



# The Lyme Diet: Nutritional Strategies for Healing from Lyme Disease

*Nicola McFadzean ND*

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## REVIEWS:

Dr. McFadzean's 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. McFadzean's comprehensive collation of wisdom in a user-friendly format.

--Therese Yang, M.D.

## BOOK 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 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.

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#### **Howard Martinez:**

Have you spare time to get a day? What do you do when you have more or little spare time? That's why, you can choose the suitable activity regarding spend your time. Any person spent their own spare time to take a walk, shopping, or went to the actual Mall. How about open or even read a book titled The Lyme Diet: Nutritional Strategies for Healing from Lyme Disease? Maybe it is being best activity for you. You know beside you can spend your time with the favorite's book, you can better than before. Do you agree with it is opinion or you have other opinion?

#### **Alexander Snider:**

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#### **Kurt Chapman:**

The book The Lyme Diet: Nutritional Strategies for Healing from Lyme Disease has a lot info on it. So when you make sure to read this book you can get a lot of gain. The book was authored by the very famous author. This articles author makes some research previous to write this book. That book very easy to read you may get the point easily after reading this book.

#### **Neil McNatt:**

The Lyme Diet: Nutritional Strategies for Healing from Lyme Disease can be one of your beginner books that are good idea. All of us recommend that straight away because this book has good vocabulary that could increase your knowledge in vocab, easy to understand, bit entertaining however delivering the information. The article writer giving his/her effort to place every word into satisfaction arrangement in writing The Lyme Diet: Nutritional Strategies for Healing from Lyme Disease but doesn't forget the main level, giving the reader the hottest along with based confirm resource info that maybe you can be one of it. This great information can easily drawn you into brand-new stage of crucial contemplating.

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