

[PDF] How Can I Get Better?: An Action Plan For Treating Resistant Lyme & Chronic Disease

Richard Horowitz - pdf download free book

"Horowitz is one of the most prominent 'Lyme literate' physicians...patients wait for months to see him, and several told me that he had essentially cured them of a disease that nobody else seemed able to treat." —The New Yorker

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**

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Description:

AN INSTANT NATIONAL BESTSELLER!

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him, and several told me that he had essentially cured them of a disease that nobody else seemed able to treat.” —*The New Yorker*

“If you have suffered from unexplained, chronic or hard-to-treat illness, this book is your pathway to health.” —Mark Hyman, #1 *New York Times* bestselling author of *The Blood Sugar Solution on Why Can't I Get Better?*

From Dr. Richard I. Horowitz, one of the country's foremost doctors, comes a groundbreaking book about diagnosing, treating and healing Lyme, and peeling away the layers that lead to chronic disease.

Are you sick, but can't find any answers why? Do you have a seemingly unconnected collection of symptoms that leave doctors guessing? Or have you been diagnosed, but found that none of the treatments seems to make a difference? You may have Lyme disease and not even know it. Known as “the great imitator,” Lyme disease and its associated co-infections can mimic the symptoms of and often be misdiagnosed as Chronic Fatigue Syndrome, fibromyalgia, rheumatoid arthritis, lupus, multiple sclerosis, and even depression, anxiety, obsessive-compulsive disorder, and psychosis.

In his landmark book, *Why Can't I Get Better?: Solving the Mystery of Lyme & Chronic Disease*, renowned internist and leading world expert Dr. Horowitz introduced his revolutionary plan for treating Lyme disease, and chronic diseases in general. Now, in this new handbook *How Can I Get Better?*, Dr. Horowitz updates his research and offers a direct, actionable step-by-step plan for implementing his 16 MSIDS Diagnostic Map.

You will find:

*The latest pertinent information on the most important scientific discoveries

*Emerging research on bacterial “persisters”—bacteria that can survive antibiotics—and new therapies to get rid of them

*A seven-step action plan that patients and doctors can follow to ensure better health.

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