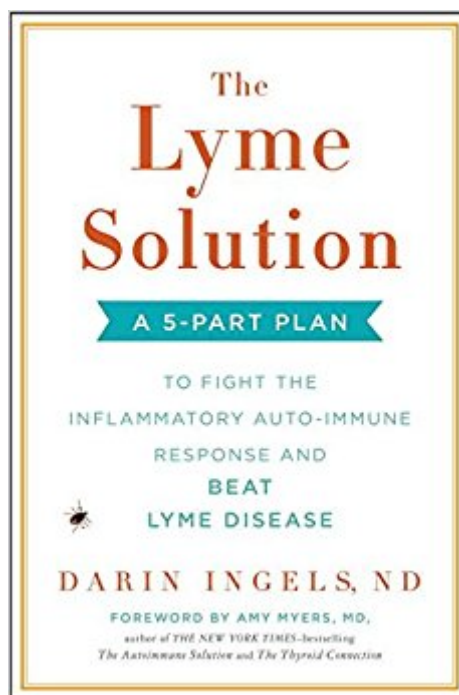




The book was found

# The Lyme Solution: A 5-Part Plan To Fight The Inflammatory Auto-Immune Response And Beat Lyme Disease



## Synopsis

A comprehensive, natural approach to treating acute and chronic Lyme disease, from a leading naturopathic physician who has managed his symptoms for more than fifteen years. Lyme disease is one of the fastest-growing infectious diseases in the United States, and millions of people worldwide suffer from its shape-shifting symptoms. Now, in *The Lyme Solution*, Dr. Darin Ingels shares his revolutionary approach to treating and healing acute and chronic Lyme. Drawing on his experience as a naturopathic physician who has treated thousands of cases, and as a patient, Ingels reveals that Lyme is an autoimmune disease as much as it is an infection. Conventional treatments too often rely on toxic doses of antibiotics that weaken your body and worsen symptoms, instead of boosting your ability to fight for your health. Including the latest research about the diagnosis and treatment of Lyme, Ingels's uniquely holistic approach provides a path to wellness by fortifying the microbiome, enhancing the immune system, and strengthening the body's ability to heal from within. *The Lyme Solution* offers a simple, five-step plan, including: • the most effective early treatment and prevention measures to avoid contracting the disease or stop it in its tracks; • an Immune Boosting Diet and list of herbal supplements that will increase immunity and reduce inflammation; • guidelines for when and how to use antibiotics as an effective part of your treatment plan; • tools to identify and eliminate conditions that mimic Lyme disease or exacerbate your symptoms. Whether you are facing acute or chronic Lyme, or undiagnosed autoimmune symptoms, the natural, whole-body approach of *The Lyme Solution* will help you permanently recover your health, and reclaim your life.

## Book Information

Hardcover: 384 pages

Publisher: Avery (March 27, 2018)

Language: English

ISBN-10: 0735216304

ISBN-13: 978-0735216303

Product Dimensions: 6 x 1 x 9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #1,697,160 in Books (See Top 100 in Books) #108 in Books > Medical Books > Nursing > Long-Term Care #721 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems #916 in Books > Medical Books > Medicine > Internal Medicine >

## Customer Reviews

Darin Ingels, ND, is a respected leader in natural medicine with numerous publications, international lectures, and more than twenty-six years of experience in the healthcare field. He received his bachelor of science degree in medical technology from Purdue University and his doctorate of Naturopathic Medicine from Bastyr University. He has worked as a clinical microbiologist/immunologist at Lutheran General Hospital, and is board-certified in Integrative Pediatrics. He is also a candidate for fellowship with the American Academy of Environmental Medicine. His practice focuses on chronic immune disorders, including Lyme disease, autism, allergies, asthma, recurrent or persistent infections, and other immune problems. Dr. Ingels uses diet, nutrients, herbs, homeopathy, and immunotherapy to help his patients achieve better health.

[Download to continue reading...](#)

The Lyme Solution: A 5-Part Plan to Fight the Inflammatory Auto-Immune Response and Beat Lyme Disease  
Anti Inflammatory Diet: Guide to Eliminate Joint Pain, Improve Your Immune System, and Restore Your Overall Health (anti inflammatory cookbook, anti inflammatory ... recipes, anti inflammatory strategies)  
ANTI INFLAMMATORY DIET: ANTI INFLAMMATORY COOKBOOK: ANTI INFLAMMATION: 500 Healthy and Delicious Anti Inflammatory Diet Recipes to Heal your Immune System(anti ... inflammatory foods, allergen management)  
Anti Inflammatory Diet: 5 Week Anti Inflammatory Diet Plan To Restore Overall Health And Become Free Of Chronic Pain For Life ( Top Anti-Inflammatory Diet Recipes, Anti Inflammatory Diet For Dummies)  
Anti-Inflammatory Diet: A complete guide to the Anti-Inflammatory Diet, How to reduce Inflammation?: What you should eat & avoid to Reset your Immune System ... Immune System, Reduce Inflammation Book 1)  
Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan) (Volume 2)  
Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan Book 2)  
The Cytokines of the Immune System: The Role of Cytokines in Disease Related to Immune Response  
Anti Inflammatory Diet: Autoimmune Dinner Recipes: 30+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Disease, Anti-Inflammatory Diet, Cookbook)  
Anti-Inflammatory Diet: Anti-Inflammatory Diet Recipes: Foods That Heal (Recipes for Beginners, Health, Healing, Recovery, Meal Plan, Osteoporosis, Chronic Pain, Immune System)  
Anti Inflammatory Diet: 1000 Anti Inflammatory Recipes: Anti Inflammatory

Cookbook, Kitchen, Cooking, Healthy, Low Carb, Paleo, Meals, Diet Plan, Cleanse, Whole Food, Weight Loss, For Beginners Overcoming Lyme Disease: The Truth About Lyme Disease and The Hidden Dangers Plaguing Our Bodies Lyme Disease Explained: Lyme Disease Transmission, Diagnosis, Symptoms, Treatment, Prognosis, Infectious Diseases, Vaccines, History, Myths, and More! How to Fix Lyme Disease: 3 Secrets to Improve Any Lyme Disease Treatment Anti Inflammatory Diet: Autoimmune Lunch Recipes: 35+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Anti-Inflammatory Diet, Cookbook Book 2) Anti-Inflammatory Diet: 100 Amazing, Delicious, Healthy, Anti-Inflammatory Recipes!! Recharge Your Body, Stay Younger, Lose Fat and Live Longer By Healing Your Immune System & Restoring Your Health Anti-Inflammatory Diet: Restore Your Immune System & Lose Weight With 150 Amazingly Simple, Tasty Anti-Inflammatory Recipes Anti-Inflammatory Diet: A complete guide to the Anti-Inflammatory Diet, How to reduce Inflammation?: What you should eat & avoid to Reset your Immune ... System, Reduce Inflammation) (Volume 1) Anti Inflammatory Diet: The Ultimate Anti-Inflammatory Diet Recipes!: Top Anti-Inflammatory Diet Recipes for Beginners The Anti-Inflammatory Diet: Rich Anti-Inflammatory Foods to Cut Down on Inflammation - Over 25 Anti-Inflammatory Recipes You Will Love

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)