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Pharmacist, #1 New York Times bestselling author of Hashimoto's Protocol "Hopelessness is the greatest disease of modern medicine and there are millions who have felt trapped by diagnoses of chronic Lyme Disease. In the pages of The Lyme Solution, Dr. Darin Ingels lights the path to healing in generous detail and with pragmatic steps to renew hope today."--Kelly Brogan, MD, author of the New York Times bestseller A Mind of Your Own "The increase in the number of Lyme Disease cases and the complications from it are alarming--this book couldn't be more timely or needed. Dr. Ingels gives the kind of practical solutions I wish every patient could get, a healthy plan that is easy to follow that makes a person stronger, healthier and probably more well than before they contracted Lyme in the first place!"--Frank Lipman, MD, bestselling author of The New Health Rules "Wow! If you are suffering with Lyme disease (or any other tick-borne infection), read this book. It is a game changer. A masterful clinician, Dr. Darin Ingels shares his experience caring for thousands of Lyme patients and offers a simply organized yet comprehensive

roadmap to recovery that doesn't rely on taking endless rounds of antibiotics. I am giving this book to all my Lyme patients!"--Susan S. Blum, MD, MPH, Founder and Director, Blum Center for Health and author of Healing Arthritis and The Immune System Recovery Plan  
"This is an incredible book, extremely detailed and thorough. I'm going to recommend it to all my Lyme patients."--Dr. Kabran Chapek, ND, President of the Psychiatric Association of Naturopathic Physicians Amen Clinics Northwest

"Lyme disease is one of the most frustrating diseases we face: common, debilitating, protean, often undiagnosed, and frequently life-ruining. Thankfully, Dr. Darin Ingels has provided The Lyme Solution, a superb and practical book that offers optimal treatment based on his years of experience and thousands of successfully treated patients. If you question whether you may have Lyme disease, reading this book may be the best first step you can take."--Dale E. Bredesen, MD, New York Times Bestselling author of The End of Alzheimer's Reseña del

editor 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. Biografía del autor Darin Ingels, ND,FAAEM, 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 one of the first Naturopathic Physicians to receive a 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."

**The Lyme solution a 5 part plan to fight the inflammatory auto immune response and beat Lyme disease hardcover by Darin Ingels Amy Myers MD on bookshopee best price online faster shipping worldwide delivery**

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a specific definitive plan to conquer Lyme written by a doctor who had it and did it Dr Darin Ingels now 5 months on Dr Ingels supervised protocols of Zhaung and Cowen my wife is significantly better and is even beginning to play golf.

**Today's article is pliments of Darin Ingels and Faem and his new book the Lyme solution a 5 part plan to fight the inflammatory autoimmune response and beat Lyme disease Lyme disease can be found in just about any state in the US and many parts of the world many people with Lyme disease go from one doctor to another trying to find answers for their mysterious illness**

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from a book store everyday low immune response and beat lyme prices and free delivery on disease by darin ingels and amy eligible orders. The lyme myers overview a prehensive solution offers a simple five natural approach to treating step plan including the most acute and chronic lyme disease effective early treatment and from a leading naturopathic prevention measures to avoid physician who has managed his contracting the disease or stop symptoms for more than fifteen it in its tracks an immune years. boosting diet and list of herbal supplements that will increase immunity and reduce inflammation.

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After suffering through a  
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with classic presentation which  
initially responded to  
antibiotics but didn t resolve  
the infection dr darin ingels  
went on a years long quest to  
recover returning to  
naturopathic principles and  
discovering essential less used

protocols. **disease darin ingels amy myers physician it is a prehensive natural approach to treating acute and chronic lyme disease that includes the latest research about the diagnosis and treatment of lyme darin ingels offers a simple five step**

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**The lyme solution is a simple clear map for those suffering from chronic lyme and tick related infections it cuts through the confusion and mystery surrounding lyme and provides a step by step guide to restoring health and well being for so many**

5 0 out of 5 stars offers practical solutions and hope for those who have been suffering with chronic lyme disease and are seeking a solution april 17 2018 i highly remend this book if you have lyme disease or if you suspect that lyme disease may be playing a role in your ill health or have chronic anxiety or another chronic health

condition and have not yet found a solution. Dr Ingels has been published extensively and is the author of the Lyme treatment solution a 5 part plan to fight the inflammatory autoimmune response and beat Lyme disease a comprehensive natural approach to treating Lyme disease he specializes in Lyme disease autism and chronic immune dysfunction links the Lyme solution Dr Ingels website. part of your treatment plan tools to.

I highly recommend Dr Darin Ingels and new book **The Lyme Solution A 5 Part Plan To Fight The Inflammatory Auto Immune Response And Beat Lyme Disease As A Functional Medicine Practitioner He Provides A Natural Approach To Treating Lyme Disease That Is Both Comprehensive And Designed To Each Person's Own Unique Needs I.e. He Doesn't Use A One Size Fits All Approach**

**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**

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the inflammatory auto immune response and beat lyme disease write a review jul 11 2019 andrew devito rated it liked it good overview of lyme disease and what the bacteria does to your body.

**A 5 part plan to fight the inflammatory auto immune response and beat lyme disease a 5 part plan to fight the inflammatory auto immune response and beat lyme disease the lyme solution is a simple clear map for those suffering with chronic lyme and tick related infections**

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Dr Ingels is the author of the Lyme Solution A 5 Part Plan To Fight The Inflammatory Auto Immune Response And Beat Lyme Disease Avery 2018 which covers an integrative natural approach to the treatment and management of Lyme disease. The Lyme Solution A 5 Part Plan To Fight The Inflammatory Auto Immune Response And Beat Lyme Disease Darin Ingels 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. 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

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