Why Can’t I Get Better?

SOLVING the Mystery of LYMEme & CHRONIC DISEASE

RICHARD I. HOROWITZ, MD
Solving the Mystery of Lyme & Chronic Disease

**AUTHOR:** RICHARD I. HOROWITZ, MD

Groundbreaking book by world-renowned expert in treating tick-borne diseases. Dr. Horowitz explains his process for diagnosing what he calls Multiple Systemic Infectious Disease Syndrome (MSIDS). It’s a multifactorial model for treating chronic disease, which identifies up to 16 overlapping sources of inflammation and their downstream effects.

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How Can I Get Better?
An Action Plan for Treating Resistant Lyme & Chronic Disease

In this follow-up volume to his first book, Dr. Horowitz offers a direct, actionable step-
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by-step plan for implementing his 16-point MSIDS Diagnostic Map.

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Myths, Truths, and Practical Solutions for Chronic Lyme Disease

**AUTHOR:** WILLIAM RAWLS, MD

The author, a physician who overcame Lyme disease himself, offers an overview of holistic and non-toxic therapies for healing and symptom control (including pain, depression, insomnia).

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HEALING LYME:
Natural Healing and Prevention of Lyme Borreliosis and Its Co-infections

AUTHOR: STEPHEN HARROD BUHNER
Master herbalist Buhner outlines the most potent herbal medicines and supplements that offer help, either alone or in combination with antibiotics, for preventing and healing Lyme disease.

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LYME BRAIN:
The Impact of Lyme Disease on Your Brain, and How to Reclaim Your Smarts.

AUTHOR: NICOLA MCFADZEAN DUCHARME, ND
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The author defines “Lyme brain” as a constellation of symptoms that can include short-term memory loss, difficulty with focus and concentration, and other assorted neurocognitive factors. It can be accompanied by anxiety and depression. This book offers strategies to combat this frustrating condition.

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Morgellons disease afflicts a subset of Lyme disease patients. It’s characterized by the
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presence of multicolored filaments that lie under, are embedded in, or project from skin. This book compiles what’s known about this still-mysterious condition.

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THE LYME DIET:
Nutritional Strategies for Healing from Lyme Disease

AUTHOR: NICOLA MCFADZEAN, ND

Writes the author: “The role of nutrition is central not so much in the actual bug-killing, but in the underlying strength and resilience of your health. Immune support, inflammation management, hormone regulation and detoxification functions can all be vitally influenced by your nutritional intake.”

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History and Science
CURE UNKNOWN:
Inside the Lyme Epidemic

AUTHOR: PAMELA WEINTRAUB

An investigation into the science, history, medical politics, and patient experience of
Lyme disease told by a journalist whose entire family contracted the illness.

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Despite scientific studies, the CDC and IDSA dismiss any existence of chronic Lyme disease. In this book, Kenneth B. Liegner, M.D. has compiled into a single volume a compelling argument that the disease does exist.

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GONE IN A HEARTBEAT:
A Physician’s Search for True Healing

AUTHOR: NEIL SPECTOR, MD

Dr. Spector’s case of Lyme disease went unrecognized for so long, he ultimately
needed a heart transplant. After the publication of this gripping memoir, he went on to become one of the most beloved heroes in the Lyme community.

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BITE ME:
How Lyme Disease Stole My Childhood, Made Me Crazy and Almost Killed Me

AUTHOR: ALLY HILFIGER

Riveting first-person account of what it’s like to be a young child—and then a teenager—with undiagnosed Lyme disease.

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BELIEVE ME:
My Battle with the Invisible Disability of Lyme Disease

AUTHOR: YOLANDA HADID

A former super-model and former cast member of “The Real Housewives of Beverly
“Hills,” Hadid outlines how she never stopped trying to find answers to her health problems. Her memoir details how she crisscrossed the globe to try an astonishing array of alternative and ancillary treatments—ultimately ending up in a good place.
When eleven-year-old Alex Hudson complained that her leg hurt, her mother, Jody, thought it was just growing pains. But for the next ten years, Alex battled with what
perplexed doctors deemed a medical mystery. Her mother Jody wrote this book and founded the Alex Hudson Lyme Disease Foundation in her daughter’s memory.

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GROWING STRONGER

AUTHOR: THALIA

Entertainment superstar Thalia, a Mexican and American singer and actress, discusses her Lyme disease experience.
HOW TO BE SICK:
A Buddhist-inspired guide for the chronically ill and their caregivers

AUTHOR: TONI BERNHARD
A book about how to “be” when you are sick. How to have a worthwhile existence, finding meaning, purpose and joy, even when chronic illness seems to have stolen your life away.

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Recipes for Repair
A Lyme Disease Cookbook

Recipes and tips for the anti-inflammation diet developed by Kenneth B. Singleton, MD, MPH, author of *The Lyme Disease Solution*

Gail Piazza and Laura Piazza
Foreword by Kenneth B. Singleton, MD, MPH

**RECIPEs FOR REPAIR:**
A Lyme Disease Cookbook

**AUTHOR:** GAIL AND LAURA PIAZZA

This book offers 151 whole food recipes to reduce harmful inflammation caused by
Lyme disease and chronic illnesses.

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Written by Dorothy Kupcha Leland
Dorothy Kupcha Leland is LymeDisease.org’s Vice-president and Director of Communications. She is co-author of *When Your Child Has Lyme Disease: A Parent’s Survival Guide*. Contact her at