The Lyme Diet: Nutritional Strategies for Healing from Lyme Disease (Paperback)

By Nicola McFadzean Nd


Brand New Book ***** Print on Demand *****. 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...

Reviews

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Completely among the finest pdf I actually have ever read through. It was actually written extremely completely and beneficial. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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