

## Diagnosis, Treatment and Healing Modalities

# Why Can't I Get Better?

**SOLVING**

*the Mystery of*

**NEW YORK  
TIMES  
BESTSELLER**

**LYME &**

**CHRONIC**

**DISEASE**

**RICHARD I. HOROWITZ, MD**

WHY CAN'T I GET BETTER?

## Solving the Mystery of Lyme & Chronic Disease

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**AUTHOR:** RICHARD I. HOROWITZ, MD

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Groundbreaking book by world-renowned expert in treating tick-borne diseases. Dr. Horowitz explains his process for diagnosing what he calls Multiple Systemic Infectious Disease Syndrome (MSIDS). It's a multifactorial model for treating chronic disease, which identifies up to 16 overlapping sources of inflammation and their downstream effects.

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**RICHARD I. HOROWITZ, MD**

Author of the Bestselling *Why Can't I Get Better?*

# How Can I Get Better?

An Action Plan for



**TREATING**

**RESISTANT LYME &**

**CHRONIC DISEASE**

**HOW CAN I GET BETTER?**

An Action Plan for Treating Resistant Lyme & Chronic Disease

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**AUTHOR:** RICHARD I. HOROWITZ, MD

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In this follow-up volume to his first book, Dr. Horowitz offers a direct, actionable step-

by-step plan for implementing his 16-point MSIDS Diagnostic Map.

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# UNLOCKING LYME



**Myths, Truths, & Practical Solutions  
for Chronic Lyme Disease**

**WILLIAM RAWLS, MD**

**UNLOCKING LYME:**

## Myths, Truths, and Practical Solutions for Chronic Lyme Disease

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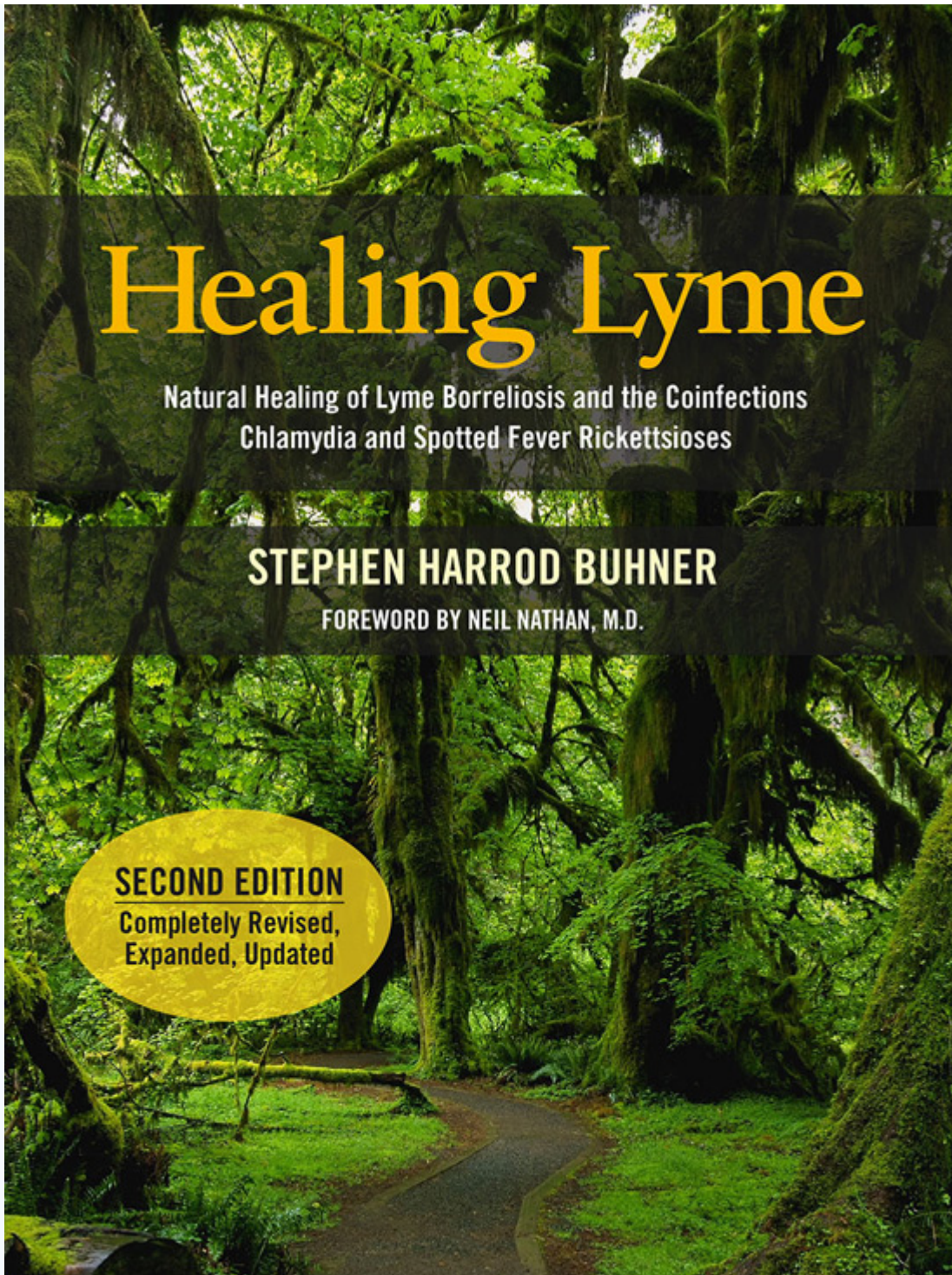
**AUTHOR:** WILLIAM RAWLS, MD

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The author, a physician who overcame Lyme disease himself, offers an overview of holistic and non-toxic therapies for healing and symptom control (including pain, depression, insomnia).

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## HEALING LYME:

Natural Healing and Prevention of Lyme Borreliosis and Its Co-infections

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**AUTHOR:** STEPHEN HARROD BUHNER

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Master herbalist Buhner outlines the most potent herbal medicines and supplements that offer help, either alone or in combination with antibiotics, for preventing and healing Lyme disease.

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By Nicola McFadzean Ducharme, ND  
Foreword by Robert C. Bransfield, M.D.

# LYME Brain



The Impact of Lyme Disease on Your Brain,  
and How to Reclaim Your Smarts!

## LYME BRAIN:

The Impact of Lyme Disease on Your Brain, and How to Reclaim Your Smarts.

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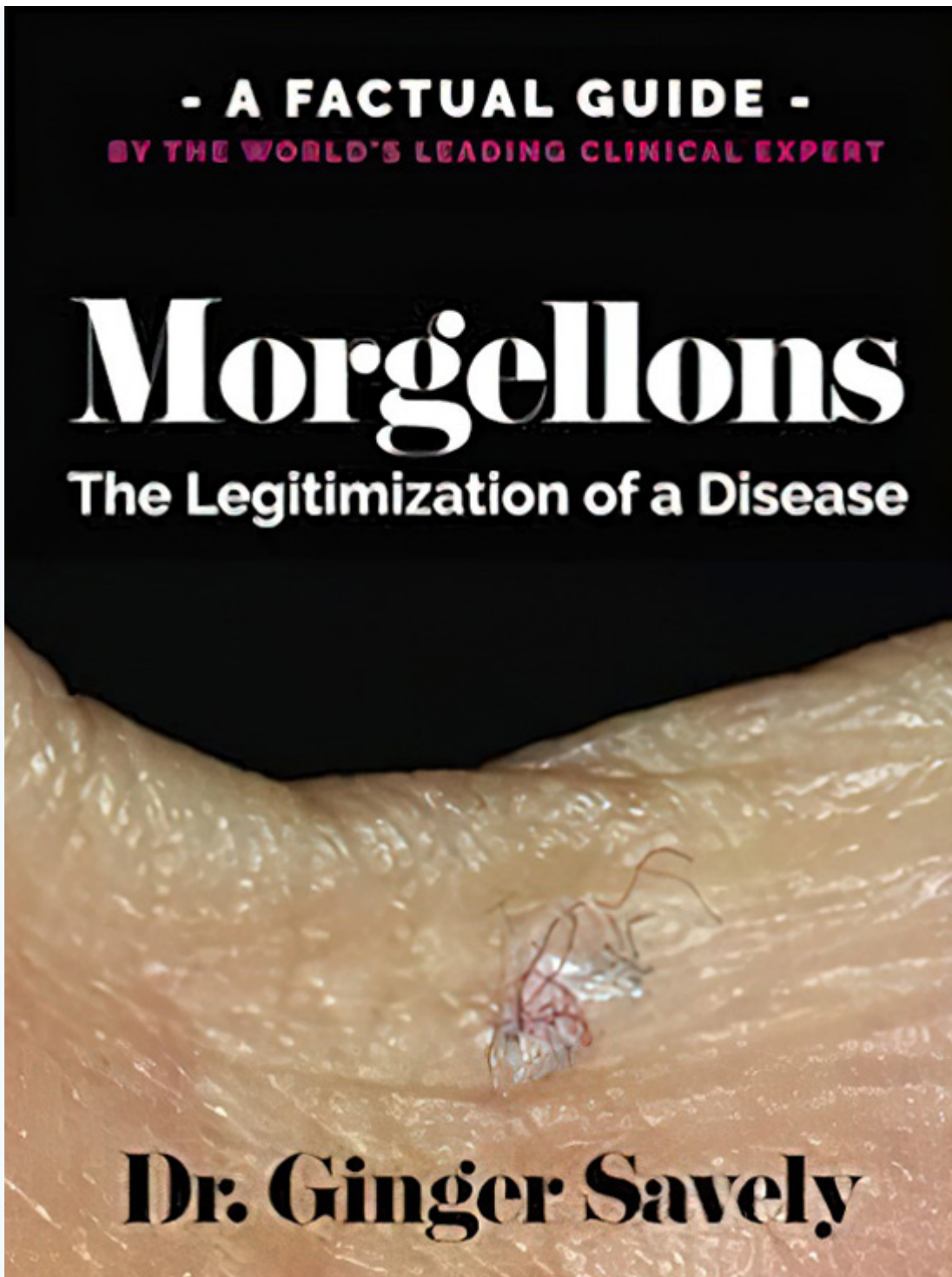
**AUTHOR:** NICOLA MCFADZEAN DUCHARME, ND

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The author defines “Lyme brain” as a constellation of symptoms that can include short-term memory loss, difficulty with focus and concentration, and other assorted neurocognitive factors. It can be accompanied by anxiety and depression. This book offers strategies to combat this frustrating condition.

[ORDER BOOK](#)



## MORGELLONS:

The Legitimization of a Disease

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**AUTHOR:** DR. GINGER SAVELY

---

Morgellons disease afflicts a subset of Lyme disease patients. It's characterized by the

presence of multicolored filaments that lie under, are embedded in, or project from skin. This book compiles what's known about this still-mysterious condition.

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# THE LYME DIET



Nutritional Strategies for  
Healing from Lyme Disease

A microscopic image of a leaf, showing a network of veins in a reddish-brown color. The veins are prominent and form a complex, branching pattern.

**DR. NICOLA MCFADZEAN**

## THE LYME DIET:

### Nutritional Strategies for Healing from Lyme Disease

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**AUTHOR:** NICOLA MCFADZEAN, ND

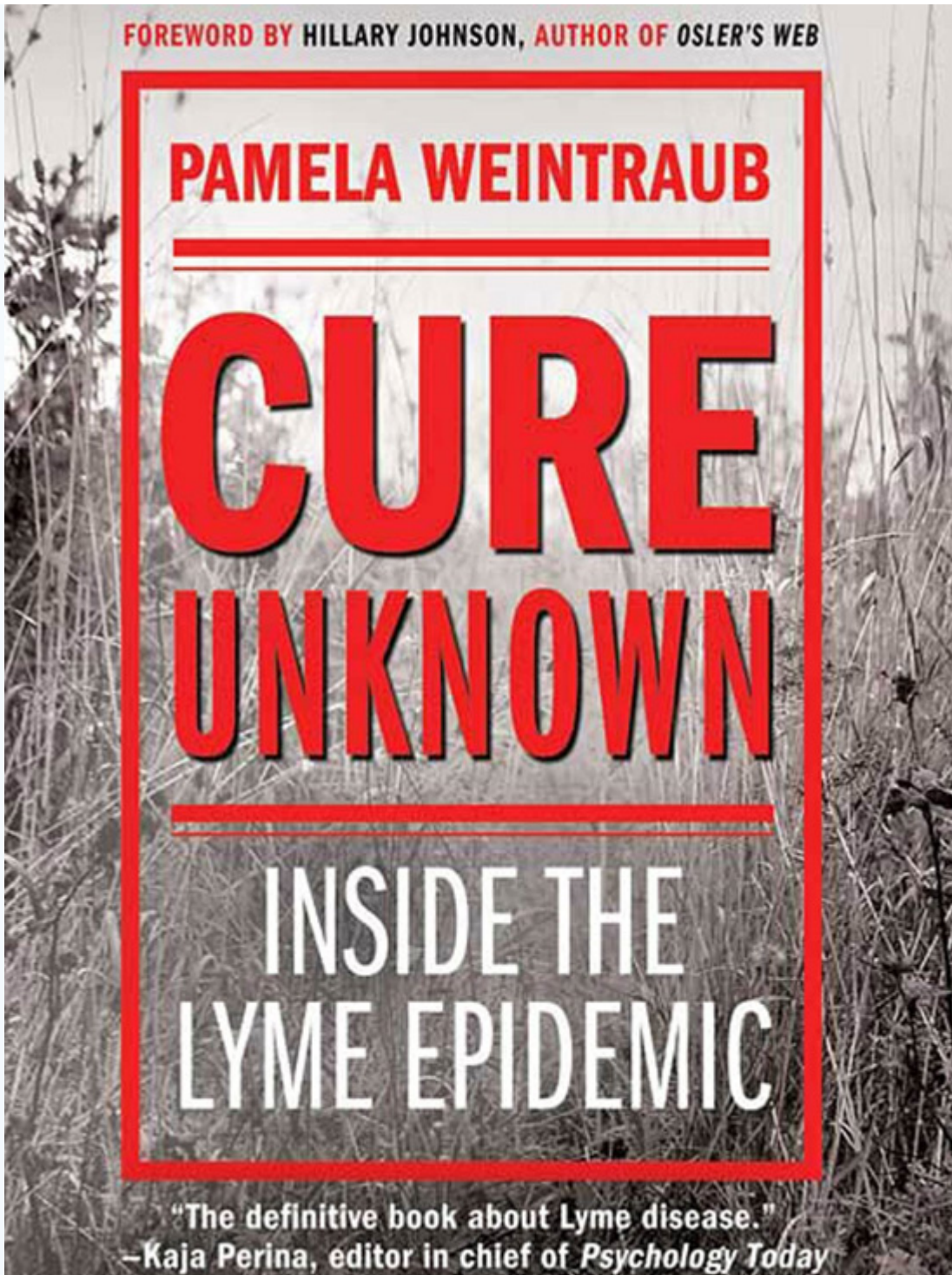
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Writes the author: “The role of nutrition is central not so much in the actual bug-killing, but in the underlying strength and resilience of your health. Immune support, inflammation management, hormone regulation and detoxification functions can all be vitally influenced by your nutritional intake.”

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## History and Science





**CURE UNKNOWN:**  
Inside the Lyme Epidemic

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**AUTHOR:** PAMELA WEINTRAUB

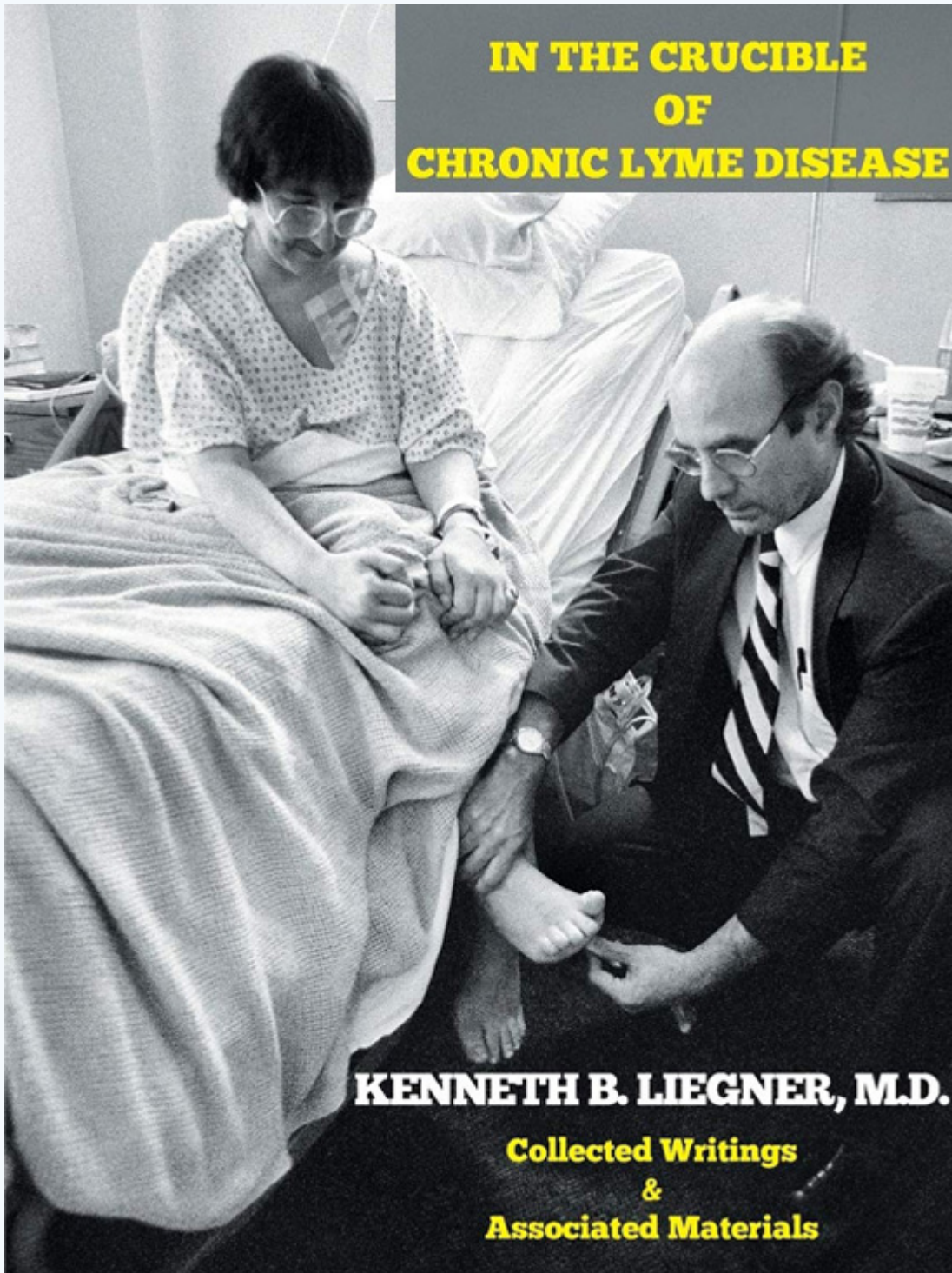
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An investigation into the science, history, medical politics, and patient experience of



Lyme disease told by a journalist whose entire family contracted the illness.

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IN THE CRUCIBLE OF CHRONIC LYME

## DISEASE:

### Collected Writings & Associated Materials

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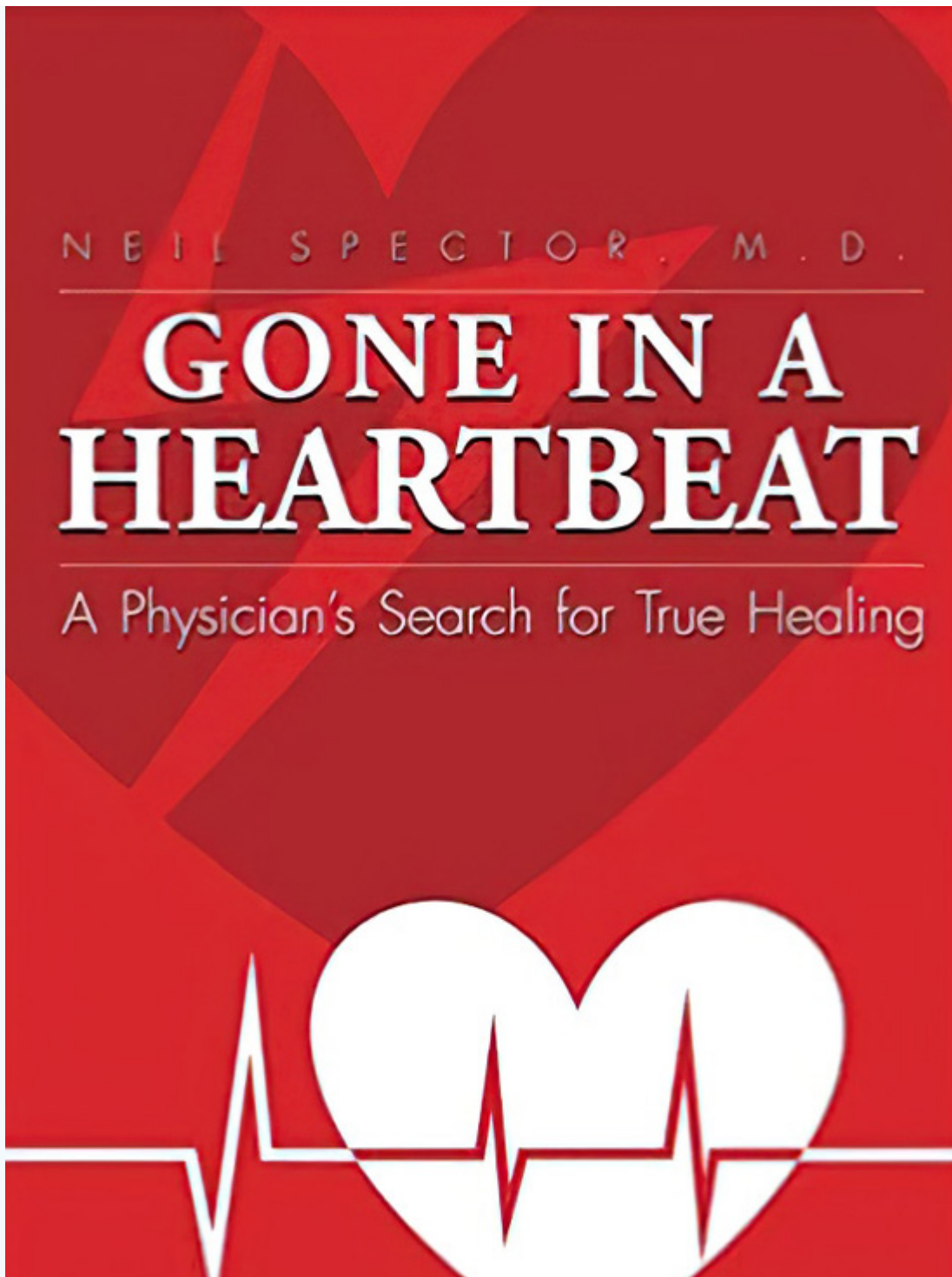
**AUTHOR:** KENNETH B. LIEGNER, MD

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Despite scientific studies, the CDC and IDSA dismiss any existence of chronic Lyme disease. In this book, Kenneth B. Liegner, M.D. has compiled into a single volume a compelling argument that the disease does exist.

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## Personal Narratives



**GONE IN A HEARTBEAT:**  
A Physician's Search for True Healing

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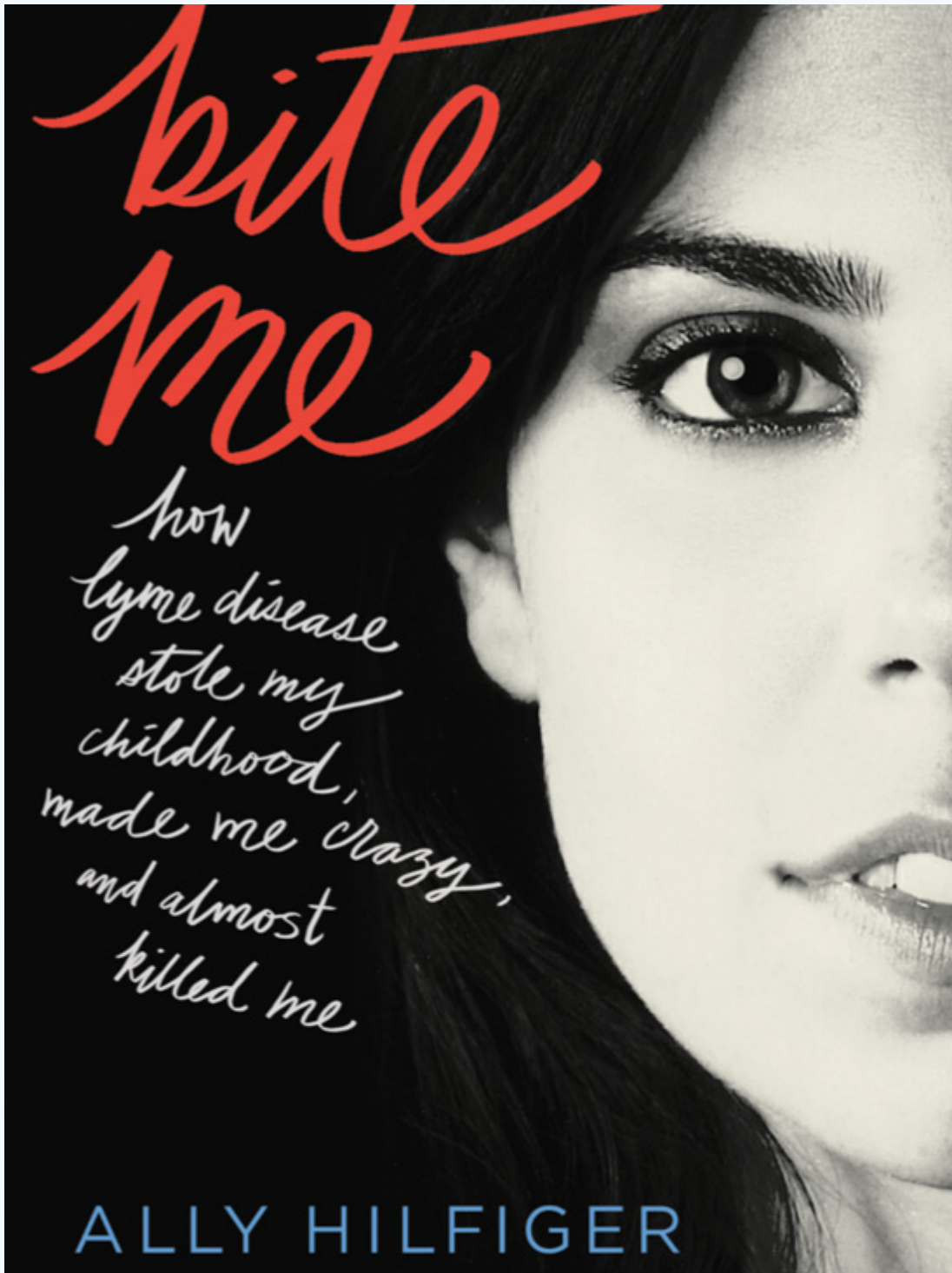
**AUTHOR:** NEIL SPECTOR, MD

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Dr. Spector's case of Lyme disease went unrecognized for so long, he ultimately

needed a heart transplant. After the publication of this gripping memoir, he went on to become one of the most beloved heroes in the Lyme community.

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## BITE ME:

### How Lyme Disease Stole My Childhood, Made Me Crazy and Almost Killed Me

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**AUTHOR:** ALLY HILFIGER

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Riveting first-person account of what it's like to be a young child—and then a teenager—with undiagnosed Lyme disease.

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My Battle  
with the  
Invisible  
Disability of  
Lyme Disease

*Believe Me*

**YOLANDA  
HADID** with  
Michele  
Bender

**BELIEVE ME:**

My Battle with the Invisible Disability of Lyme Disease

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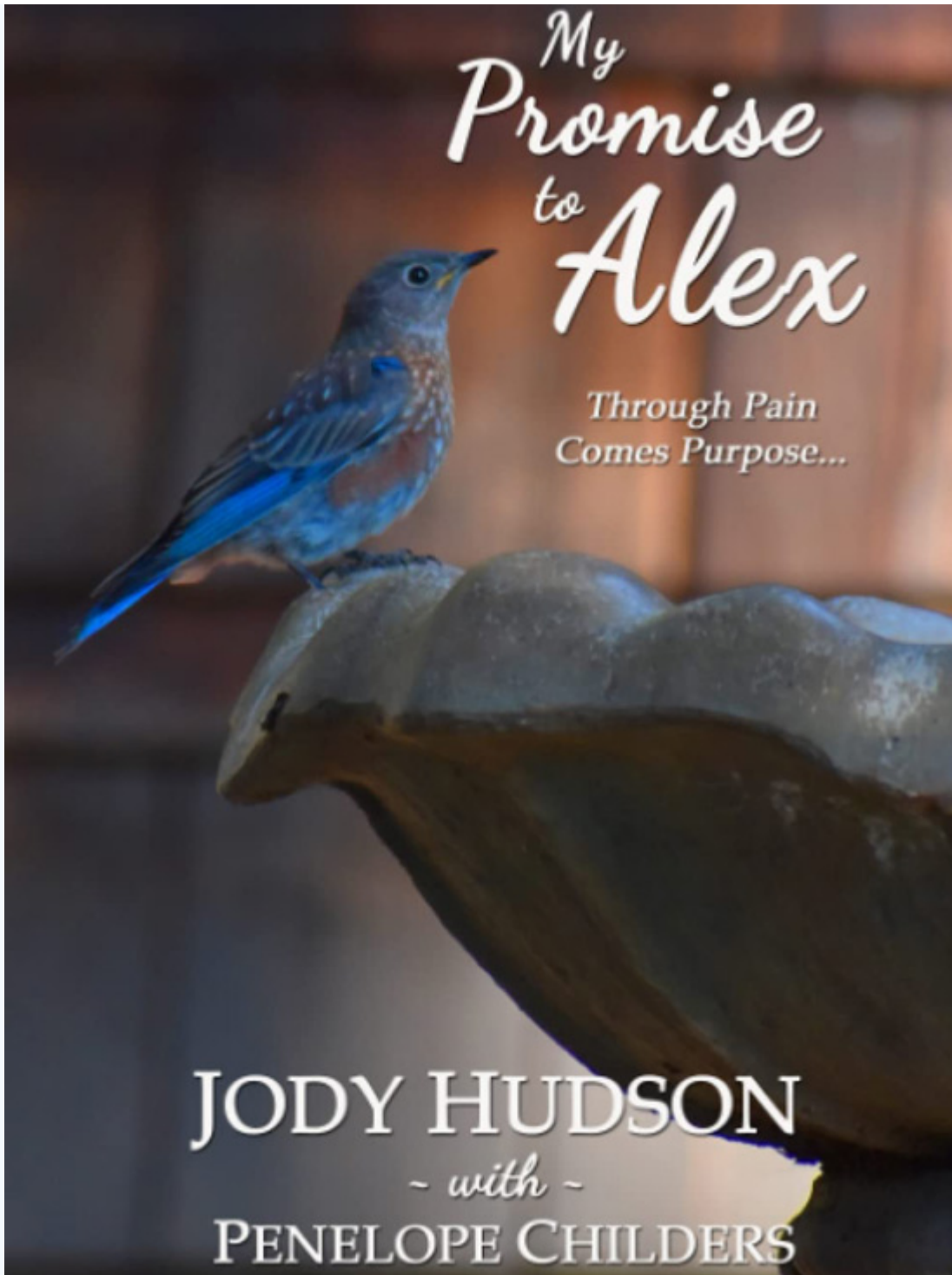
**AUTHOR:** YOLANDA HADID

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A former super-model and former cast member of “The Real Housewives of Beverly

Hills,” Hadid outlines how she never stopped trying to find answers to her health problems. Her memoir details how she crisscrossed the globe to try an astonishing array of alternative and ancillary treatments—ultimately ending up in a good place.

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## MY PROMISE TO ALEX

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**AUTHOR:** JODY HUDSON

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When eleven-year-old Alex Hudson complained that her leg hurt, her mother, Jody, thought it was just growing pains. But for the next ten years, Alex battled with what

perplexed doctors deemed a medical mystery. Her mother Jody wrote this book and founded the Alex Hudson Lyme Disease Foundation in her daughter's memory.

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## GROWING STRONGER

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**AUTHOR:** THALIA

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Entertainment superstar Thalia, a Mexican and American singer and actress, discusses her Lyme disease experience.

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## Miscellaneous



# HOW TO BE SICK



A BUDDHIST-INSPIRED GUIDE  
FOR THE CHRONICALLY ILL  
AND THEIR CAREGIVERS

**TONI BERNHARD**

foreword by SYLVIA BOORSTEIN,  
author of *Happiness Is an Inside Job*

## HOW TO BE SICK:

A Buddhist-inspired guide for the chronically ill and their caregivers

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**AUTHOR:** TONI BERNHARD

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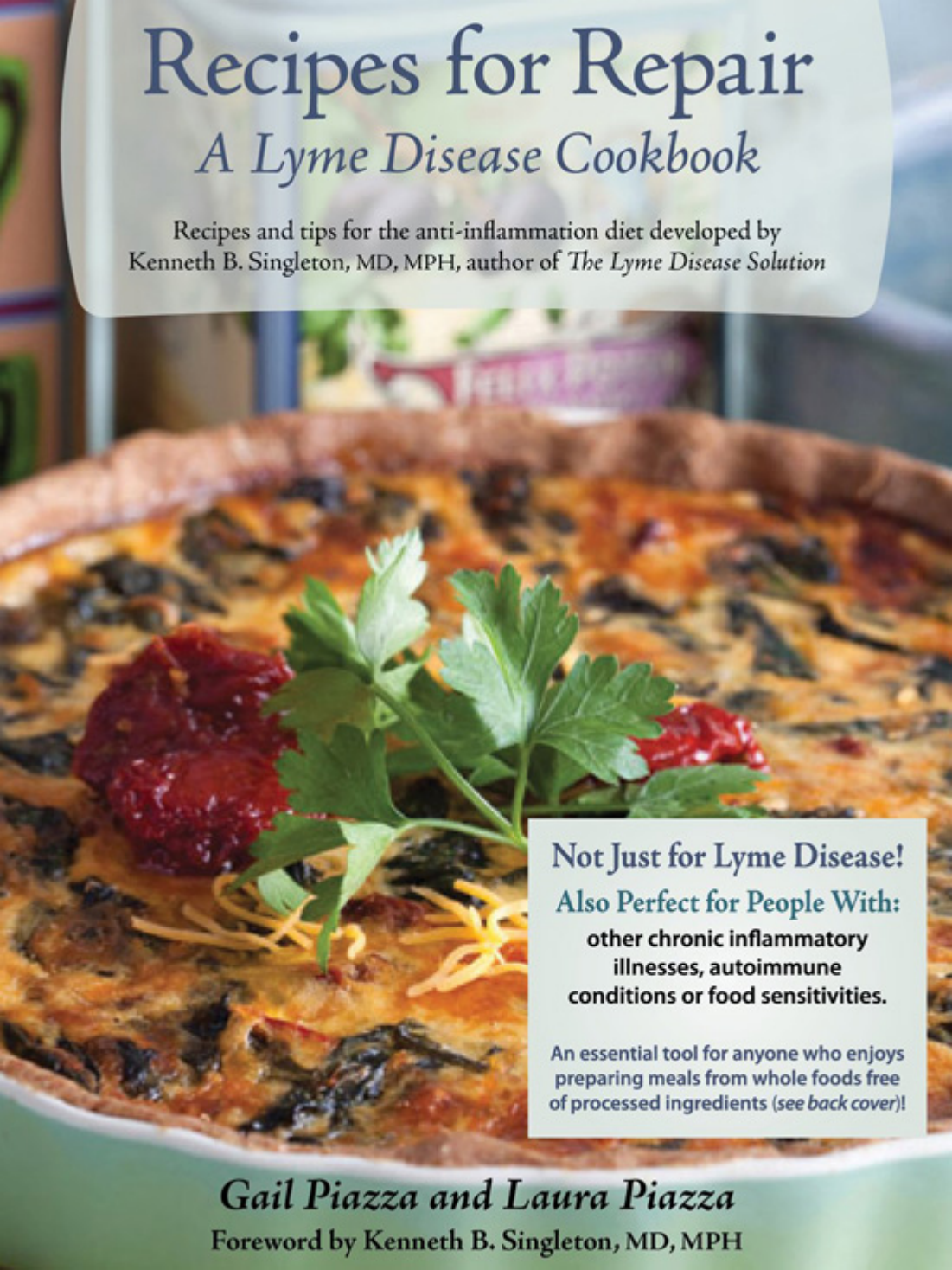
A book about how to “be” when you are sick. How to have a worthwhile existence, finding meaning, purpose and joy, even when chronic illness seems to have stolen your life away.

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# Recipes for Repair

## *A Lyme Disease Cookbook*

Recipes and tips for the anti-inflammation diet developed by  
Kenneth B. Singleton, MD, MPH, author of *The Lyme Disease Solution*



**Not Just for Lyme Disease!**  
**Also Perfect for People With:**  
**other chronic inflammatory**  
**illnesses, autoimmune**  
**conditions or food sensitivities.**

An essential tool for anyone who enjoys  
preparing meals from whole foods free  
of processed ingredients (see back cover)!

***Gail Piazza and Laura Piazza***

Foreword by Kenneth B. Singleton, MD, MPH

## RECIPES FOR REPAIR:

### A Lyme Disease Cookbook

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**AUTHOR:** GAIL AND LAURA PIAZZA

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This book offers 151 whole food recipes to reduce harmful inflammation caused by

Lyme disease and chronic illnesses.

[ORDER BOOK](#)

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Written by Dorothy Kupcha Leland

Dorothy Kupcha Leland is LymeDisease.org's Vice-president and Director of Communications. She is co-author of [When Your Child Has Lyme Disease: A Parent's Survival Guide](#). Contact her at

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