting; and it is all around us.

**This experiential workshop will examine the properties and uses of Japanese Knotweed, and then take us through identifying and digging the root, and learning how to prepare it both as a tea and as a tincture. Knowing how to make use of Japanese Knotweed is becoming an important first aid skill for anyone.**

**To register for this workshop, call 207-288-4128.  
Or email us at [info@thewholehealthcenter.org](mailto:info@thewholehealthcenter.org).**

**Cost for this workshop is \$40. Scholarship help available if needed.**