

LYME BRAIN: THE IMPACT OF LYME DISEASE ON YOUR BRAIN, AND HOW TO RECLAIM YOUR SMARTS BY DR. NICOLA MCFADZEAN DUCHARME ND

By Nicola McFadzean Ducharme, ND
Foreword by Robert C. Bransfield, M.D.

LYME Brain



The Impact of Lyme Disease on Your Brain,
and How to Reclaim Your Smarts!

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Review

"A beautiful and necessary book. Dr. Nicola has disaggregated the confusing topic of neurocognitive Lyme disease. With a clear and personal style combined with extensive evidence and sweeping examples, she has brought this urgent topic to the allopathic and naturopathic communities alike. "Lyme Brain..." is a must read for all those and their families suffering with this great scourge." - Steven Harris, M.D. Physician, Pacific Frontier Medical, Inc. Redwood City, CA "Lyme Brain is a fantastic, comprehensive resource that describes the many causes of brain dysfunction in Lyme disease, including inflammation, infection, damage to nerve cells, neurotoxins, neurotransmitter imbalances, and more. Dr. Nicola provides scientific evidence for the causes of, and solutions for Lyme Brain, which will help anyone who suffers from this debilitating condition to realize that they aren't crazy and losing their mind- quite the contrary! Lyme Brain proves that there are real, explainable reasons for the cognitive dysfunction, depression, anxiety and other symptoms that people with Lyme experience, but even more importantly, that there are real answers. If you have symptoms of Lyme Brain, take heart - it's not "all in your head" and you aren't losing your mind - you simply have a medical condition that can be reversed and healed with the right tools. In Lyme Brain, Dr. Nicola provides some of the best that are out there. This is a valuable resource that I highly recommend sharing with everyone you know that has Lyme, along with their family, friends and every single healthcare practitioner out there who is willing to learn about this pandemic disease." -Connie Strasheim Author, New Paradigms in Lyme Disease Treatment: 10 Top Doctors Share Treatments that Work www.ConnieStrasheim.org Dr. Nicola has done it again. As a prolific author on the topic of Lyme disease, she has already changed many lives. With "Lyme Brain: The Impact of Lyme Disease on Your Brain and How to Reclaim Your Smarts!," now we can remember how much we love her! - Scott Forsgren Editor & Founder, www.BetterHealthGuy.com

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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. Nicola'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.

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Features

- Lyme Brain The Impact of Lyme Disease on Your Brain and How to Reclaim Your Smarts

Review

"A beautiful and necessary book. Dr. Nicola has disaggregated the confusing topic of neurocognitive Lyme disease. With a clear and personal style combined with extensive evidence and sweeping examples, she has brought this urgent topic to the allopathic and naturopathic communities alike. "Lyme Brain..." is a must read for all those and their families suffering with this great scourge." - Steven Harris, M.D. Physician, Pacific Frontier Medical, Inc. Redwood City, CA "Lyme Brain is a fantastic, comprehensive resource that describes the many causes of brain dysfunction in Lyme disease, including inflammation, infection, damage to nerve cells, neurotoxins, neurotransmitter imbalances, and more. Dr. Nicola provides scientific evidence for the causes of, and solutions for Lyme Brain, which will help anyone who suffers from this debilitating condition to realize that they aren't crazy and losing their mind- quite the contrary! Lyme Brain proves that there are real, explainable reasons for the cognitive dysfunction, depression, anxiety and other symptoms that people with Lyme experience, but even more importantly, that there are real answers. If you have symptoms of Lyme Brain, take heart - it's not "all in your head" and you aren't losing your mind - you simply have a medical condition that can be reversed and healed with the right tools. In Lyme Brain, Dr. Nicola provides some of the best that are out there. This is a valuable resource that I highly recommend sharing with

everyone you know that has Lyme, along with their family, friends and every single healthcare practitioner out there who is willing to learn about this pandemic disease." -Connie Strasheim Author, New Paradigms in Lyme Disease Treatment: 10 Top Doctors Share Treatments that Work www.ConnieStrasheim.org Dr. Nicola has done it again. As a prolific author on the topic of Lyme disease, she has already changed many lives. With "Lyme Brain: The Impact of Lyme Disease on Your Brain and How to Reclaim Your Smarts!," now we can remember how much we love her! - Scott Forsgren Editor & Founder, www.BetterHealthGuy.com

Most helpful customer reviews

27 of 27 people found the following review helpful.

... 1/2 through the book and think it is an excellent read. Dr Nicola goes into many aspects in ...

By kristen goin

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 Lyme? brain or know loved ones who struggle with Lyme brain.

11 of 11 people found the following review helpful.

Excellent source for chronic Lyme

By TBRDATA

This book has been extremely helpful in explaining the neurological impacts of chronic Lyme.

It offers a thorough discussion of therapies and supplements, both medical and alternative.

The Neurotransmitter discussion was a revelation!

It also offers very helpful insights into the emotional/psychological facet of this infection which has shed new light on my daughter's struggle.

21 of 21 people found the following review helpful.

For anyone with Lyme brain, this book is both helpful and hopeful.

By Touched by Lyme (Dorothy Kupcha Leland)

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 we'd eaten, I picked up the book and began reading where I'd left off. She stared at me curiously and asked what I was doing.

It turns out she didn't remember ANYTHING that I'd read to her just a short time earlier! She didn't recognize the title or cover of the book. She didn't even recall that I'd read to her at all. It was as if that earlier time hadn'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. It'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. It's called *Lyme Brain: The Impact of Lyme Disease on Your Brain, and How to Reclaim Your Smarts*.

(She's also the author of *The Lyme Diet: Nutritional Strategies for Healing from Lyme Disease*, *The Beginner'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 Cat'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, "Brainwave Entrainment," 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 Parent'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 symptoms....I'm not saying it'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 you'll find this book both helpful and hopeful.

See all 18 customer reviews...

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Your perception of this book **Lyme Brain: The Impact Of Lyme Disease On Your Brain, And How To Reclaim Your Smarts By Dr. Nicola McFadzean Ducharme ND** will certainly lead you to get exactly what you precisely need. As one of the inspiring publications, this book will supply the presence of this ledged Lyme Brain: The Impact Of Lyme Disease On Your Brain, And How To Reclaim Your Smarts By Dr. Nicola McFadzean Ducharme ND to accumulate. Even it is juts soft file; it can be your cumulative file in device and other device. The essential is that usage this soft data publication Lyme Brain: The Impact Of Lyme Disease On Your Brain, And How To Reclaim Your Smarts By Dr. Nicola McFadzean Ducharme ND to check out and also take the advantages. It is what we indicate as book Lyme Brain: The Impact Of Lyme Disease On Your Brain, And How To Reclaim Your Smarts By Dr. Nicola McFadzean Ducharme ND will improve your thoughts and mind. After that, reading book will likewise boost your life high quality better by taking great action in balanced.

Review

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