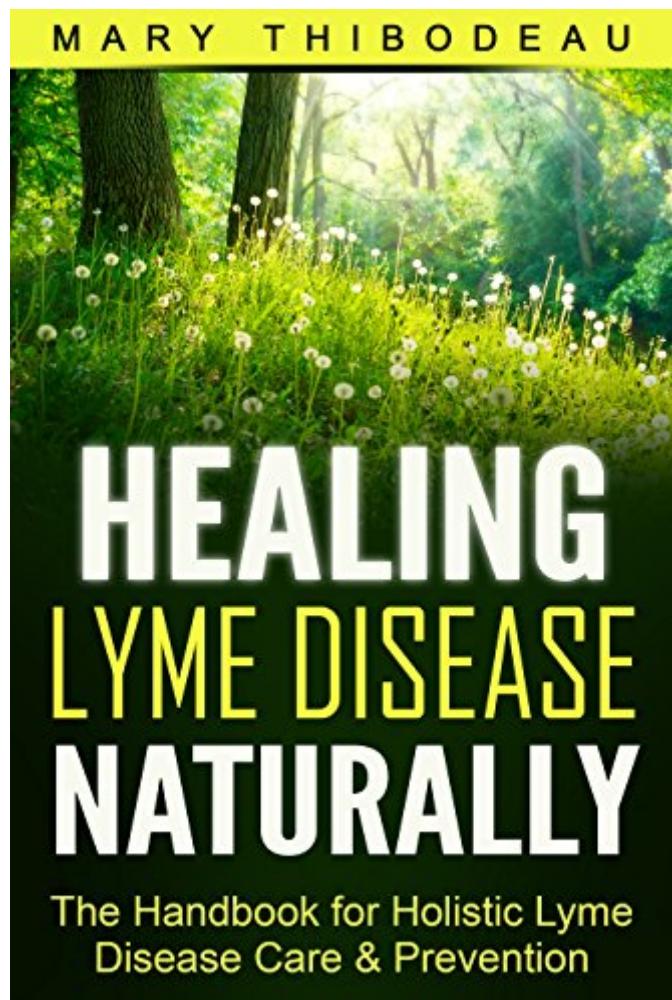


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# Healing Lyme Disease Naturally: The Handbook For Holistic Lyme Disease Care And Prevention



## Synopsis

If you are reading this description, then I expect this is not the first Lyme Disease book that you've researched. In fact, if you or someone you know has been affected by Lyme Disease, I would guess that you spend a good amount of time looking for answers and worrying. Worrying about the debilitating symptoms. Worrying about the costs of treatment. Worrying about the pain, the fatigue. Worrying that your healthcare practitioner doesn't know how to treat you. Worrying how your family is affected. The list goes on. What my book, *Healing Lyme Disease Naturally*, gives you, is not just a Lyme Disease solution or a Lyme Disease Diet, but it is both of those things and much, much more. *Healing Lyme Disease Naturally* is a book about people. People who have suffered, who are suffering now. They are faced with a chronic illness that often goes undiagnosed, misdiagnosed or mistreated. They are oftentimes doubted because their symptoms do not outwardly show. While their whole life is affected, they often cannot get the support and treatment they need. By focusing on natural health practices for treating Lyme Disease, reducing and preventing symptoms, and building back up the immune system, *Healing Lyme Disease Naturally* is the book that takes all those people " and all that worry - and gives them hope. And options. Major focuses of the book include:

- Treating and preventing inflammation naturally
- Maximizing diet and lifestyle habits to minimize symptoms
- Learning early signs and symptoms and what to do
- Discovering holistic measures for early and late stage Lyme Disease
- Recognizing and overcoming the many challenges faced by Lyme Disease sufferers
- Getting the right resources needed for correct diagnosis
- Reviewing natural techniques for preventing Lyme Disease
- Offering resources for emotional support and help in paying for treatment
- Giving a face and a voice to Lyme Disease sufferers
- Find out some of the many ways to naturally treat and prevent Lyme Disease, including:
- Retaining maximum gut health with probiotics and enzymatic support
- Using herbs as antibiotic carriers, endo-detoxifiers and nervous system rejuvenators
- Finding out the best supplements in treating Lyme Disease
- Discovering the best anti-inflammatories including herbs, EFA's, etc.
- Learning about nutritional deficiencies common in Lyme Disease patients and how to counteract them
- Using natural products and yard strategies to repel ticks
- Learning the best natural tips for strengthening the immune system, for the long haul

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## Book Information

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## Customer Reviews

Mary Thibodeau has written another amazing book about herbal remedies and holistic living. This book discusses Lyme Disease, an insidious and hard to diagnose disease that can have long lasting effects and painful symptoms. Prevention is best and you will discover the best ways in this book to avoid it as Mary details several ways you can use natural remedies to prevent and cope with this illness. Her writing is clear, concise and she illustrates cases of people, like you and me, who dealt with this frightening disease. I cannot recommend all of Mary Thibodeau's books highly enough if you want to learn about everyday spices and herbs you have in your kitchen to stay healthy. It's like having a personal health and wellness coach right there at your fingertips; all you have to do is turn the pages to learn how to prevent and cure what ails you. Although I received an advance copy of this book from the author, I read the entire book and would always give my honest review whether the book was free or not. This effort is a home run batted out of the ballpark; written well, packed with useful info and definitely on a subject that worries a lot of us who live in areas where Lyme disease is escalating. Thank you Mary Thibodeau for writing such a useful book! A huge fan of all your work, continue to publish awesome books like this, please!

This is a must read for anyone that spends any time in the outdoors. As an avid hiker and camper, I

found the suggestions and information in this book to be very helpful. The chapter titled: 'The Importance of Early Detection' was very interesting and informative. It's well known that treatment for LD is far more effective when administered in the very early stages of infection. A great read for anyone interested in staying clear of a disease that is on the rise!

This is a well researched book, crammed full of important information for Lyme Disease sufferers and those who wish to avoid contracting the disease. Even without Lyme Disease, this book is a veritable mine of information on how to build up your immune system, the correct diet to follow for a healthy and happy life and tips for relaxation and reducing stress. Essential for anyone living or planning on visiting the country in the summer

I'd like to note that I received a free copy from the author to provide my honest thoughts on the book. With that said, Mary is clearly mastering her craft compared to her previous books I've read. She opens the book that makes us aware that Lyme Disease is growing at an alarming rate. She covers a range of topics including how to identify early signs of Lyme disease, what to do about it, and much more. I'm glad to see Mary has included references to claims where appropriate. A top job. I'd highly recommend this book if you know someone who has or may have Lyme disease, or if you're looking to prevent it!

I received an advanced copy of this book to review. Mary has written a great reference book about Lyme disease. She has clearly done her research on this subject matter and is very knowledgeable about the different symptoms and how they manifest. This book gives us important information about how to avoid obtaining this hideous disease by building up our own immune system to help fight it.

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Healing Chronic Lyme Disease: LEARN HOW TO FIND A LYME LITERATE DOCTOR AND FINALLY GET A REAL DIAGNOSIS  
The Lyme Diet: Nutritional Strategies for Healing from Lyme Disease  
The Top 10 Lyme Disease Treatments: Defeat Lyme Disease with the Best of Conventional and Alternative Medicine  
Crystals and Gemstones: Healing

The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Healing Lyme Disease Coinfections: Complementary and Holistic Treatments for Bartonella and Mycoplasma The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[ THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN ] by Cohan, Wendy (Author ) on Nov-09-2010 Paperback Lyme Brain: The Impact of Lyme Disease on Your Brain, and How To Reclaim Your Smarts Critical Care Nursing: A Holistic Approach (Critical Care Nursing: A Holistic Approach (Hudak)) Cat Facts: The A-to-Z Pet Parent's Home Care Encyclopedia: Kitten to Adult, Diseases & Prevention, Cat Behavior, Veterinary Care, First Aid, Holistic Medicine Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Holistic Relaxation: Erase Anxiety!: Effective Natural Therapies, Stress Management Techniques, Holistic Remedies and Wellness Coaching for Busy People (Anxiety, Mindfulness, Yoga, Relaxation Book 1) Diabetes Cure: How to Reverse Type 2 Diabetes Naturally with Healthy Food, Diet, and Exercise (Diabetes Diet - Your Ticket to Beating this Disease Naturally and Effectively) Chronic Kidney Disease: The Ultimate Guide to Chronic Kidney Disease: Diet, Prevention, Early Detection and Fast Treatment! (Kidney Stones, Kidney Disease Solution, Kidney Health) Cats: Cat Care: Kitten Care: How To Take Care Of And Train Your Cat Or Kitten (Complete Guide To Cat Care & Kitten Care With Pro Training Grooming & Nutrition Tips) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Orchids Care Bundle 3 in 1, THE NEW EDITION: Orchids + Orchids Care For Hobbyists + Phalaenopsis Orchids Care (Orchids Care, House Plants Care, Gardening Techniques Book 4) REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing)

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