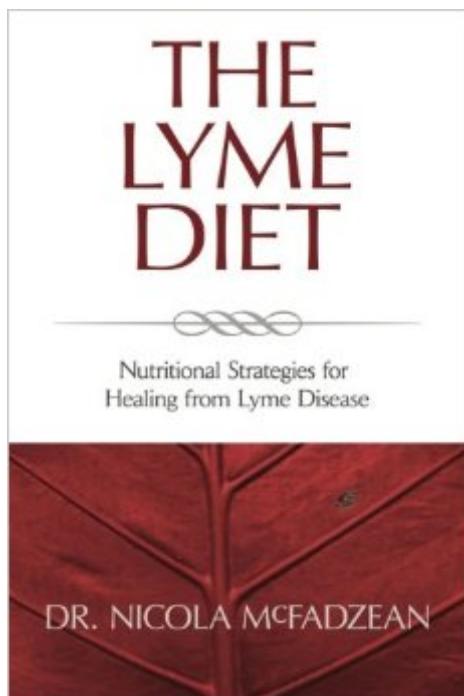


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# The Lyme Diet: Nutritional Strategies For Healing From Lyme Disease



## Synopsis

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.Â  --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.Â  --Therese Yang, M.D. BOOK DESCRIPTION:Â  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 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.

## Book Information

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## Customer Reviews

The Lyme Diet was written by Dr. Nicola McFadzean, a Naturopath who has significant experience treating patients for Lyme Disease and related co-infections. While the book is focused specifically on nutrition as it applies to treatment for Lyme Disease, it is easily the most approachable and usable book on nutrition in general that I have ever read. I consider myself "remedial" when it comes to nutrition, cooking, diet, etc., but after reading this book, I feel that I have a firm grasp on the basics, and have successfully used the information provided to stick to a highly "clean" organic and nutritious diet as an integral part of my treatment. I would heartily recommend this book to anyone who is interested in understanding and implementing good nutrition as part of their Lyme treatment. Dr. McFadzean's "real-life" experience with, and compassion for, the challenges facing Lyme patients is obvious in her writing. In the first chapter she addresses the problem of "Lyme brain" and acknowledges the difficulty of navigating significant changes to diet for patients already overwhelmed by the chronic pain, fatigue and brain fog that are common with the disease. She stresses the importance of nutrition in the Lyme treatment regimen, asserting that it is one of the most important factors in any Lyme treatment regimen, but approaches the subject with the assumption that it may be a difficult and gradual change for most people, and that learning to follow the diet will be a process, probably not perfectly executed. Using this approach, Dr. McFadzean has succeeded masterfully in writing a book that makes understanding and implementing the necessary changes as simple and approachable as possible.

Based on the other reviews, I was expecting more from this book. There is some good information in the pages, but there are a lot of problems with the book as a whole. First, the structure is pretty bad - it just seems incredibly disorganized. The first section talks about the benefits of the Lyme diet. That's fine except that the diet hasn't actually been introduced yet (that, inexplicably, doesn't come until the second section). Each chapter meanders aimlessly between a few related topics, often repeating sentences nearly verbatim along the way. Second, the tone and pace are frustrating. The text is littered with exclamation points, as if everything being said is some amazing revelation.

Most topics are addressed only superficially before moving into the next. These together make the book read as if it were written by a teenager on a sugar high. Third, and perhaps the biggest sin of this book, is the author's consistent medical claims that have no sources. The whole book contains claims such as GMO foods cause changes in our DNA, artificial sweeteners are neurotoxins, etc., for which the author doesn't provide her sources. There are repeated references to "research", but never specific research or studies, only research in the abstract. After just having read books by Horowitz and Buhner, both of whom cite specific research studies, this book looks like someone's side project. That isn't too say the author is wrong, but I can't take her word on faith when it comes to treating my Lyme disease - I need the proof. Fourth, there are sometimes contradictory pieces of information presented.

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