

Contents

| | |
|---|-----------|
| <i>Acknowledgments</i> | <i>ix</i> |
| Introduction | 1 |
| Part I: Testing and Treating Lyme Disease | |
| One: Identifying Lyme Disease and Other Tick-Borne Illnesses | 13 |
| Two: A Comprehensive Diagnosis: The Horowitz Sixteen-Point Differential Diagnostic Map | 38 |
| Three: Lyme Disease Specifics and Treatment Options | 66 |
| Four: "Persisters" and Pulsing for Treating Resistant Lyme Disease | 94 |
| Part II: Lyme and MSIDS | |
| Five: Ticks Can Carry More Than Lyme: Associated Bacterial Infections | 121 |
| Six: Lyme and Other Co-infections: Parasitic, Viral, and Fungal Infections | 145 |
| Seven: Lyme and Immune Dysfunction | 164 |
| Eight: Lyme and Inflammation | 180 |
| Nine: Lyme and Environmental Toxins | 192 |

| | |
|--|-----|
| Ten: Lyme, Functional Medicine, and Nutritional Therapies | 209 |
| Eleven: Lyme and Mitochondrial Dysfunction | 225 |
| Twelve: Lyme and Hormones | 239 |
| Thirteen: Lyme and the Brain | 261 |
| Fourteen: Lyme and Sleep Disorders | 285 |
| Fifteen: Lyme and Autonomic Nervous System Dysfunction/ POTS | 301 |
| Sixteen: Lyme and Allergies | 315 |
| Seventeen: Lyme and Gastrointestinal Health | 326 |
| Eighteen: Lyme and Liver Dysfunction | 339 |
| Nineteen: Lyme and Pain | 352 |
| Twenty: Lyme and Exercise | 366 |
| Twenty-one: Meditation and the MSIDS Model | 372 |
| <i>Appendix A: Medications, Dosages, and Common Side Effects</i> | 381 |
| <i>Appendix B: Glossary of Pharmaceutical Names</i> | 401 |
| <i>Appendix C: Journal Names and Abbreviations</i> | 407 |
| <i>Notes</i> | 413 |
| <i>Index</i> | 455 |