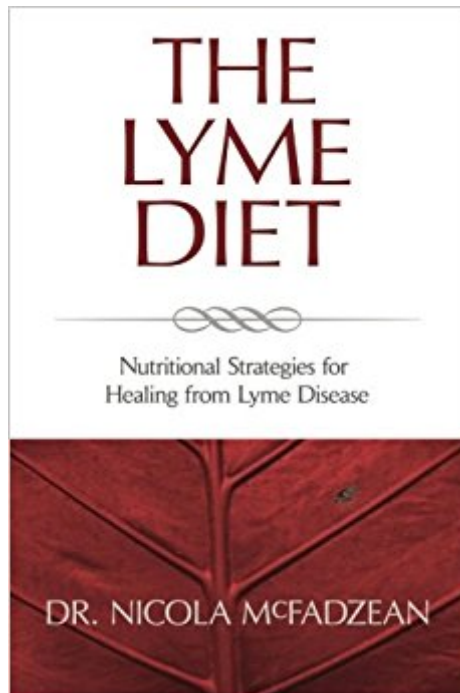




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# **The Lyme Diet: Nutritional Strategies For Healing From Lyme Disease**



## 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 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 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

Paperback: 216 pages

Publisher: BioMed Publishing Group; Edition Unstated edition (April 9, 2010)

Language: English

ISBN-10: 0982513836

ISBN-13: 978-0982513835

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 67 customer reviews

Best Sellers Rank: #63,083 in Books (See Top 100 in Books) #45 in Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy #55 in Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases > Viral #65 in Books > Medical Books > Medicine > Internal Medicine > Infectious Disease > Communicable Diseases

## Customer 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, M.D. 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. --This text refers to the Kindle Edition edition.

Dr. Nicola McFadzean is a licensed Naturopathic Doctor, trained in both the United States and her native country of Australia. She received her Doctorate in Naturopathic Medicine from Bastyr University in Seattle, Washington, and her Diploma in Naturopathy and Bachelor of Health Sciences from the University of New England in New South Wales, Australia. Her training included a two-year internship at the Bastyr Center for Natural Health, an internship in medical research at Columbia University as a Mountbatten Scholar, and four years at the Bastyr University Research Institute. Dr. McFadzean is founder and medical director of RestorMedicine. Her areas of specialty include Lyme disease, autistic-spectrum disorders, pre-conception health care, hormone imbalance and eating disorders. She is a referral doctor for Defeat Autism Now! and is an outreach physician for Great Plains Laboratory. She is a consultant for New Beginnings Nutritionals, and is on the Scientific Advisory Board for Hyperbaric Oxygen Centers, Inc. and the medical advisory board of the Institute for Integrative Medicine. She is a member of the International Lyme and Associated Disease Society (ILADS), the California Naturopathic Doctors Association (CNDA) and the American Association of Naturopathic Physicians (AANP).

I just got this book 3 weeks ago to help a Brother with his battle with Lyme. This book delves into many areas and understands that people are different, so their treatment may need to be different.

My Brother, who has been on antibiotics for over three years, has started with the basics from the book, eliminating sugar, gluten and dairy, with fantastic results. It has helped with his brain fog and energy, not to mention he lost weight. As he goes forward, he can follow the book in more detail, trying certain suggestions other, but did not want to get too complex right off. If you are suffering from Lyme disease, I would highly recommend this book.

Great for anyone battling Lyme, great tips for the person who feels overwhelmed by this huge health change that needs to happen in their life

A must have for anyone dealing with Lyme disease

Everyone who suffers from Lyme Disease should have a copy of this book. It's crammed full of great information about why diet is so important while going through Lyme treatment. I have an excellent LLMD who is treating me but he's not a nutritionist so he hasn't gone into great detail about what is important to leave out or add to my diet. Many of the suggestions are useful whether a person has Lyme or not. I'll definitely continue to use these ideas even once my Lyme is gone. Thank you Dr. Nicola!

The principles laid out in this book are easy to understand and once you "get into the habit", it's not hard to follow. I feel MUCH, MUCH better since incorporating this diet into my overall lyme attack! The anti-inflammation diet she purports will help anyone with general aches/pains/swollen joints as well as those with "gut-related" issues.

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. First oats contain gluten and should be avoided; later she correctly says that oats don't contain gluten but frequently have big gluten contamination, so gluten-free oats are okay. Similarly, one section says to avoid granola while in another she recommends it as a snack. These types of contradictions are dangerous for people who are trying to change their diet for the better. Last, a lot of the diet advice is just an amalgam of many duets you've heard of (gluten-free, low GI, etc.) but the coverage is quite superficial. This book alone doesn't give you anything but the most succinct introduction to these diets. If you need to implement dietary changes, you'll want to find much better books with more detail. This isn't to say there are no redeeming qualities to this book. Throughout the pages are recommendations for high quality supplements and simple, healthful meals. Most of the information I fact-checked against Buhner and Horowitz and there's nothing truly misleading. I came away from this book feeling that the goal was to write a book so the author could trademark "The Lyme Diet" and so tried to cram a little about a lot into a pretty small book. I have a hard time believing there was any real editing or researching, and the whole thing seems like the author was rushing while attempting to check all the boxes people will look for as it relates to Lyme disease. If you really want to learn about Lyme, pick up the books by Buhner and Horowitz. If you want to learn to eat healthier, pick up a generic book on healthy eating. There's no "Lyme diet", it's just the same advice for anyone who wants to eat healthier and reduce stress on their body.

Great resource for people who want to use complimentary ways of healing from Lyme in addition to antibiotics. Diet is only one facet of this great book. Thank you Dr. McFadzean for writing this and making it so positive and achievable. I now feel I am truly on the right road to recovery.

Being a Holistic Doctor and personally going through Lyme, this book along with all the information from my doctor I am mentoring with has helped me manage my diet and heal from the Lyme. It is a GREAT book to have on your shelf since Lyme is SO prominent nowadays!

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