



## **Healing Lyme: Natural Prevention and Treatment of Lyme Borreliosis and Its Coinfections**

*Stephen Harrod Buhner*

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Despite Centers for Disease Control estimates that only 20,000 new Lyme disease infections occur each year, the true figure, as Harvard medical school researchers have found, nearly approaches 200,000. Symptoms run from mild lethargy to severe arthritis to incapacitating mental dysfunction. And despite medical pronouncements to the contrary, extensive research has found that tests for the disease are not very reliable and antibiotics are only partially effective; up to 35 percent of those infected will not respond to treatment or will relapse. The spirochetes that cause Lyme are stealth pathogens--they can hide within cells or alter their form so that antibiotics cannot affect them. Lyme disease is, in fact, a potent, emerging epidemic disease for which technological medicine is only partially effective.

Healing Lyme examines the leading, scientific research on Lyme infection, its tests and treatments, and outlines the most potent herbal medicines and supplements that offer help--either alone or in combination with antibiotics--for preventing and healing the disease. It is the essential guide to Lyme infection and its treatment.

## **Healing Lyme: Natural Prevention and Treatment of Lyme Borreliosis and Its Coinfections Details**

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## **From Reader Review Healing Lyme: Natural Prevention and Treatment of Lyme Borreliosis and Its Coinfections for online ebook**

### **Elisabeth says**

Had to skip some parts. Disappointed he puts stock in things like homeopathy and muscle testing. Makes me question the book entirely. Still... I'm desperate. Will update rating when I've tried the protocol.

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### **rynn says**

first and foremost, Buhner's book instills a profound appreciation for the complexity and adaptability of the ancient intelligence in the Lyme spirochete, and the resulting agility required in an effective treatment protocol. it then offers a method equal to the task.

aside from being absolutely essential reading for anyone living with Lyme borreliosis, or living in Lyme-endemic areas, this book is also compelling as a case study for the synthesis of traditional herbalism and modern scientific analysis. Buhner can and does relay in great detail the current scientific understanding of each herb's action and its relevance to the treatment of Lyme and its coinfections, but he also keeps a healthy and reasonable space open for clinical experience and historical usage as equally relevant determiners of applicability. helpfully, the writing is structured in such a way that a reader disinclined towards the scientific can still draw out the practical repertory and dosage recommendations.

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### **Chris says**

I would use this book as a reference on Lyme Disease and all the herbal and prescription medications available to treat it. Most of it is still relevant and ahead of its time, but new information of persistor Lyme or chronic Lyme disease continually becomes available as more research is done. We will know in a number of months if this book actually helped treat my daughter's case of Lyme Disease.

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### **Lindsay says**

Finally finished reading this important discourse on Lyme's Disease and its treatment. The only reason I gave it 4 stars was because of typos and some repetition. However, it is a very useful book with a thorough explanation of the epidemiology of Lyme's Disease (similar bacterial infections and co-infections). This is a great resource for anyone navigating Lyme's, as well as those who are serving as health practitioners.

One thing that really stood out to me was the nature of these kinds of bacterial infections in general, how they undermine the body's natural immune response and manipulate it to their own benefit. Buhner warns of the growing nature of these kinds of diseases with increasing ecological disturbance afoot.

Considering the growing number of people with compromised immune response (or dysregulated immune systems), I think that understanding the nature of these bacteria...as well as...how to improve immune

function...are of utmost importance.

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### **Vanessa Farnsworth says**

There is a huge amount of information in this book, not just describing symptoms that you thought you were alone in suffering, but also explaining what those symptoms mean and offering practical advice for what to do about them. Written by a master herbalist, much of the book is devoted to treatment protocols for Lyme disease and, to a lesser extent, its coinfections. I can't claim to have followed these protocols. The value of this book for me was to answer many of the questions I had about symptoms that I couldn't seem to get from any other source.

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### **Heather says**

Overall, I found this book informative and interesting. While some parts were very technical, I found the protocol a bit hokey. Mr Buhner's credentials are lacking, but he seems to have spent an enormous amount of time and energy educating himself on the subject.

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### **Julie says**

This book is very scientific and technical but for somebody who is fighting a never-ending battle with Lyme disease and other tickborne illnesses, this book was a fountain of information. It gave me some very good ideas for enhancing my current protocol of antibiotics and supplements. This book also has one of the best descriptions of Lyme disease that I have come across.

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### **Alfonso says**

I found myself fascinated with the depth of technical content regarding Lyme disease and related topics found in this book, which opened me the gate to knowing more about Stephen Buhner.

While this might seem "just another snake oil-booh-booh book advocating for 'cure all' alternative treatments"...

This is truly a must read for anyone dealing with a Lyme disease infection, or even a general practitioner who would like to know more about this very interesting paradigm of stealth chronic infections at the root of a large percentage of chronic health problems in this century.

His grasp of science and synthesis/communication skills are outstanding, this is a very well written book by a smart and logically minded author who has years of experience on the ground.

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## **Rick says**

When it comes to herbal remedies, there have not been any studies to determine the effectiveness of any herb specifically for the treatment of Lyme disease and this is a frequent source of frustration for patients and clinicians alike who are searching for herbal solutions to augment or replace conventional antibiotic therapy.

This frustration should be relieved somewhat with the publication of *Healing Lyme* by master herbalist and respected author Stephan Harrod Buhner. His book is an informative, well-researched guide to the use of herbal remedies for Lyme disease and other tick-borne diseases.

A major strength of the book is the individual protocols Buhner has devised for relief from Lyme disease and it's known co-infections. There are protocols for various individual symptoms as well and Buhner has even designed protocols to help reduce the Herxheimer reactions associated with antibiotic treatment of Lyme disease. I was impressed with yet another protocol aimed at the *prevention* of Lyme disease.

Stephan Buhner has done a superb job of describing how the spirochete *Borrelia burgdorferi* (Bb) can accomplish what it does both inside and outside of the human body and he communicates this information to his readers very effectively. Patients with Lyme who have read extensively about their disease will still come away from this book having learned new information. However, the book was written with the broadest audience in mind and has included enough technical jargon to satisfy a medical professional.

In order for an herb to be considered, Buhner used a sensible approach. He looked for evidence of herbs known to be active against other spirochetes, such as the ones responsible for periodontal disease and syphilis, and then inferring that these herbs may have a similar effect against Bb. I agree with this fundamental assumption and the results of his research provide important information never before assembled under one cover. Garlic, oregano or olive leaf extract have all been described as having antibiotic properties, but they are not part of any protocol in this book because they have never been shown to be effective against spirochetes. This reliance on sound thinking allows for readers to feel secure that they are not reading recommendations solely aimed at selling products to enrich the author.

With *Healing Lyme*, Buhner has compiled a tremendous resource which should save everyone the time and effort required in locating the very best information on herbal remedies for Lyme disease. Until now, there really was no other resource available like this book. In my opinion, even the most knowledgeable of Lyme specialists stand to gain from reading this book.

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## **Maggie K says**

I have been following this protocol and am feeling better in 3 months than I have in a couple years! THIS WORKS!

I had gotten into a place where i had lists of things to do when I was making sense...how is this a way to live?

The amazing thing is the amount of knowledge of the Lyme spirochete itself, and the depth of herbal lore used to attack it.

Buhner basically boils things down to needing to eradicate the spirochete, build up our arterial endothelial walls, build up depleted collagen, rebuilding our immune systems, and tackling the various symptoms that might arise during the tenancy of the Lyme....and lists different supplements that tackle each one.

I dutifully started on Reservatrol and added Andrographis the next week and another supplement each week after and have been improving steadily.

If you really want to take your treatment into your own hands, the book is vital reading

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### **Michal Angelo says**

if you want to do it the natural way, this is your Bible.

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### **Dustin Palmer says**

Great book, and I'm glad that he went into the technicalities so I could better understand the complexities of the illness and how to treat it. If only a book like this existed for every illness...

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### **Zana says**

This book is well-laid out and informative. It gets a little technical in places when its reviewing the medical studies, but that's fine; medical studies are a different language, and Harrod Buhner can translate.

It would get 5 stars in spite of being a little dated -- it came out five years ago, and some Lyme research has been done since then -- except that NO ONE FELT THE NEED TO EDIT THE DAMN THING FOR CORRECT GRAMMAR. Seriously, folks. You can play with grammar A LITTLE in fiction if you \*really\* know what you're doing, but in a book on medical science, that's just embarrassing.

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### **Alison says**

I've been digesting a metric fuckton of information over the last 4 months. I can now spell neuroborreliosis and a number of other equally boring words. I am so glad I decided to research so much before committing to a treatment, though. I think anyone with ANY illness should educate themselves on exactly what is going on in their body so they know to ask the right questions and pursue the right treatments instead of just jumping when their doctor says jump.

I'm following part of my doctors advice but not all. She, of course, wanted to put me on long course antibiotics. But after reading this book (and a million peer-reviewed, scholarly articles/studies etc) I don't know why anyone wouldn't try the natural/herbal route before attempting the highly controversial antibiotic treatments. I am only on week 1 of this protocol and I am already feeling a SIGNIFICANT decrease in symptoms. I haven't felt this awake in years. Yes, my left foot is still numb. And my ears may never stop ringing. Plenty of things still coming and going erratically throughout each day. But I've returned to work and can even run now, when just last week I could barely get up the stairs, sometimes forgot where/who I was and was almost blacking out every time I stood up.

I know I have a long road ahead of me but I have a lot of faith in recovering through Buhner's protocol combined with drastic nutrition changes, regular exercise and regular massage. This is a very comprehensive,

thoroughly researched book that I would highly recommend to anyone suffering from Lyme Disease.

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### **Jennifer Knowlton says**

This was a great book a few years ago, but he has changed the core protocol since writing this book. You have to navigate between this book and his website to figure out the new protocol. I believe he has a new book coming out soon, until then, this book is a waste of time.

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