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Unlocking Lyme: Myths, Truths, And Practical Solutions For Chronic Lyme Disease

"My greatest credential as a physician treating Lyme disease is that I've lived it. I've experienced virtually every symptom of Lyme disease, and in the process, learned exactly what it takes to overcome it." - BILL RAWLS, MD

UNLOCKING LYME



Myths, Truths, & Practical Solutions
for Chronic Lyme Disease

WILLIAM RAWLS, MD



Synopsis

"Dr. Bill Rawls understands Lyme disease sufferers seeking clarity and relief because, like myself, he has experienced the pain and frustration firsthand. Through this ground-breaking book, he shares everything he has discovered on his journey to reclaiming his health... it may just be the answer you've been waiting for." — Neil Spector, MD, Author of *Gone in a Heartbeat*

Lyme disease is one of the most puzzling illnesses on the planet. Anyone who has suffered from its debilitating symptoms knows the frustrations of trying to find a cure. Many sufferers drag themselves from one doctor or alternative practitioner to the next, getting lost in a maze of lab tests, prescription drugs, and treatments. Thousands of dollars and months (or years) later, they realize they are no better off than where they started. *Unlocking Lyme* puts an end to this desperate quest. Written by Dr. Bill Rawls, a physician who overcame Lyme disease himself, this book is a comprehensive, practical resource full of solutions that work. What took Dr. Rawls 10 years to learn through intense research and personal experience, you can now learn and implement in a matter of months.

DR. RAWLS'S STORY Dr. Rawls was in the middle of a successful OB/GYN career when Lyme disease interrupted his life. In his struggle to overcome it, he explored every treatment option — from conventional medicine to the full range of alternative therapies. Ultimately, he embraced modern herbal therapy as his preferred solution, but he recognizes that the path may be different for each person.

INSIDE THE BOOK *Unlocking Lyme* is the sum of Dr. Rawls's experience, research, and practical solutions to date. The book is divided into four parts, each part addressing a critical aspect of recovery:

- PART 1** - Provides an overview of common misconceptions about what Lyme disease is (hint: it's more than just a tick bite and *Borrelia* infection)
- PART 2** - Provides information on how to obtain a diagnosis, despite current limitations in diagnostic testing for Lyme
- PART 3** - Discusses limitations of long-term antibiotic use, and offers an overview of holistic and non-toxic therapies for healing and symptom control (including pain, depression, insomnia)
- PART 4** - Explains how to embrace a healthier lifestyle so you can stay well; learn how to strengthen your immune system, microbiome, and balance in your body

In the years since his recovery, Dr. Rawls has helped thousands of patients find their path to healing from Lyme disease. *Unlocking Lyme* brings together Dr. Rawls's accumulated knowledge and is the key you need to get your life back.

TESTIMONIALS — "Dr. Rawls understands the misery of chronic Lyme disease firsthand. *Unlocking Lyme* shares the approaches that he used to successfully recover his own health, and helps the reader understand that there is so much that can be done to regain a state of wellness and optimal health." — Scott Forsgren Editor & Founder, BetterHealthGuy.com

— "Dr. Rawls has spoken on his approach to Lyme disease for the past several years; his comprehensive approach

and lifestyle guidance has helped many of our members. We heartily endorse his approach to helping deal with the symptoms of Lyme and other tick-borne illnesses." " John Dorney, President NC Lyme Disease Foundation"Unlocking Lyme delves into the science behind Lyme disease, explaining what it is, but more importantly how it can be overcome. Dr. Rawls carefully explains the various treatments for Lyme, leaving the reader feeling informed and empowered." " Julie Ryan E-Health Advocate, CountingMySpoons.com

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Customer Reviews

Of some 16 books I have read about chronic Lyme disease, this is one of the best. Highly recommended for fellow Integrative practitioners and for parents of my pediatric Lyme patients. This book is remarkably well conceived and organized and covers almost all of the therapies I have learned about well. Finally, it explains how and why killing pathogens is only one of and probably not

the most important aspect of restoring well-being. Bose Ravenel, M.D, F.A.A.P., B.C.I.P.

I have read several Lyme disease books and I must say that this proved to be the most helpful. The author's aim, I believe, was to make the disease understandable and approachable, and to present a common sense and effective treatment routine that can deliver positive results. Mission accomplished, as far as I can tell so far. I was recently diagnosed with chronic Lyme by my physician, and was laid low by the complication of a couple of seasonal viruses this winter. I have been following the herbal/vitamin/mineral supplement plan in the book and feel so much better already. Coincidence? Who can say. But this book's explanation of how the borellia bacteria works, what is behind my symptoms, and how natural products can offer immune support and can actually attack the Lyme, has made a convert out of me. Any doctor will tell you that, for chronic Lyme at least, synthetic antibiotics are the only real option they can offer, and that they don't believe the synthetic antibiotics can actually work at this point. This book points out that herbs and other plants that have antimicrobial properties can do the job better and more safely, while offering all this in a combo package of ingredients that enhance your overall health. Win-Win. Anyway, I give the book a great deal of credit for giving me an understandable option for improving the quality of my life. Thank you, Dr. Rawls.

This (along with New Paradigms in Lyme Disease by Connie Strasheim) is the best book I have found about chronic lyme disease. Many respected lyme books focus primarily on the importance of killing lyme microbes. This is not helpful for those of us with chronic lyme, because after years of treatment, either traditional antibiotic or herbal, the presence of lyme is no longer what is making us ill. Most the lyme microbes are already gone. Dr Rawls puts the microbes and the damage they cause into a larger perspective. He focuses on the real source of healing - the immune system. Immune system dysfunction (caused by lyme and the co-infections) is what perpetuates the illness of chronic lyme. This awareness is starting to become more well known, and this is the best book I have found on the subject. Dr Rawls writing style is clear and direct, and he respects the reader's intelligence by providing the underlying reasoning for his statements. The book is filled with practical steps for recovery from chronic lyme and to support the immune system. You will learn in this book how much you can do on your own, and the impact of environmental and other stressors you may not have been aware of.

very informative, easy to read, and everyone can follow protocols in the book.

If you or a loved one has Lyme, including any of the tick-borne infections, Dr. Rawls' book is a must-read. That said, I have read very few books on Lyme. Most of what I know I've learned from looking at various scientific papers published on-line by government groups and the international Lyme research group.

I really appreciated this book and found it had lots of helpful information. I already had Dr. Rawls book *Suffered Long Enough*, and this is a good companion to that. It gives a lot of encouragement that us Lymies CAN get better, and I really need that! Now to just get motivated on the program!

This book is incredibly informative, whether you've been formally diagnosed or just starting to question Lyme-related illness. Excellent dietary and supplement advice. Easy to understand reading, that's down to earth and practical.

This book makes it easy to understand the many facets of Lyme Disease. It also shows how herbs can be completely healing the body.

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Unlocking Lyme: Myths, Truths, and Practical Solutions for Chronic Lyme Disease
Lyme Disease Explained: Lyme Disease Transmission, Diagnosis, Symptoms, Treatment, Prognosis, Infectious Diseases, Vaccines, History, Myths, and More!
Chronic Kidney Disease: The Essential Guide To CKD - Learn Everything You Need To Know About Chronic Kidney Disease (Chronic Kidney Disease, Kidney Stones, CKD)
Kidney Disease: for beginners - What You Need to Know About Chronic Kidney Disease: Diet, Treatment, Prevention, and Detection (Chronic Kidney Disease - Kidney Stones - Kidney Disease 101)
Overcoming Lyme Disease: The Truth About Lyme Disease and The Hidden Dangers Plaguing Our Bodies
How to Fix Lyme Disease: 3 Secrets to Improve Any Lyme Disease Treatment
Combating Biofilms: Why Your Antibiotics and Antifungals Fail: Solutions for Lyme Disease, Chronic Sinusitis, Pneumonia, Yeast Infections, Wounds, Ear ... Bad Breath, Cystic Fibrosis and Implants
Lyme Brain: The Impact of Lyme Disease on Your Brain, and How To Reclaim Your Smarts
The Lyme Solution: A 5-Part Plan to Fight the Inflammatory Auto-Immune Response and Beat Lyme Disease
The Lyme Diet: Nutritional Strategies for Healing from Lyme Disease
How Can I Get Better?: An Action Plan for Treating Resistant Lyme & Chronic Disease
Healing Lyme: Natural Healing of Lyme Borreliosis and the Coinfections Chlamydia and Spotted Fever Rickettsiosis, 2nd Edition
Chronic Fatigue Syndrome And Your Emotions: How To

Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3) Gum Disease Cure (Gum Disease Cure, Periodontal Disease, Gum Disease, Gum Infection, Gingivitis treatment, Tooth Decay) The Gum Disease Cure: How I cured Periodontal Disease in 2 months (Gum Disease Periodontal Disease Periodontitis Receding Gums) Anti Inflammatory Diet: Chronic Disease to Healthy Living - A Simple Guide (Chronic Pain, Arthritis, Joint Pain Book 1) 10 Simple Solutions to Adult ADD: How to Overcome Chronic Distraction and Accomplish Your Goals (The New Harbinger Ten Simple Solutions Series) 10 KEYS TO UNLOCKING HAND PAIN: Increase blood flow to ease pain & regain your strength, power & flexibility in 5 minutes a day (10 Keys to Unlocking Pain Book 2) Hidden Secrets To Curing Your Chronic Disease: Real Science, Real Solutions and Real Stories of Healing and Hope Chronic Kidney Disease, Dialysis, and Transplantation: A Companion to Brenner and Rector's The Kidney - Expert Consult: Online and Print, 3e (Pereira, ... Disease, Dialysis, and Transplantation)

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