



[(The Lyme Diet: Nutritional Strategies for Healing from Lyme Disease)] [Author: Nicola McFadzean Nd] published on (April, 2010)

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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. --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. --Therese Yang, M.D. PRODUCT 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

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The publication with title [(The Lyme Diet: Nutritional Strategies for Healing from Lyme Disease)] [Author: Nicola McFadzean Nd] published on (April, 2010) possesses a lot of information that you can understand it. You can get a lot of gain after read this book. This particular book exist new expertise the information that exist in this book represented the condition of the world now. That is important to yo7u to know how the improvement of the world. This kind of book will bring you with new era of the glowbal growth. You can read the e-book on the smart phone, so you can read that anywhere you want.

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John Malcolm:

Is it a person who having spare time then spend it whole day through watching television programs or just telling lies on the bed? Do you need something new? This [(The Lyme Diet: Nutritional Strategies for Healing from Lyme Disease)] [Author: Nicola McFadzean Nd] published on (April, 2010) can be the response, oh how comes? A fresh book you know. You are therefore out of date, spending your time by reading in this completely new era is common not a geek activity. So what these textbooks have than the others?

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