

Information About Lyme Disease and Tic Borne Illness

Learning that you have Lyme disease is a mixed experience for most. You are relieved and validated to find out that there is an explanation for all of the multitude of symptoms that you have been experiencing, that you are really not crazy like many doctors have tried to make you feel, and that there is something you can do about it. On the other hand it can be a little bit overwhelming - - well, actually a lot overwhelming if we are being truthful. To top it off, there is a lot of controversy in the medical world regarding Lyme disease, and if you get sucked into that mess, it goes way beyond overwhelming! Here's a list of resources that I hope will be helpful as you begin to learn more about the nature of your illness and what you might expect as you begin to heal.

1. ILADS website. www.ilads.org

ILADS stands for International Lyme and Associated Diseases Society. Two areas of their website are worth exploring in detail:

- About Lyme
- Lyme Videos

2. New Paradigms in Lyme Disease by Connie Strasheim

The first chapter in this book is an excellent introduction to Lyme disease. I strongly encourage you to read it.

Each of the remaining 9 chapters is written by a top Lyme disease practitioner in the US and details their specific approach to the disease. You are welcome to read the other chapters, but I will warn you that they contain a lot of detail that can be pretty overwhelming when you are first learning about Lyme. I've read through the book about three times now, and still feel a bit overwhelmed. That being said, if you want to delve further into the book, I recommend Dr Nathan's chapter, Dr Klinghardt's chapter, and Dr Patel's chapter in that order.

If you just do these first two things (the website and the first chapter of Connie's book), you will know enough to move forward in your healing with a good foundation of information.

If you would like to go deeper, you can read the three chapters in Connie's book that I recommended above, and/or consider any of the books below:

3. Unlocking Lyme: Myths, Truths, & Practical Solutions for Chronic Lyme Disease by William Rawls

This is a fairly complete and straightforward guide to understanding the illness, the coinfections, and the multitude of co-existing conditions that can be affecting your health. Like many of us who treat Lyme, he has the illness himself and learned about it during his own journey to wellness. His preferred method of treatment is with herbal medicines, which I agree with in many instances. He does use the book as a platform to promote his own line of herbal tinctures and Lyme products (as does Klinghardt in Connie's book), so just be aware of some possible conflicting interests.

4. How Can I Get Better? An Action Plan for Treating Resistant Lyme & Chronic Disease by Richard Horowitz

This a very detailed book intended for both practitioners and Lyme patients. You will learn a lot, but I don't recommend it early on, unless your left brain is really craving a lot of information.

5. Cure Unknown: Inside the Lyme Epidemic by Pamela Weintraub

If you ever decide that you are ready to delve into the *outrageous* politics of Lyme disease and the controversy surrounding this epidemic, Pam's book is the place to start. It is very well written and reads like a detective novel. It turns out that she, her husband, and their three boys were all found to have chronic Lyme. Here's an excerpt from the book cover:

When Pamela Weintraub, a science journalist, learned that her oldest son tested positive for Lyme disease, she thought she had found an answer to the symptoms that had been plaguing her family for years—but her nightmare had just begun. Almost everything about Lyme disease turned out to be deeply controversial, from the microbe causing the infection, to the length and type of treatment and the kind of practitioner needed.

On one side of the fight, the scientists who first studied Lyme describe a disease transmitted by a deer tick that is hard to catch but easy to cure no matter how advanced the case. On the other side, rebel doctors insist that Lyme and a soup of "co-infections" cause a complicated spectrum of illness often dramatically different – and far more difficult to treat – than the original researchers claim.

*In this nuanced picture of the intense controversy and crippling uncertainty surrounding Lyme disease, Pamela Weintraub sheds light on one of the angriest medical disputes raging today. The most comprehensive book ever written about the past, present and future of Lyme disease, *Cure Unknown* exposes the ticking clock of a raging epidemic and the vulnerability we all share.*