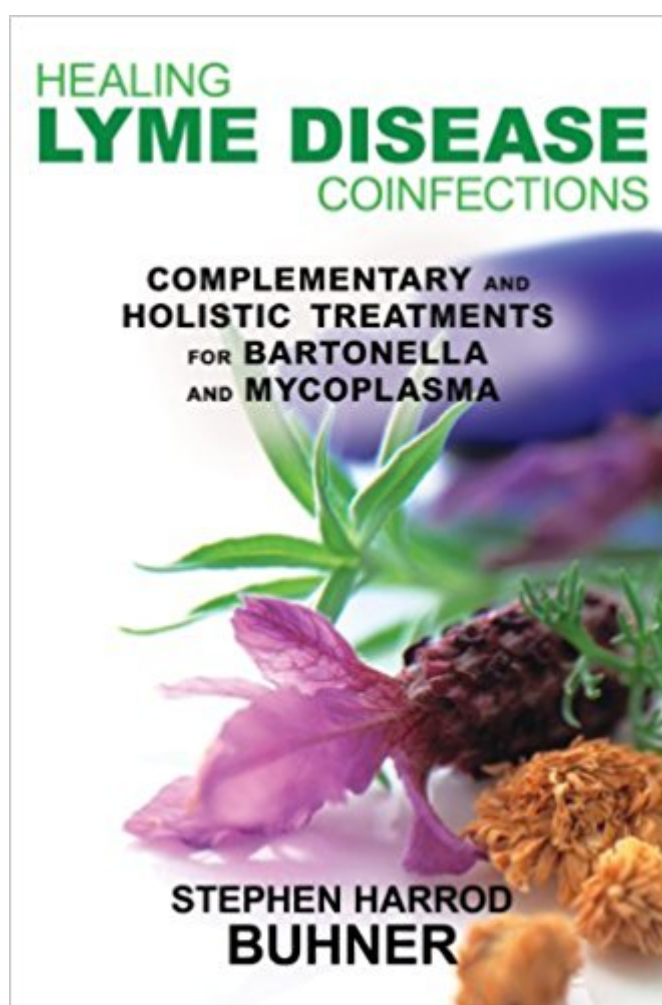


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# Healing Lyme Disease Coinfections: Complementary And Holistic Treatments For Bartonella And Mycoplasma



## Synopsis

A guide to the natural treatment of two of the most common and damaging coinfections of Lyme disease--Bartonella and Mycoplasma    Reveals how these conditions often go undiagnosed, complicate Lyme treatment, and cause a host of symptoms--from arthritis to severe brain dysfunction    Outlines natural treatments for both infections, with herbs and supplements for specific symptoms and to combat overreactions of the immune system    Reviews the latest scientific research on Bartonella and Mycoplasma coinfections and how treatment with antibiotics is often ineffective    Each year Harvard researchers estimate there are nearly 250,000 new Lyme disease infections--only 10 percent of which will be accurately diagnosed. One of the largest factors in misdiagnosis of Lyme is the presence of other tick-borne infections, which mask or aggravate the symptoms of Lyme disease as well as complicate treatment. Two of the most common and damaging Lyme coinfections are Bartonella and Mycoplasma. Nearly 35 million people in the United States are asymptotically infected with each of these pathogens, and at least 10 percent will become symptomatic every year--with symptoms ranging from arthritis to severe brain dysfunction. Distilling hundreds of peer-reviewed journal articles on the latest scientific research on Bartonella, Mycoplasma, and Lyme disease, Stephen Buhner examines the complex synergy between these infections and reveals how all three can go undiagnosed or resurface after antibiotic treatment. He explains how these coinfections create cytokine cascades in the body--essentially sending the immune system into an overblown, uncontrolled response in much the same way that rheumatoid arthritis or cancer can. Detailing effective natural holistic methods centered on herbs and supplements, such as the systemic antibacterial herb *Sida acuta*, which acts to protect blood cells from invading organisms, he reveals how to treat specific symptoms, interrupt the cytokine cascades, and bring the immune system back into balance as well as complement ongoing Lyme disease treatments.

## Book Information

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## Customer Reviews

“Brilliant as ever, Buhner once again brings us cutting-edge research about one of the more invasive and misdiagnosed epidemics of our time. Healing Lyme Disease Coinfections is not only a resounding wakeup call for all healthcare professionals but also offers an elegant and potent paradigm of healing disease that is synergistic, broad, and deeply caring. Buhner has created a brilliant, hopeful resource for everyone affected with Lyme and/or its coinfections.”

(Rosemary Gladstar, herbalist, founder of United Plant Savers, and author of Rosemary Gladstar’s “Bacteria outnumber us, outthink us, cooperate better than we do, and inhabit a far wider range of ecological niches. Without them we would be dead, yet many of them are lethal. For the past one hundred years we have waged war on them, and we are losing. Stephen Harrod Buhner is not afraid. He is paving a path into a future where we use simple tools to nourish cooperative health. If you or anyone you love has ever had an infection, you need this book. At times technical, at others dryly lyrical, it is sure to become a gleaming guidepost to many who have resigned themselves to a lifetime of distress and a trusted reference for health professionals wishing to assist those with resistant and chronic infections.” (Susun S. Weed, author of Healing Wise and Menopausal Years the Wise Woman Way)

“Packed with information never before presented, Healing Lyme Disease Coinfections is a not-to-be-missed treasure on the topic of Lyme disease. While exploring numerous new therapeutic interventions, Buhner’s pure intent and deep wisdom unfold before the reader, while his humorous style lightens the journey. This book is a masterpiece that provides its readers with life-changing information and is poised to become the reference book for the ages.” (Scott Forsgren, editor and founder of BetterHealthGuy.com)

“Well rooted in the scientific literature and benefitting from a deeply cultivated knowledge of herbalism, this exceptionally well-written book is an empowering resource for those suffering from Lyme disease coinfections and an essential reference for their clinicians.” (Laurie Regan, Ph.D., N.D., Dean of Classical Chinese Medicine at National College of Natural Medicine)

“Buhner takes pains to make his book user-friendly by including easy-to-read summary chapters aimed at the patient or nonmedical reader, and comprehensive

data and scientific discussions for the practitioner...Holistic medical practitioners and those open to alternative treatments, however, will find much to appreciate in this well-researched effort. (Library Journal, July 2013) "Chapters discuss the complicated interactions between these three infections, how they can go undiagnosed, and how holistic methods centered on herbs and supplements can treat symptoms and bring an immune system back into balance. A must for any health collection! (Midwest Book Review, July 2013) "Informed, informative, and very highly recommended for community and academic library Health/Medicine reference book collections, Healing Lyme Disease Coinfections should be considered essential reading for the non-specialist general reader with concerns about Lyme disease with respect to themselves or a family member. (Wisconsin Book Review, August 2013) "This is a must have if you have clients or family (or yourself) who are suffering from Lyme disease. (Capt. Hugh T Alkemi, Entheoradio, August 2013) "Buhner explains how to treat specific symptoms and bring the immune system back into balance. He has created a substantive resource for health professionals, and it also includes sections that speak directly to the non-professional reader. (Well Being Journal, January 2015)

Stephen Harrod Buhner lectures throughout the United States on herbal medicine, the sacredness of plants, and the intelligence of nature. His other books include Healing Lyme, The Secret Teachings of Plants, and The Transformational Power of Fasting. He lives in Silver City, New Mexico.

This guys knowledge is incredible and life saving. After going to several doctors with my partner for Lyme and getting little to none support we have now put our health into the hands of this book and his other one. The detailed protocol tells you exactly what herbs to buy and where, and so much more. While she is still seeing a doctor, we are only relying on him for the allopathic aspect. This book will detail absolutely everything you need to know about Lyme. I also recommend his website as well. If only someone had told us about this guy 3 years ago. I pray the anyone who has Lyme will benefit from this review. Just an FYI this book was designed that you can take all the herbs in tandem with antibiotics. Wishing you the best of luck to regain your health quickly.

The only reason I didn't give this book five stars was because if you do not have a good medical background it is a difficult but very informative read. Persevere it is possibly one of the best books of herbal medicine for this disease and diseases that are similar to it.

Excellent information and impeccable research for anyone suffering from Lyme disease or any chronic illness that mimics it. Very well written and easy to understand and 113 pages of references. Share it and empower someone with debilitating symptoms to grab their life back!

What I appreciate most about Buhner's books is the extensive research he does on each herb. I like to know what I am putting in my body and how that herb will work in eliminating disease. He also lists potential side effects and doses. There may be other herbalists who state the average layperson will not understand this; they are misjudging their audiences and do them a huge injustice by NOT providing the information. Stephen Buhner writes books. He also makes many suggestions for where to buy the best quality herbs you can purchase, but he is never selling anything, unlike other people's books I have read. I have had Lyme disease a long time and over the years, via social media, and meeting other people with Lyme who have consulted with Stephen Buhner, learned that he is a man dedicated to healing and mastering his craft. His books are kept close by for easy reference just like one would keep their computers now close at hand. The price of his books are a pittance compared to the knowledge and health you will obtain.

Buhner has done his research. I have not yet completed the mycoplasma protocol, but just taking one of the herbs (Cordyceps) at the recommended dosage has made a significant difference in my health. I look forward to having my body back and trust I can do it with the help of this book.

This book is an indispensable complement to "Healing Lyme . . ." by the same author. Stephen Buhner's gift for helping the professional and the non-professional reader understand the microbes and the disease processes behind these illnesses makes this the one among many recent books about Lyme and co-infections that I open most often.

Using this book to manage my Lyme and Mycoplasma infections. Since I have started to protocol set forth in this book I have had less fatigue and less brain fog. The supplements suggested are pricey, but I have found most of them for great prices on . He also lists supplement suggestions by symptom so you can choose what might work best for the particular symptoms you are experiencing as a result of the infection manifestation in your body. Great resource! Definitely going to check out his other books.

Healing Lyme Disease Coinfections, by Stephen Harrod Buhner, is easily the best discussion of Mycoplasma and Bartonella infections and their testing and herbal treatment. This book is a great bargain, since purchasing a copy of even one of the published studies he discusses would cost more than the entire price of the book. Buhner has obviously read and distilled over a hundred scientific journal articles to write this book. It is obvious he has read the entire articles, not just the abstracts. The depth of the book and the power of the various herbals to precisely modify the immune system is almost overwhelming. For example, Scutellaria baicalensis, Chinese skullcap, reduces nitric oxide, iNOS, IL-3, IL-6, IL-17, COX -2, PGE2, NF- $\kappa$ B, I $\kappa$ B- $\alpha$ , IL-1 $\beta$ , IL-2, IL-12, TNF- $\alpha$  and VEGF and tends to upregulate IL-10. Amazingly, some physicians claim there are no published studies of herbal medicinal effects! Interestingly, Buhner reports Scutellaria inhibits Cytochrome P450 C3A4, while a journal article, Eur J Drug Metab Pharmacokinet. 2011 Dec;36(4):249-56, concluded it did not inhibit C3A4, in vitro. I have personally witnessed resveratrol, andrographis, cat's claw, smilax, Isatis and hawthorne herbals Buhner recommended for Lyme Disease, produce favorable results. I have also observed a Western Blot Ig M 41 positive Lyme patient, recover from Herxheimer dieoff faster, using Isatis herbal, recommended by this book. I suspect the Lyme dieoff cleared faster, because Isatis decreases LPS endotoxins. In addition to treating or reducing severity of Mycoplasma and Bartonella, many herbals discussed in the book are also effective against allergies, encephalitis, arthritis, and other bacterial and viral infections, including Staphylococcus, Shigella, Enterococcus, Psuedomonas, Klebsiella, Malaria, Hepatitis C, HIV, Herpes, Cytomegalovirus, etc. Buhner reports he has recovered from Lyme disease and has been using herbals to treat people, for about 25 years. With antibiotic resistance, from prescription medications increasing, herbals provide effective treatment alternatives, for many bacterial and viral diseases. Herbals such as Astragalus and cat's claw can also be used proactively, as tonics, to prevent infections, such as Lyme Disease. Steven Sponaule

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