

## *Healing Lyme Disease Naturally*

*Take control of your health with herbal antivirals. As traditional medications become less effective against today's potent and aggressive viruses, natural alternatives are proving capable of fighting off many common viral threats. Stephen Harrod Buhner offers in-depth instructions on how to prepare and use herbal formulations to prevent and treat infections such as SARS, influenza, and encephalitis. These natural remedies will fight off disease and strengthen your immune system, keeping your family healthy and happy. "Healing Lyme examines the leading, scientific research on Lyme infection and its tests and treatments, and outlines the most potent natural medicines that offer help, either alone or in combination with antibiotics, for preventing and healing the disease"--*

*The leader in Microbiome Medicine offers a revelatory guide to the gut-thyroid connection, with cutting-edge information—and a surprising source of thyroid illness. If you are one of the 20 million Americans living with thyroid disease or one of the thousands living undiagnosed, Dr. Raphael Kellman understands your suffering. Between inaccurate diagnosis, a wide spectrum of symptoms, and doctors who may not be familiar with the intricacies of thyroid dysfunction, it's hard to get the treatment you need.*

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*While general hypothyroidism and Hashimoto's thyroiditis are the most commonly known thyroid issues, there is an underdiagnosed and yet incredibly prevalent condition: Non-thyroidal Illness Syndrome (NTIS). It can cause unexplained fatigue, memory issues, problems with focus and decision making, and even dementia, and affects as many as 20% of Hashimoto's sufferers. Luckily, Dr. Kellman has a clinically proven, expert protocol that has given thousands of patients a path to health—and now he's delivering it to you. You'll discover: How your thyroid function affects your overall health—and how its dysfunction can explain your troubling symptoms The 4P Protocol for healing the microbiome How everyday household products, cosmetics, plastics, and medicines can disrupt your hormonal systems—and how to detox A 30-Day Thyroid Rescue program, including meal plans and lifestyle changes Microbiome Thyroid helps you take control of your environment, your diet, and your life, guiding you toward the right diagnosis, the right treatment, and overall hormone balance.*

*A controversial, revisionist approach to autoimmune and allergic disorders considers the perspective that the human immune system has been disabled by twentieth-century hygiene and medical practices.*

*Cannabis for Lyme Disease and Related Conditions*

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## *Unlocking Lyme*

### *History, Analysis, and Treatments*

### *Eat to Beat Disease*

### *Solving the Mystery of Lyme and Chronic Disease*

### *New Paradigms in Lyme Disease Treatment*

### *Herbal Antibiotics and Antivirals*

How to maintain optimum testosterone levels for the male body through the use of herbs, nutritional supplements, and diet □ Explains the phenomenon of male menopause and how to deal with it □ Reveals scientific evidence of testosterone-blocking agents in the environment that alter men's essential chemistry as they age □ Presents safe, organic plant medicines that can restore optimum testosterone levels □ Contains the most up-to-date natural treatments for impotence, infertility, and prostate disease The recognition of andropause, the middle-age stage in male development comparable to women's menopause, is hampered by the lack of a clear outward manifestation of the chemistry and physiology specific to aging men. Men are still capable of reproduction well into and beyond middle age. Yet a man's sexual desire and potency varies, often according to his testosterone level. Recent studies show that the lowered testosterone levels endemic in aging men--a gradual drop that is quite normal--are being exacerbated by environmental agents. Testosterone-blocking estrogen agents are present in insecticides, industrial materials, pharmaceuticals, and foods. Men are daily inundated with a □cocktail□ of estrogen agents that alter the fine balance of testosterone that makes them male. But as recent medical research has revealed, testosterone replacement therapy with Low T

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drugs is not a good option because of the increased risk of cardiovascular problems, such as heart attack and stroke, and because the body can become dependent on pharmaceutical testosterone and stop producing any on its own. In this updated edition of *The Natural Testosterone Plan*, Stephen Harrod Buhner shows why men need help to maintain their testosterone levels as they age and explains how naturally occurring phytoandrogens--plant medicines that contain male hormones--can safely remedy the depletion exerted by the environment. Buhner details how each phytoandrogen works, when its use is indicated, and the most appropriate method of application, providing all men with safe, natural, and effective means of maintaining optimum testosterone levels well into old age.

"My greatest credential as a physician treating Lyme disease is that I've lived it. I've experienced virtually every symptom of Lyme disease, and in the process, learned exactly what it takes to overcome it." - Bill Rawls, MD Lyme disease is one of the most puzzling illnesses on the planet. Anyone who has suffered from its debilitating symptoms knows the frustrations of trying to find a cure. Many sufferers drag themselves from one doctor or alternative practitioner to the next, getting lost in a maze of lab tests, prescription drugs, procedures and remedies. Thousands of dollars and months (or years) later, they realize they are no better off than where they started - in misery. Unlocking Lyme puts an end to this desperate quest. Written by Dr. Bill Rawls, a physician who overcame Lyme disease himself, this book is a comprehensive, practical resource full of solutions that work. What took Dr. Rawls 10 years to learn through intense research and personal experience, you can now learn and implement in a matter of months. DR. RAWLS' STORY Dr. Rawls was in the middle of a successful OB/GYN career when Lyme disease interrupted his life. In his struggle to overcome

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Lyme disease, he left no stone unturned. From conventional medicine to the full range of alternative therapies, Dr. Rawls researched every possible option to restore his health. Ultimately, he embraced modern herbal therapy as his preferred solution, but he recognizes that the path may be different for each person. In the years since his recovery, Dr. Rawls has helped thousands of patients find their path to healing from Lyme disease. Unlocking Lyme brings together Dr. Rawls' accumulated knowledge and is the key you need to get your life back.

In this practical guide, a naturopathic physician provides effective strategies for deterring the spread of Lyme and other tick-borne diseases, including methods for reducing ticks in the home landscape and herbal protocols for disease prevention and treatment.

The Lyme Disease Solution is a comprehensive guide to the diagnosis and treatment of Lyme disease and other tick-borne infections. The author, Dr. Kenneth Singleton, is a board-certified specialist in Internal Medicine who himself struggled with severe symptoms of Lyme disease for 8 years prior to being correctly diagnosed and treated. His book is full of medical wisdom and practical pearls of clinical information that every Lyme patient will find immensely useful. Though detailed, the book is easy to read and comprehend. Dr. Singleton does a masterful job of breaking down very complex medical information into simple and easily understandable concepts. The insightfulness and thoroughness of the many topics covered by Dr. Singleton testify to his deep understanding of and passion for patients afflicted with Lyme disease. This book is a "must have" for all chronic Lyme (and other tick-borne illness) patients and for their families.

Why Can't I Get Better?

## Get Free Healing Lyme Disease Naturally

The Most Powerful Medicine of Our Time Healing Millions Worldwide

The Definitive Beginner's Guide to Healing Lyme Disease Naturally

Restore Your Gut and Heal Your Hidden Thyroid Disease

The Integrative Medicine Guide to Diagnosing and Treating Tick-Borne Illness

Recovery from Lyme Disease

How to Cure Illness with Holistic, All Natural, Herbal Medicines and Remedies

A NEW YORK TIMES BESTSELLER "Remarkable." –Andrew Solomon, The New York Times Book Review "At once a rigorous work of scholarship and a radical act of empathy."—Esquire "A ray of light into those isolated cocoons of darkness that, at one time or another, may afflict us all." —The Wall Street Journal "Essential."—The Boston Globe A landmark exploration of one of the most consequential and mysterious issues of our time: the rise of chronic illness and autoimmune diseases A silent epidemic of chronic illnesses afflicts tens of millions of Americans: these are diseases that are poorly understood, frequently marginalized, and can go undiagnosed and unrecognized altogether. Renowned writer Meghan O'Rourke delivers a revelatory investigation into this elusive category of "invisible" illness that encompasses autoimmune diseases, post-treatment Lyme disease syndrome, and now long COVID, synthesizing the personal and the universal to help all of us through this new frontier. Drawing on her own medical experiences as well as a decade of interviews with doctors, patients,

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researchers, and public health experts, O'Rourke traces the history of Western definitions of illness, and reveals how inherited ideas of cause, diagnosis, and treatment have led us to ignore a host of hard-to-understand medical conditions, ones that resist easy description or simple cures. And as America faces this health crisis of extraordinary proportions, the populations most likely to be neglected by our institutions include women, the working class, and people of color. Blending lyricism and erudition, candor and empathy, O'Rourke brings together her deep and disparate talents and roles as critic, journalist, poet, teacher, and patient, synthesizing the personal and universal into one monumental project arguing for a seismic shift in our approach to disease. *The Invisible Kingdom* offers hope for the sick, solace and insight for their loved ones, and a radical new understanding of our bodies and our health.

The only available reference to comprehensively discuss the common and unusual types of rickettsiosis in over twenty years, this book will offer the reader a full review on the bacteriology, transmission, and pathophysiology of these conditions. Written from experts in the field from Europe, USA, Africa, and Asia, specialists analyze specific patho

The purpose of this book is to offer an alternative treatment for both acute and chronic Lyme disease. To date there are currently 300,000 new cases of

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Lyme reported in the United States each year. There are six times the reported new cases of HIV. It is the new pandemic of this century. Sadly, most doctors today are either not Lyme-literate or prefer to choose the conventional approach to treatment which is simply symptomatic with high doses of antibiotics. This method has been proven to offer no cure for this disorder and in the end bankrupts most patients. This book will explain in detail the etiology of Lyme, current accepted conventional protocols, along with a treatment plan I have been using in practice for over 20 years. I will also be discussing successful case histories where patients were cured and remain so to this day.

Natural Fibromyalgia Choices guides you with innovative quizzes and questions to help you understand the cause of your fibromyalgia pain. Pain is a signal that the body is lacking energy in the muscles. This book delivers hope to people with fibromyalgia showing effective ways to be free of this chronic hypersensitivity reaction. Discover how to reduce nervous system stress that is making your muscles cry out in pain. You will gain better health through awareness with these activities:

- Recognize physical, emotional, and social stress triggers.
- Complete fibromyalgia pain quizzes to discover your cause of pain.
- Discover about how emotions, beliefs, and values affect pain intensity.
- See how thyroid and adrenal imbalances affect pain.



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- Understand how toxins and microbes affect organ tissues.
  - Learn to measure your levels of acidity to balance your metabolism.
  - Find out how antioxidants and minerals help balance free radicals to reduce pain.
  - Realize how homeopathic remedies and energy medicine relieve pain.
  - Read many practical recommendations to improve energy and metabolism.
- Natural Fibromyalgia Choices incorporates Lifestyle Prescriptions® Health Coaching philosophy to understand the root cause of your symptoms, and assists you with techniques to make positive progress to a better life.
- “Fibromyalgia can be healed, that’s the empowering message of this excellent book. Understanding your body’s healing intelligence, finding the 6 root-causes and healing one organ tissue symptom after the other makes Jane’s approach so powerful.” Johannes R. Fisslinger, Foundation Lifestyle Prescriptions® University
- Preventing Lyme & Other Tick-Borne Diseases  
Scientific Basis and Anecdotal Evidence for Medicinal Use  
The (Mostly) Plant-Based Plan to Burn Fat, Boost Your Energy, Crush Your Cravings, and Calm Inflammation: A Cookbook  
The Search for the Perfect Protein: The Key to Solving Weight Loss, Depression, Fatigue, Insomnia, and Osteoporosis  
Groundbreaking Thesis on Diagnosing Disease and Chronic Illness

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### Natural Remedies for Emerging & Resistant Viral Infections

#### Ketotarian

This is a guide to rediscovering health and well-being. Author, Joey Lott, shares his hard-won, unique insights into chronic Lyme disease. He pulls together extensive research drawn from medical journals, peer-reviewed studies, working one-to-one with others, and his own experiences with illness and recovery to create a guide that is unlike any other. In this book you'll find:

- \* Information about the emerging understanding of how many chronic illnesses, including chronic Lyme disease, are fundamentally driven by inflammation, and that infectious organisms are of secondary importance
- \* The key missing link of metabolic health and some simple steps you can take to improve your metabolic rate
- \* How many chronic Lyme disease treatments suppress thyroid function, creating many unwanted symptoms, and what you can do to fix that
- \* How to reduce or eliminate chronic stress responses that deregulate immunity and sustain inflammation in the body
- \* Safe, gentle, simple, and inexpensive herbal remedies to address inflammation and regulate immunity
- \* Herbal remedies to address specific symptoms such as insomnia, anger, stress, depression, anemia, fatigue, brain fog, and more

In his new book *Energetic Diagnosis*, Dr Neil Nathan, renowned physician and bestselling author of *TOXIC*, delivers his groundbreaking thesis on diagnosing disease and chronic illness using the patient's personal energy fields as the launchpad for treatment. An

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individual's energy is often overlooked when treating difficult to identify disease. Dr. Nathan puts forth the premise that patient evaluation should be highly personal, beginning with a thorough analysis of events leading up to sickness, including lingering mental trauma. To do this, he urges medical professionals to use a process called Energetic Intuition—the ability to utilize pattern recognition presented by our own subconscious. In this book, Dr. Nathan details how he taps into his own intuition and learns to trust both himself and what the patient's physical and mental state tell him. Dr. Nathan's personal experience and years using this methodology has helped hundreds of patients understand their ailments and a find balance that helps them achieve optimal health. Energetic Diagnosis also features a robust detailing of how human energy is measured and perceived in a clinical setting using specific medical devices, interference fields and various autonomic response testing. Dr. Nathan invites guest doctors to detail the kinds of energy-focused treatments they use in their practices, such as A.R.T. (autonomic response testing), Kinesiology, and FSM (frequency specific microcurrents). Dr. Nathan concludes with important energetic considerations to open and build our awareness for a total, mind, body soul experience. He reveals the importance of dreams, native healing, communication with the natural world.

**WHY YOU CAN GET WELL** Tired of self-doctoring with complicated herb and diet protocols, or risky and obscenely expensive long-term antibiotic therapy? Had enough of the controversy, politics, and conspiracy theory hype of "Lyme wars?" Look no further; help is on

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the way! No matter how bleak your situation is, no matter how many different treatments have been tried, in just a matter of months, you could be riding the road to recovery, after reading *Biting Back*. It is the boldest, most comprehensive, and no-holds-barred book ever written about solutions for the most misunderstood, and medically mismanaged epidemics of our time: Lyme disease. *Biting Back* debunks the many myths about Lyme disease, its diagnosis, and its treatment, and finally puts a stop to the madness. It unleashes the strategies used to liberate victims of tick-triggered illness from a world of pain, fatigue, and misery, so YOU can become the next success story, and join the elite group of people from around North America, who have finally gotten well.

A groundbreaking reference about diagnosing Lyme disease and chronic illness traces the heated debate that has prevented patients from obtaining adequate care, outlining the author's plan for identifying and treating chronic illness using methods for promoting best-possible outcomes.

Lyme Disease Cookbook

Eating Clean

Rickettsial Diseases

The Healing Power of Medicinal Plants

Myths, Truths, and Practical Solutions for Chronic Lyme Disease

The Lyme Disease Solution

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### Natural Fibromyalgia Choices

*Celery juice is everywhere for a reason: because it's saving lives as it restores people's health one symptom at a time. From celebrities posting about their daily celery juice routines to people from all walks of life sharing pictures and testimonials of their dramatic recovery stories, celery juice is revealing itself to ignite healing when all odds seem against it. What began decades ago as a quiet movement has become a global healing revolution. In *Celery Juice: The Most Powerful Medicine of Our Time Healing Millions Worldwide*, Anthony William, the originator of the global celery juice movement, introduces you to celery juice's incredible ability to create sweeping improvements on every level of our health:*

- Healing the gut and relieving digestive disorders
- Balancing blood sugar, blood pressure, weight, and adrenal function
- Neutralizing and flushing toxins from the liver and brain
- Restoring health in people who suffer from a vast range of chronic and mystery illnesses and symptoms, among them fatigue, brain fog, acne, eczema, addiction, ADHD, thyroid disorders, diabetes, SIBO, eating disorders, autoimmune disorders, Lyme disease, and eye problems

After revealing exactly how celery juice does its anti-inflammatory, alkalizing, life-changing work to provide these benefits and many more, he gives you the powerful, definitive guidelines to do your own celery juice cleanse correctly and successfully. You'll get instructions on how to make the juice, how much to drink, when to drink it, and what to expect as your

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*body begins to detox, plus answers to FAQs such as "Is it safe to drink celery juice while pregnant or breastfeeding?", "Is blending better than juicing?", and "Can I take my medications with it?" Here is everything you need to know--from the original source--to receive the full gift of what Anthony calls "one of the greatest healing tonics of all time."*

*Healing Lyme Disease Naturally* History, Analysis, and Treatments North Atlantic Books

*Proteins are the basic building blocks of the human body. But most people are malnourished in amino acids, which are required to form protein—a deficiency that can lead to diabetes, obesity, cancer, and chronic diseases. It's a serious problem for which Dr. David Minkoff offers a powerful solution in *The Search for the Perfect Protein*. A medical doctor and IRONMAN triathlete, Dr. Minkoff provides a new appreciation and understanding of these vital components of life and wellness. He examines the healthful or harmful effects of the foods you eat regularly. And he explores the importance of clean proteins in your diet while offering indispensable guidance on where to find them. Not all proteins are created equal, and they're not just for bodybuilders. Whether you're female or male, young or old, an athlete or a couch potato, *The Search for the Perfect Protein* will lead you to a stronger, healthier life.*

*From the foreword by world-leading Lyme expert Joseph J. Burrascano, Jr., MD: A*

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*detailed and thoughtful road-map is sorely needed. And it is in this context that I am so pleased that we have this book by Dr. Kinderlehrer. I wish I had had a book like this back in the day to guide me! It covers just about everything—the infections, diagnostic tests, treatments, and yes, the all-important terrain. It gives the reader an in-depth, but easily understandable, guide through the many subtleties of tick-borne illnesses. One is impressed with the knowledge presented and grateful for this information which has helped so many people recover from chronic illness. To anyone touched by tick-borne diseases, be they a patient, a caregiver or loved one, or health practitioner, this book is a must-read. It will serve as a continuing reference as it gets read and reread to assimilate all it has to offer. I congratulate Dr. Kinderlehrer and thank him for this most impressive work. The ultimate guide to recognizing, coping with, and overcoming chronic infection. Lyme Disease is a substantial problem. While the CDC reported 427,000 new cases in 2017 based on surveillance criteria, actual numbers based on clinical diagnosis put that number at over one million. It is now well accepted that 10 to 20 percent of these cases go on to become a chronic illness, and these numbers don't even include those people who became chronically ill without ever witnessing a tick attachment or a bulls-eye rash. In other words, hundreds of thousands of people develop a chronic illness every year. This is why Dr. Dan Kinderlehrer's book is so important and timely and has the potential to help millions who are victims of this epidemic. His integrative approach*

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*offers the most up-to-date and comprehensive plan available for treating and beating this disease. It will discuss brand new treatments such as disulfiram, which is being hailed as a major breakthrough, as well as the use of cannabis to treat pain and anxiety, among other developments in the field. With the staggering growth we are seeing in numbers of people afflicted, this book becomes more important every day. Kinderlehrer is in a unique position to write this book. After completing a residency in Internal Medicine in 1979, he opened one of the first practices in the US in what was then called Holistic Medicine. After becoming an expert in nutrition and environmental illness, he became ill himself with Lyme disease complex. His long road to recovery has given him insights into what patients are going through; his background in internal medicine trained him to understand the complexities of his multi-systemic illness; his knowledge of environmental illness has enabled him to evaluate immune dysregulation; and his study of energetic medicine, spiritual alignment, and healing from trauma has yielded insights into how to help patients shift their belief systems to being well. Recovery from Lyme Disease is by far the most thorough book available on Lyme Disease Complex. It will provide patients with information that will guide them on their healing journeys, as well as supplying doctors with instruction on appropriate diagnosis and treatment approaches. A 5-Part Plan to Fight the Inflammatory Auto-Immune Response and Beat Lyme Disease*



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*Reimagining Chronic Illness*

*Your Guide to Healthy Vision and Healing*

*The Wim Hof Method*

*How to Naturally Overcome the Effects of Lyme Disease and Other Chronic Tick-triggered Illness...after All Else Has Failed*

*A New Way of Understanding Allergies and Autoimmune Diseases*

*The Lyme Diet*

NOTE from the author: This is the first edition of the book, and it is now out of print. This edition has been replaced by the second edition, which is available from Amazon. The second edition contains much more information, and it is reasonably priced - considerably less than most of the copies of the original edition that are sold here by third party booksellers. - end

NOTE. This is a book that offers a unique and fresh look at chronic Lyme disease. It is specifically intended for those who have been suffering from chronic Lyme disease without receiving satisfactory results from other treatments, be those conventional or alternative. If you have been suffering from chronic Lyme without long-term relief from antibiotics or herbs or other treatments, then this book intends to offer you a new perspective that may give you useful insights into your condition. And, most importantly, it may help you to improve your health. Written by someone who suffered from this condition for years without finding lasting relief from Lyme treatments, this book explores the role of metabolism, stress, and breathing and how they can exacerbate or even be at cause for unwanted symptoms. And then this book suggests simple changes that one can make to improve the underlying conditions that may be

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preventing recovery. The information in this book is truly a unique look at this horrible condition. This information helped the author to recover fully and it has also helped others to experience full or partial recoveries when nothing else seemed to work. Everything in the book is inexpensive and easy-to-do. There are no exotic treatments suggested nor any recommendations for costly devices, herbs, or pills. This is an extraordinarily simple approach that can often yield profound results. Furthermore, the approach outlined in this book is compatible with most other treatment options. So if you are receiving some benefits from drugs or herbs or other treatments, but you are still looking for more support, then you can try the suggestions in this book in conjunction with antibiotics or herbs or most other treatments. There is no knowing if this approach will work for you. So far the outcomes have been very encouraging for many people, so there is every reason to believe that what you learn in this book can help you. Yet your mileage may vary. So please read this concise guide, see if it resonates for you, and if so, give it an honest try.

A Goop Book Club Pick A new twist on keto: The fat-burning power of ketogenic eating meets the clean green benefits of a plant-centric plate The keto craze is just getting warmed up. The ketogenic diet kick-starts your body's metabolism so it burns fat, instead of sugar, as its primary fuel. But most ketogenic plans are meat- and dairy-heavy, creating a host of other problems, especially for those who prefer plants at the center of the plate. Dr. Will Cole comes to the rescue with Ketotarian, which has all the fat-burning benefits without the antibiotics and hormones that are packed into most keto diets. First developed for individuals suffering from seizures, keto diets have been shown to reduce inflammation and lower the risk of many chronic health problems including Alzheimer's and some cancers. Adding a plant-based twist,

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Ketotarian includes more than 75 recipes that are vegetarian, vegan, or pescatarian, offering range of delicious and healthy choices for achieving weight loss, renewed health, robust energy, and better brain function. Packed with expert tips, tricks, and advice for going--and staying--Ketotarian, including managing macronutrients, balancing electrolytes, and finding your carb sweet spot, this best-of-both-worlds program is a game-changer for anyone who wants to tame inflammation and achieve peak physical and mental performance. Let the Ketotarian revolution begin!

WHY RIFE MACHINES? Lyme Disease is caused by *Borrelia Burgdorferi*, a spirochete bacteria similar to the bacteria that causes Syphilis . Lyme Disease is known as the "Great Imitator" – It can masquerade as Attention Deficit Disorder , Chronic Fatigue Syndrome , Fibromyalgia, Obsessive Compulsive Disorder , Alzheimer's Disease , Schizophrenia , Depression , Multiple Sclerosis , arthritis , heart conditions, and more. The July, 2004 issue of Townsend Letter for Doctors and Patients indicates that Lyme Disease is thought to be the fastest spreading infectious disease in the world, with more than 200,000 new cases per year in the United States alone. Lyme Disease tests are notoriously inaccurate, leading to rampant under-diagnosis of the disease (See Appendix A ). But even the people who are lucky enough to receive an accurate diagnosis do not always respond to antibiotic therapy. Aggressive antibiotic therapy, applied by a Lyme Literate Medical Doctor (LLMD), sometimes fails to provide a cure. Many patients take antibiotics for years, often in combinations of two or three drugs simultaneously – yet in some cases the infection becomes chronic anyway, and numerous Lyme Disease sufferers end up staying sick, losing their jobs, getting dropped by insurance companies, going broke, and losing hope. These monumentally discouraging

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obstacles facing Lyme Disease sufferers have led many of them to explore the rife machine treatment option, a promising electromagnetic therapy which often works after antibiotics fail.

Eat your way to better health with this New York Times bestseller on food's ability to help the body heal itself from cancer, dementia, and dozens of other avoidable diseases. Forget everything you think you know about your body and food, and discover the new science of how the body heals itself. Learn how to identify the strategies and dosages for using food to transform your resilience and health in *Eat to Beat Disease*. We have radically underestimated our body's power to transform and restore our health. Pioneering physician scientist, Dr. William Li, empowers readers by showing them the evidence behind over 200 health-boosting foods that can starve cancer, reduce your risk of dementia, and beat dozens of avoidable diseases. *Eat to Beat Disease* isn't about what foods to avoid, but rather is a life-changing guide to the hundreds of healing foods to add to your meals that support the body's defense systems, including: Plums Cinnamon Jasmine tea Red wine and beer Black Beans San Marzano tomatoes Olive oil Pacific oysters Cheeses like Jarlsberg, Camembert and cheddar Sourdough bread The book's plan shows you how to integrate the foods you already love into any diet or health plan to activate your body's health defense systems-Angiogenesis, Regeneration, Microbiome, DNA Protection, and Immunity-to fight cancer, diabetes, cardiovascular, neurodegenerative autoimmune diseases, and other debilitating conditions. Both informative and practical, *Eat to Beat Disease* explains the science of healing and prevention, the strategies for using food to actively transform health, and points the science of wellbeing and disease prevention in an exhilarating new direction.

Herbal Antivirals

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10 Top Doctors Reveal Healing Strategies That Work

How to Enhance Male Sexual Health and Energy

Healing Lyme Disease Naturally

Lyme Disease And Rife Machines With Critical Evaluation of Leading Alternative Therapies

Healing Lyme Disease Coinfections

Biting Back

Lyme disease is a complex illness, often accompanied by various other infections and conditions. As a result, healing from Lyme disease can prove quite challenging; puzzling both patients and doctors alike. Conventional medicine, which uses long-term antibiotics to treat chronic Lyme disease, not only fails to help many Lyme disease patients, but also is notorious for causing damage to their body systems. Natural medicine, on the other hand, has proved helpful for many who have failed the conventional treatment path. Unfortunately, Lyme herbalists and naturopathic doctors are relatively scarce, and treatments can be expensive. Insurance does not typically cover herbal medicine and other natural treatments. This, along with the fact that many become confused and lost while trying to treat themselves naturally, leads many to feel their only choice is to opt for conventional treatment methods. It is clear that more practical herbal treatments, along with an in-depth and easy-to-under-stand guide to walk patients through the natural treatment process, are in great demand. In response to this problem, Cannabis for Lyme Disease and Related Conditions: Scientific Basis and Anecdotal Evidence for Medicinal Use was born. White's personal experience treating her own Lyme disease with cannabis and using it to lessen symptoms during treatment, along with the awareness that many people with Lyme disease are interested in using cannabis to treat themselves and/or ease their symptoms (but have many

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unanswered questions on how to do so) inspired her to write the book. The book aims to answer frequently asked questions and offer a foundation for developing a personalized treatment plan. The book also covers various aspects of cannabis and its medicinal uses, including its antibacterial properties, chemical constituents, strains, forms and methods of use and recipes, safety, and legal factors. White addresses how different cannabis strains and methods of consumption can ease discomfort during treatment by reducing some of the most prominent symptoms present in Lyme disease and related conditions.

This “deep excursion into the heart of herbalism” pulls back the curtain on centuries of herbal medicine and offers an inventory of useful plants for the modern herb gardener or homesteader (Rosemary Gladstar) Traditional herbalists or wise women were not only good botanists or pharmacologists; they were also shamanic practitioners and keepers of occult knowledge about the powerful properties of plants. Traveling back to the healing arts of the ancient Egyptians, Greeks, and Romans, *The Herbal Lore of Wise Women and Wortcunners* takes readers deep into this world, through the leechcraft of heathen society and witches’ herb bundles to the cloister gardens of the Middle Ages. It also examines herbal medicine today in the traditional Chinese apothecary, the Indian ayurvedic system, homeopathy, and Native American medicine. Balancing the mystical with the practical, author Wolf Storl explains how to become an herbalist, from collecting material to distilling and administering medicines. He includes authoritative advice on herb gardening, as well as a holistic inventory of plants used for purposes both benign and malign, from herbs for cooking, healing, beauty, and body care to psychedelic plants, witches’ salves for opening alternative realities, and poisonous herbs that can induce madness or cause death. Storl also describes traditional “women’s plants” and their uses: dyeing cloth, spinning and

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weaving, or whipping up love potions. The Herbal Lore of Wise Women and Wortcunners is written for professional and amateur herbalists as well as gardeners, urban homesteaders, and plantspeople interested in these rich ancient traditions.

Disease-carrying ticks are found in all 50 states in the U.S. and, as their numbers rise and their ranges increase, so, too, do cases of tick-borne illnesses. Alexis Chesney, a naturopathic physician specializing in the treatment of diseases transmitted through tick bites, offers a comprehensive strategy for reducing exposure to disease-causing organisms and boosting the effectiveness of standard treatment protocols. With an overview of the tick species present in the U.S. and profiles of Lyme and other top diagnosed tick-borne diseases, including anaplasmosis and babesiosis, this guide gives concerned readers and medical professionals alike a deeper understanding of how tick populations — and associated illnesses — spread, and how to combat them naturally. In addition to covering landscape-management methods for dramatically reducing tick populations around the home, Chesney outlines prophylactic herbal tinctures that provide an additional layer of protection against tick-borne illnesses — an important strategy for those living in high-risk regions, especially in the event of an undetected bite. Chesney also provides options for treating acute tick-borne diseases, if symptoms develop, as well as herbs that can be used in combination with antibiotics to augment their efficacy.

In *Healing Lyme Disease Naturally*, anthropologist Wolf D. Storl shares his own success in overcoming a difficult, sometimes deadly disease that is reaching epidemic proportions. When he was diagnosed, Dr. Storl refused standard treatments because of antibiotic intolerance. Instead, he researched healing systems of various cultures including Traditional Chinese Medicine, American Indian healing practices, homeopathy, and traditional Western herbal lore and

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discovered the teasel root. Teasel, a flowering plant that grows throughout Europe and Asia, tonifies the liver and kidneys, promotes blood circulation, and strengthens the bones and tendons. The plant has been documented to help cure chronic conditions marked by arthritis, sore, stiff muscles, and eventual incapacitation—all symptoms associated with Lyme disease. Dr. Storl's approach consists of flushing out toxins and inhibiting bacteria by using teasel root as tincture, powder, or tea (available for purchase online and in natural foods stores); stimulating the immune system and detoxifying the body by exposing it to extreme heat (sweat lodges and Japanese baths); and dietary and naturopathic measures, including fresh natural food, exercise, and sufficient sleep. Written in an encouraging, personal tone but based in science and clinical studies, *Healing Lyme Disease Naturally* offers hope in combating a condition that has stubbornly resisted conventional medical treatment. From the Trade Paperback edition.

Natural Remedies for Low Testosterone

Healing Chronic Lyme Disease Naturally

How Lyme Healed Me

The New Science of How Your Body Can Heal Itself

A Holistic Approach to Curing Lyme Disease

Herbal Antibiotics, 2nd Edition

When Antibiotics Fail

**In this guide, you will find the history and overview of the Lyme disease. You will learn about the approach to dieting for healing and reversing the disease. You will discover a**



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compilation of Lyme diet recipe samples for breakfast, lunch, dinner and snacks. It is the nature of a disease to produce unwanted effects such as discomfort to the sufferer. While pain is subjective, some diseases have been known to produce particularly painful or uncomfortable signs and symptoms. Lyme disease is one of them.

In this new Lyme book, Connie Strasheim interviewed 10 leading Lyme specialists: one from Germany, one from Canada and eight from the USA. They all agree that certain treatment steps are essential for recovery, but all have a unique treatment approach and provide their own pearls of wisdom. Read the book to get inside the minds of 10 top doctors!

**INSTANT NEW YORK TIMES BESTSELLER** The only definitive book authored by Wim Hof on his powerful method for realizing our physical and spiritual potential. "This method is very simple, very accessible, and endorsed by science. Anybody can do it, and there is no dogma, only acceptance. Only freedom." –Wim Hof  
Wim Hof has a message for each of us: "You can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so

you can thrive in any stressful situation.” With The Wim Hof Method, this trailblazer of human potential shares a method that anyone can use—young or old, sick or healthy—to supercharge their capacity for strength, vitality, and happiness. Wim has become known as “The Iceman” for his astounding physical feats, such as spending hours in freezing water and running barefoot marathons over deserts and ice fields. Yet his most remarkable achievement is not any record-breaking performance—it is the creation of a method that thousands of people have used to transform their lives. In his gripping and passionate style, Wim shares his method and his story, including:

- **Breath**—Wim’s unique practices to change your body chemistry, infuse yourself with energy, and focus your mind
- **Cold**—Safe, controlled, shock-free practices for using cold exposure to enhance your cardiovascular system and awaken your body’s untapped strength
- **Mindset**—Build your willpower, inner clarity, sensory awareness, and innate joyfulness in the miracle of living
- **Science**—How users of this method have redefined what is medically possible in study after study
- **Health**—True stories and testimonials from people using the method to overcome disease and chronic illness

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- Performance—Increase your endurance, improve recovery time, up your mental game, and more
- Wim's Story—Follow Wim's inspiring personal journey of discovery, tragedy, and triumph
- Spiritual Awakening—How breath, cold, and mindset can reveal the beauty of your soul

Wim Hof is a man on a mission: to transform the way we live by reminding us of our true power and purpose. "This is how we will change the world, one soul at a time," Wim says. "We alter the collective consciousness by awakening to our own boundless potential. We are limited only by the depth of our imagination and the strength of our conviction." If you're ready to explore and exceed the limits of your own potential, The Wim Hof Method is waiting for you.

'How Lyme Healed Me' is a story about a desperate mother whose search for medical answers to her chronic illness took her on a wild, unexpected journey. Seeing the failure of conventional medicine, Mary found answers in natural, God-given healing remedies.

Anaplasma, Babesia, and Ehrlichia

The Invisible Kingdom

Complementary and Holistic Treatments for Bartonella and

**Mycoplasma**

**Medical Medium Celery Juice**

**Energetic Diagnosis**

**Natural Alternatives for Treating Drug-resistant Bacteria**

**Control Ticks in the Home Landscape; Prevent Infection Using**

**Herbal Protocols; Treat Tick Bites with Natural Remedies**

***Natural ways to preserve and maintain healthy vision, covering over 40 eye conditions, over 2,000 peer review research citations, self help***

***recommendations such as diet, eye exercise, home remedies, other modalities including acupuncture, essential oils, craniosacral and more.***

***A guide to the natural treatment of three coinfections of Lyme disease •***

***Reviews the latest scientific research on Babesia, Ehrlichia, and***

***Anaplasma • Reveals how these three conditions often go undiagnosed, complicate the treatment of Lyme disease, and cause symptoms from***

***headache to seizures • Outlines effective natural treatments with herbs and supplements for specific symptoms and to combat overreactions of the***

***immune system and the inflammation response Harvard researchers***

***estimate there are nearly 250,000 new Lyme disease infections each***

***year--only 10 percent of which will be accurately diagnosed. One of the***

***largest factors in misdiagnosis of Lyme is the presence of other tick-borne infections, which mask or aggravate the symptoms of Lyme disease as well as complicate treatment. Three newly emergent Lyme coinfections are Babesia, Ehrlichia, and Anaplasma. Tens of thousands of people are known to be asymptotically infected and at least ten percent will become symptomatic this year--with symptoms ranging from chronic headache and arthritis to seizures. Distilling the latest scientific research on Babesia, Ehrlichia, Anaplasma, and Lyme disease, Stephen Buhner examines the complex synergy between these infections and reveals how they can go undiagnosed or resurface after antibiotic treatment. He explains how these organisms create cytokine cascades in the body--essentially sending the immune system into an overblown, uncontrolled inflammatory response in much the same way rheumatoid arthritis or cancer can. Providing an in-depth guide for those suffering from Babesia, Ehrlichia, or Anaplasma infection as well as for clinicians who work with those infected by these organisms, Buhner details effective natural holistic methods centered on herbs and supplements, such as Ashwaganda and Chinese Skullcap, and reveals how to treat specific symptoms, interrupt the cytokine cascades, reduce inflammation, and bring the immune system back into balance. He***

***explains how these natural methods not only complement conventional Lyme disease treatments involving antibiotics and other pharmaceuticals but also provide relief when other forms of treatment have failed.***

***Herbal Antibiotics and Antivirals: How to Cure Illness With Holistic, All Natural, Herbal Medicines and Remedies You're about to discover how to find and use herbal anti-virals, antibiotics and immune system boosters to cure your illnesses, and improve your health. Do you have an illness that modern medicine can't fix? Or do you just want to avoid chemical based pharmaceuticals that have so many possible side effects? Well you have come to the right place. This book will tell you which herbs can help with which illnesses, and provides recipes for herbal remedies that will help with an array of illnesses from the common cold to Eczema. Herbs can provide natural, holistic benefits to your health, you just need to know how to use them, and this book will tell you how. Here Is A Preview Of What You'll Learn... the Prevalence of Herbal Medicine the differences between Modern and Traditional Medicine Herbal Medicine For The Immune System Herbal Antibiotics (Herbs that Kill Bacteria) Herbal Antivirals (Herbs that Kill Viruses) Herbal Remedy Recipes Are Herbal Medicines Right for You? Much, much more!***

***The essential guide to fight inflammation, heal your gut, and reset your body with detox and clean eating After suffering for a decade from a range of ailments like Lyme Disease, Hypothyroidism, and Leaky Gut Syndrome, Amie Valpone, creator of TheHealthyApple.com, healed herself through clean eating and detoxing. In Eating Clean, Amie provides guidance on how to fight inflammation and reset your body, including a 21-Day Elimination Diet, instructions for food reintroduction, a 2-week meal plan, and an extensive pantry list. The book has over 200 recipes that are vegetarian and free of gluten, dairy, soy, corn, eggs, and refined sugar to keep tummies healthy and satisfied—such as Velvety Pear and Fennel Soup, Carrot “Fettuccine” with Sun-Dried Tomatoes and Pumpkin Seeds, and Vanilla Bean Coconut Ice Cream. With this book, readers are able to get the support they need on their path toward wellness.***

***Nutritional Strategies for Healing from Lyme Disease***

***The Lyme Solution***

***A Story of Treating Chronic Disease Naturally***

***Natural Treatments for Lyme Coinfections***

***Natural Eye Care***

***Healing Lyme***

### ***Natural Healing of Lyme Borreliosis and the Coinfections Chlamydia and Spotted Fever Rickettsioses***

REVIEWS: Dr. McFadzeans book is refreshing and unique. It provides sound, thoroughly researched information presented in a clean and cogent format. The Lyme Diet will become an essential tool for Lyme practitioners and patients alike. --Steven Harris, MD ..... I have been treating people with Lyme and coinfections since 1997. People who have suffered for many years recover best when they utilize a comprehensive approach, especially one that includes optimal nutrition. This book is a must-read for anyone who is serious about recovering from chronic illness. The reader will surely benefit from Dr. McFadzeans comprehensive collation of wisdom in a user-friendly format. --Therese Yang, M.D. PRODUCT DESCRIPTION: Navigating the most appropriate diet for a Lyme disease patient can be difficult, but good nutrition is such a crucial part of any treatment regimen that it is well worth addressing. Food sustains us, nourishes us, and can heal us. Food is medicine. It is one of the most important factors in your treatment program. The Lyme Diet contains a wealth of information about why dietary



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choices are critical for minimizing inflammation, optimizing immune function, promoting healthy digestion and gut flora, balancing hormones, and detoxifying the body. Dr. Nicola's book is a must-have manual for anyone suffering from such Lyme disease symptoms as fatigue, chronic pain, cognitive deficits, and candidiasis. It also has applications for other chronic illnesses such as fibromyalgia, chronic fatigue syndrome, MS, ALS as well as anyone desiring to advance their health goals through nutrition. This ground-breaking publication outlines many practical examples and strategies for implementing nutritional change on a daily basis. It also serves to decode otherwise complex information on nutritional supplements, helpful lab testing, and inexpensive home treatments. Dr. Nicola McFadzean takes a comprehensive approach to treating Lyme disease with patients all over the world. With this invaluable book, she shares the wisdom, insight and solutions that have been, until now, exclusive to her private patients.

A comprehensive, natural approach to treating acute and chronic Lyme disease, from a leading naturopathic physician who has managed his symptoms for more than fifteen years. Lyme disease

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is one of the fastest-growing infectious diseases in the United States, and millions of people worldwide suffer from its shape-shifting symptoms. Now, in *The Lyme Solution*, Dr. Darin Ingels shares his revolutionary approach to treating and healing acute and chronic Lyme. Drawing on his experience as a naturopathic physician who has treated thousands of cases, and as a patient, Ingels reveals that Lyme is an autoimmune disease as much as it is an infection. Conventional treatments too often rely on toxic doses of antibiotics that weaken your body and worsen symptoms, instead of boosting your ability to fight for your health. Including the latest research about the diagnosis and treatment of Lyme, Ingels's uniquely holistic approach provides a path to wellness by fortifying the microbiome, enhancing the immune system, and strengthening the body's ability to heal from within. *The Lyme Solution* offers a simple, five-step plan, including: \* the most effective early treatment and prevention measures to avoid contracting the disease or stop it in its tracks; \* an Immune Boosting Diet and list of herbal supplements that will increase immunity and reduce inflammation; \* guidelines for when and how to use antibiotics as an effective

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part of your treatment plan; \* tools to identify and eliminate conditions that mimic Lyme disease or exacerbate your symptoms. Whether you are facing acute or chronic Lyme, or undiagnosed autoimmune symptoms, the natural, whole-body approach of The Lyme Solution will help you permanently recover your health, and reclaim your life.

A guide to the natural treatment of two of the most common and damaging coinfections of Lyme disease--Bartonella and Mycoplasma

- Reveals how these conditions often go undiagnosed, complicate Lyme treatment, and cause a host of symptoms--from arthritis to severe brain dysfunction
- Outlines natural treatments for both infections, with herbs and supplements for specific symptoms and to combat overreactions of the immune system
- Reviews the latest scientific research on Bartonella and Mycoplasma coinfections and how treatment with antibiotics is often ineffective

Each year Harvard researchers estimate there are nearly 250,000 new Lyme disease infections--only 10 percent of which will be accurately diagnosed. One of the largest factors in misdiagnosis of Lyme is the presence of other tick-borne infections, which mask or aggravate the symptoms of Lyme disease

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as well as complicate treatment. Two of the most common and damaging Lyme coinfections are Bartonella and Mycoplasma. Nearly 35 million people in the United States are asymptotically infected with each of these pathogens, and at least 10 percent will become symptomatic every year--with symptoms ranging from arthritis to severe brain dysfunction. Distilling hundreds of peer-reviewed journal articles on the latest scientific research on Bartonella, Mycoplasma, and Lyme disease, Stephen Buhner examines the complex synergy between these infections and reveals how all three can go undiagnosed or resurface after antibiotic treatment. He explains how these coinfections create cytokine cascades in the body--essentially sending the immune system into an overblown, uncontrolled response in much the same way that rheumatoid arthritis or cancer can. Detailing effective natural holistic methods centered on herbs and supplements, such as the systemic antibacterial herb *Sida acuta*, which acts to protect blood cells from invading organisms, he reveals how to treat specific symptoms, interrupt the cytokine cascades, and bring the immune system back into balance as well as complement ongoing Lyme disease treatments.

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With antibiotic-resistant infections on the rise, herbal remedies present a naturally effective alternative to standard antibiotics. Herbal expert Stephen Harrod Buhner explains the roots of antibiotic resistance, explores the value of herbal treatments, and provides in-depth profiles of 30 valuable plants, noting the proper dosages, potential side effects, and contraindications of each.

An Epidemic of Absence

Microbiome Thyroid

The 21-Day Plan to Detox, Fight Inflammation, and Reset Your Body

Activate Your Full Human Potential

The Herbal Lore of Wise Women and Wortcunners

Find the Cause and Heal the Symptoms