



# UPROOTING LYME

## Practitioner Mentorship 2023 Recommended Reading List

### Lyme Treatment:

*Healing Lyme* by Stephen Harrod Buhner

Books by Nicola MacFazdean-Ducharme:

- ❖ *Lyme Brain*
- ❖ *The Lyme Diet*

*The Lyme Disease Solution* by Kenneth Singleton, MD

*Reversing Chronic Lyme Disease* by Craig Bruner

### Books on Co-Infections / Co-Conspirators:

*Healing Lyme Disease Co-Infections: Complementary & Holistic Treatments For Bartonella & Mycoplasma*, by Stephen Harrod Buhner

*Natural Treatments for Lyme Co-Infections: Anaplasma, Babesia, & Ehrlichia*, by Stephen Harrod Buhner

*Surviving Mold: Life in the era of dangerous buildings*, by Ritchie Shoemaker, MD

*Toxic: Heal Your Body*, by Neil Nathan, MD

### Books on Holistic Cleansing & Detox:

*Cleanse & Purify Thyself, Vol. I & / or II*, by Rich Anderson, ND, NMD.

*The Transformational Power of Fasting*, by Stephen Harrod Buhner

*Tissue Cleansing Through Bowel Management*, by Bernard Jensen, DC, PhD.

*Breath: The New Science of a Lost Art*, by James Nestor

### Chinese Medicine Texts:

*Warm Diseases, A Clinical Guide*, by Guo Hui Liu

*Treating Auto-Immune Disease With Chinese Medicine* by Wan Xu Hou

*The Web That Has No Weaver* by Ted Kaptchuk - For people new to Chinese medicine who would like to understand the basic concepts.

### Other / Miscellaneous:

*Dancing With Water: The New Science of Water*, 2nd ed. by MJ Pangman

*The Coaching Habit*, by Michael Bungay Stanier