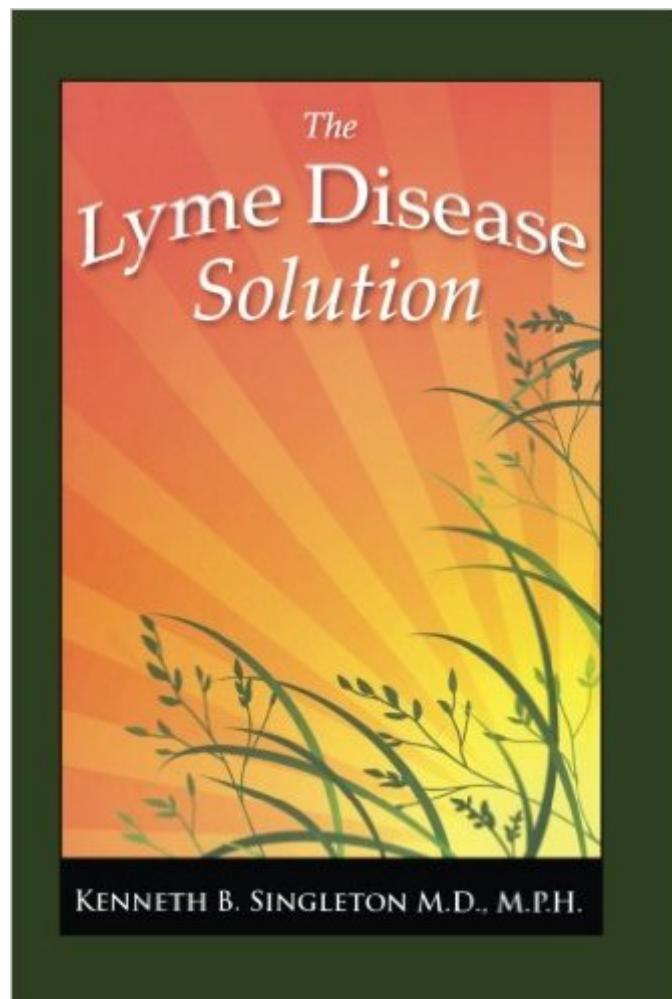


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# The Lyme Disease Solution



## **Synopsis**

The Lyme Disease Solution is a comprehensive guide to the diagnosis and treatment of Lyme disease and other tick borne infections. The author, Dr. Kenneth Singleton, is a board certified specialist in Internal Medicine who himself struggled with severe symptoms of Lyme disease for 8 years prior to being correctly diagnosed and treated. His book is full of medical wisdom and practical pearls of clinical information that every Lyme patient will find immensely useful. Though detailed, the book is easy to read and comprehend. Dr. Singleton does a masterful job of breaking down very complex medical information into simple and easily understandable concepts. The insightfulness and thoroughness of the many topics covered by Dr. Singleton testify to his deep understanding of and passion for patients afflicted with Lyme disease. This book is a "must have" for all chronic Lyme (and other tick borne illness) patients and for their families. This is not an autographed book. All sales are final.

## **Book Information**

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## **Customer Reviews**

I actually bought this book from after reading about 100 reviews for it right here - but I see none of those reviews here anymore for some reason. Anyway, earlier this year I had read ALL the reviews for this book and many other books on Lyme treatment on and I concluded that was the best one to get. So I ordered it, and it was delivered in just a couple of days. I started antibiotic treatment for neurological Lyme in December 2008 and this book has helped me tremendously. It turns out I have had Lyme since 1996, and I had not realized how it had insidiously stole my quality of life for a

decade or so. This book explained the symptoms of Lyme as well as symptoms of all the other co-infections like Babesia, Erlichia, Bartonella, etc. Then it even explained which antibiotics fight each co-infection! I really appreciated that. From reading the book, I realized I also probably had Babesia as well because of the symptoms at onset. I am on a medication for that, too which has really helped. Also, crucial to the understanding of my present Lyme treatment, it explained which antibiotics attacked the three forms of Lyme: spirochete, L form, and cystic form. It was partially as a result of this knowledge that I decided to take on an additional regimen of Bicillin-LA IM injections which has accelerated my progress immensely. I may have been too scared to do the injections if I hadn't understood this important point about eventually attacking the three forms simultaneously. All the antibiotic explanations served to increase my confidence in my treatment because it also confirmed the use of other drugs to break up the cystic form, etc.

Review of "The Lyme Disease Solution", a book by Kenneth B. Singleton M.D., M.P.H. (C) 2008. To give a little background about where this reviewer (that's me) is coming from, I had Lyme in 2005 and was treated by a doctor at the Mayo Clinic. I wasn't entirely satisfied with the results because I had to argue with the doctor(s) about how long the treatment should last. After the treatment was over and I still didn't feel well, I read the "Healing Lyme" book by Stephen Harrod Buhner. Following Buhner's protocol for another 5 months, I finally felt better. In May of 2009, I was bitten by another deer tick and began experiencing symptoms of Lyme again. A different doctor in a different state gave me a 2 week prescription for doxycycline -- even after I argued that 2 weeks wasn't enough. I was feeling better after 2 weeks, but not cured. Naturally the symptoms got worse again after the 2 week prescription ran out. I wish I had had "The Lyme Disease Solution" book by Kenneth B. Singleton M.D. when dealing with the doctors on both occasions. First of all, Dr. Singleton has had Lyme himself and knows what people like me have been going through in dealing with doctors. Secondly, he is an M.D. himself, so what he has written carries more weight than Buhner with the medical establishment. Nevertheless, Singleton acknowledges Buhner's work and refers the reader to Buhner's book. Yes, as someone else pointed out in a separate review, Singleton does repeat himself a lot, but that's mostly due to the style and format of the book where each chapter often contains an introductory paragraph saying what will be covered in that chapter, followed by the details of that chapter, followed by a summary of what was covered in that chapter.

I thought I had to live with fibromyalgia the rest of my life until I read this book. This book has been a godsend for me. If I could give it 10 stars, I would!! Dr. Singleton clearly explains what I have been

going through for the past six years, and gave me more answers than the dozen or so doctors I have seen since my health began to go downhill. I have had Lyme tests performed 3 or 4 times, always negative. Page 87 points out that " the most commonly used diagnostic screening tests for Lyme can often yield unreliable results.....with up to one third of cases of the infection being missed due to a high rate of 'false negative' results." Reading Dr Singleton's book pointed me to the Lyme tests that are actually effectual, (see page 104) and those lab results returned positive. Did you know that only 50% of people who have Lyme ever have the characteristic bull's eye rash (p7)? Finally having a diagnosis was a first big step!In his book, The Lyme Disease Solution, Dr Singleton explains Lyme disease and the body's reaction to it in a very thorough but understandable way. This is important since understanding the disease has really helped me a lot. Chapter 5 on nutrition and specifically Dr. Singleton's "Lyme Inflammation Diet", has been very important, in terms of understanding which foods can exacerbate Lyme symptoms and to therefore avoid.I shared the information in this book with my doctor, who then figured out what the best therapy for me would be. The section on the use of low-dose Naltrexone essentially gave me my life back. After about four weeks on LDN, the dulling, debilitating, fog-brain had lifted and I began to feel like myself again.

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