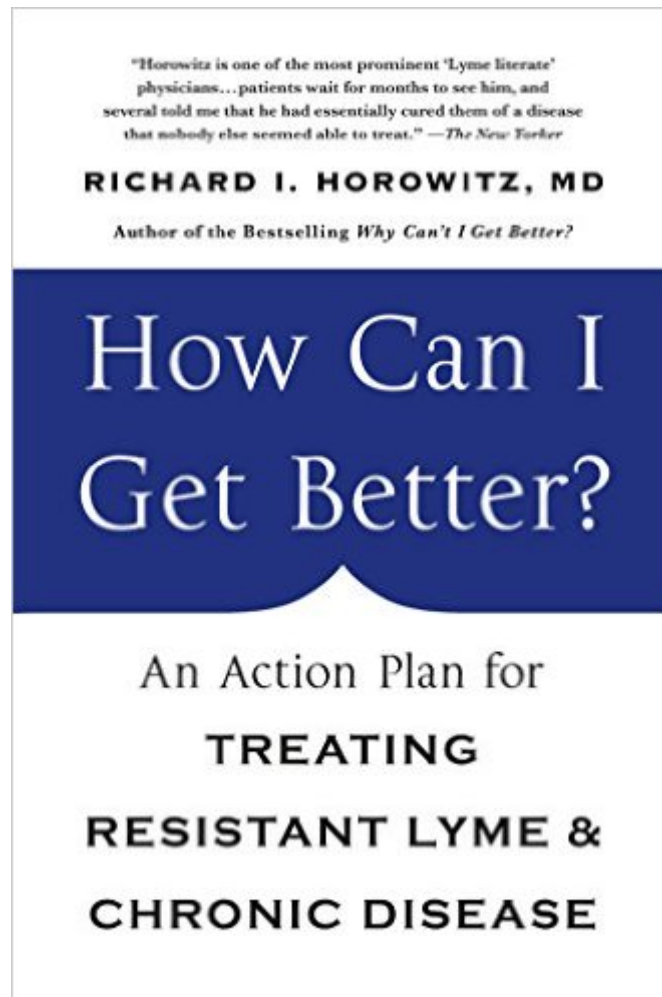


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# How Can I Get Better?: An Action Plan For Treating Resistant Lyme And Chronic Disease



## Synopsis

Dr. 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** 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 ground-breaking 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 persister 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.

## Book Information

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