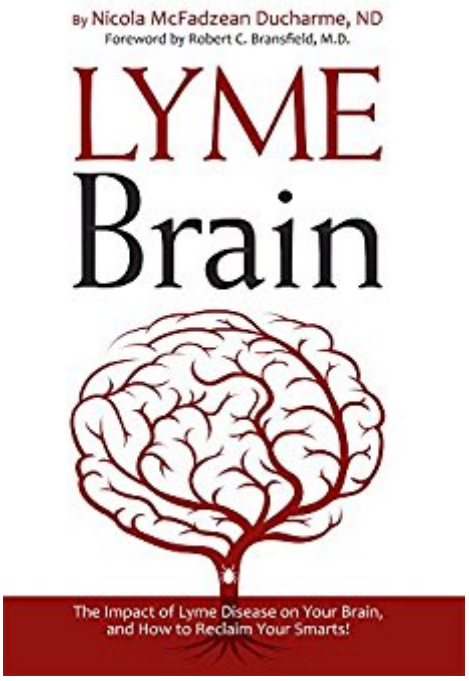
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Lyme Brain: The Impact Of Lyme Disease On Your Brain, And How To Reclaim Your Smarts



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Synopsis

Lyme Brain. Most people with Lyme have experienced it. It’s the most intrusive symptom that comes with the disease, and also one of the most difficult to alleviate. The brain is a very delicate organ, and is often the last organ to experience relief from the effects of Borrelia, co-infections, and co-conditions. In this cutting-edge book, Naturopathic Doctor Nicola McFadzean Ducharme opens up her vault of experience, wisdom, and practical tools, to bring you the most comprehensive protocol for Lyme brain that’s ever been written. Dr. NicolaÃ¢â ¬â„¢s training in natural medicine makes her the perfect doctor to write this book. While she isn’t afraid to use pharmaceuticals when necessary, she prefers more gentle, holistic supplements and strategies to heal the delicate and sensitive brain. In this book, she takes you on a journey through dozens of supplements, treatments, and strategies to reclaim your smarts and leave Lyme brain behind. Dr. McFadzean is also the author of several other Lyme disease books, including The Lyme Diet, The Beginner’s Guide to Lyme Disease, and Lyme Disease in Australia.

Book Information

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Customer Reviews

I am about 1/2 through the book and think it is an excellent read. Dr Nicola goes into many aspects in describing what happens to the brain being affected by Lyme and the co-infections and also details many protocols to help. The protocols vary from antibiotics to neuro feedback and even oxygen chambers. The book is detailed, yet I feel very understandable. I love to learn the how and why things will work and this book gives an amazing foundation on the how and whys of all the protocols. I have wanted to jump ahead to different chapters that look very interesting and more focused on my families specific needs, yet I have resisted the urge. I am glad I have, because I have learned so much that will be beneficial. I recommend this book to all who have LymeÃƒÂ¢Ã â ¬Ã â brain or know loved ones who struggle with Lyme brain.

One day years ago, when my then-14 year old daughter was bedridden and desperately ill with Lyme disease, I read her two chapters of a short novel. It was a fun book, and we both laughed as I read. Then, I set it aside and made lunch.After weÃƒÂ¢Ã â ¬Ã â„¢d eaten, I picked up the book and began reading where IÃƒÂ¢Ã â ¬Ã â„¢d left off. She stared at me curiously and asked what I was doing.It turns out she didnÃƒÂ¢Ã â ¬Ã â„¢t remember ANYTHING that IÃƒÂ¢Ã â ¬Ã â„¢d read to her just a short time earlier! She didnÃƒÂ¢Ã â ¬Ã â„¢t recognize the title or cover of the book. She didnÃƒÂ¢Ã â ¬Ã â„¢t even recall that IÃƒÂ¢Ã â ¬Ã â„¢d read to her at all. It was as if that earlier time hadnÃƒÂ¢Ã â ¬Ã â„¢t happened. It was a weird and scary episode. Was my young teenager losing her mind?That was my introduction to the concept of Lyme brain. ItÃƒÂ¢Ã â ¬Ã â„¢s 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.Lyme brain is a big concern in the patient community, and people often post about it in the online Lyme forums. There are stories of getting lost on the way to the grocery store, or being incapable of making change for a $10 bill, or being unable to keep track of medications. Individuals who once were highly skilled at their jobs may find themselves flummoxed by simple tasks.Nicola McFadzean Ducharme, ND, has written a book specifically for such people. ItÃƒÂ¢Ã â ¬Ã â„¢s called Lyme Brain: The Impact of Lyme Disease on Your Brain, and How to Reclaim Your Smarts.(SheÃƒÂ¢Ã â ¬Ã â„¢s also the author of The Lyme Diet: Nutritional Strategies for Healing from Lyme Disease, The BeginnerÃƒÂ¢Ã â ¬Ã â„¢s Guide to Lyme Disease, and Lyme Disease in Australia. They all offer solid, practical information for patients.)The first section of Lyme Brain discusses the fundamentals. What actually causes this condition? Research has shown that Lyme spirochetes can invade the brain and wreak all kinds of havoc. They damage nerve cells, trigger inflammation, release neurotoxins, and disrupt the balance of

brain chemicals.Ducharme lays all this out in plain language. She also explains how co-infections contribute to Lyme brain:One of the reasons I believe that the actual brain fog, memory issues and difficulty with focus and concentration is Borrelia [Lyme]driven is because when I treat my patients with medications that primarily impact Borrelia and cross the blood-brain barrier, I see these symptoms improve, whereas the insomnia and wacky dreams tend to respond more to Babesia treatment. Really extreme psychiatric symptoms such as rages, and suicidal thoughts and behaviors, respond mostly to Bartonella treatment.After defining the problem, she moves on to solutions. The next section deals with pharmaceutical approaches to Lyme brain, including an explanation of the blood-brain barrier and what drugs can effectively penetrate it. She discusses medications that reduce inflammation, as well as those to stabilize neurological function, balance mood and help people think more clearly.Section 3 discusses natural approaches to Lyme brain: antimicrobials, such as CatÃƒÂ¢Ã â ¬Ã â„¢s Claw and teasel root; anti-inflammatories, such as curcumin and stephania root; antioxidants, such as glutathione; neurotransmitter support; and essential oils such as peppermint and frankincense.Section 4 deals with nutrition. Readers of her earlier book, The Lyme Diet, will find familiar themes: avoid gluten, dairy, sugar, caffeine, alcohol and additives such as MSG. (Those are highlights. There is much more discussion of the topic.)Ducharme explains about therapies to help the brain, including neurofeedback, ÃƒÂ¢Ã â ¬Ã Å“Brainwave Entrainment,ÃƒÂ¢Ã â ¬Ã Â• and hyperbaric oxygen. She covers sleep and exercise. She reviews different kinds of psychotherapy for patients with Lyme brain.She rounds out her discussion of these issues by interviewing five professionals who know a lot about neurological Lyme disease. One is psychiatrist Robert Bransfield, MD, a top expert on how Lyme affects the brain (and who also wrote the foreword to this book). Another is Sandra Berenbaum, LCSW, with whom I co-authored the book When Your Child Has Lyme Disease: A ParentÃƒÂ¢Ã â ¬Ã â„¢s Survival Guide. Others are Leo Shea, Ph.D., who has extensive experience with neuropsychological testing of children and adults with Lyme disease; health advocate/blogger Scott Forsgren, founder of BetterHealthGuy.com, who writes extensively on Lyme-related issues; and Connie Strasheim, author of many books about Lyme disease. They all offer useful insights on the topic of Lyme brain.Throughout the book, Ducharme offers practical information with a strong helping of optimism. As she writes early on:I find that the majority of people with Lyme brain can find resolution or, at the very least, significant improvement of their symptomsÃƒÂ¢Ã â ¬Ã Â¦.IÃƒÂ¢Ã â ¬Ã â„¢m not saying itÃƒÂ¢Ã â ¬Ã â„¢s quick or easy, but I have seen remarkable improvements in people who started out very, very ill with horrible Lyme brain and are now back at work, running their families and living their lives as productive, happy

people.If you or a loved one has a problem with Lyme brain, I think youÃƒÂ¢Ã â ¬Ã â„¢ll find this book both helpful and hopeful.

Answers my questions about what is happening to my brain

$50 list price?! Everything in the Lyme world is spendy, now isn't it? You have a captive audience that is more or less shunned in orthodox medical circles because of misinformed physicians. I can understand why Lyme specialist physicians are expensive - they don't get any insurance reimbursement and spend a lot of time with their patients, of which many are very challenging cases. Patients in this community routinely go broke and the suicide rate is high. Where do people get off charging this kind of price for another Lyme book when we have books by Stephen Buhner and Richard Horowitz, both whom have done thousands of hours of research and presented extremely comprehensive texts for roughly half the list price. Does this sound like gouging a vulnerable population to anyone else?

C'est un livre trÃƒÂ¨s intÃƒÂ©ressant qui dÃƒÂ©tail parfaitement tous les problÃƒÂ¨mes qu'impact la maladie de lyme sur le cerveau.

Useful information. My Lyme literate doctor ordered one himself.

One of the best Lyme books to date.

Good quality info; recommend

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