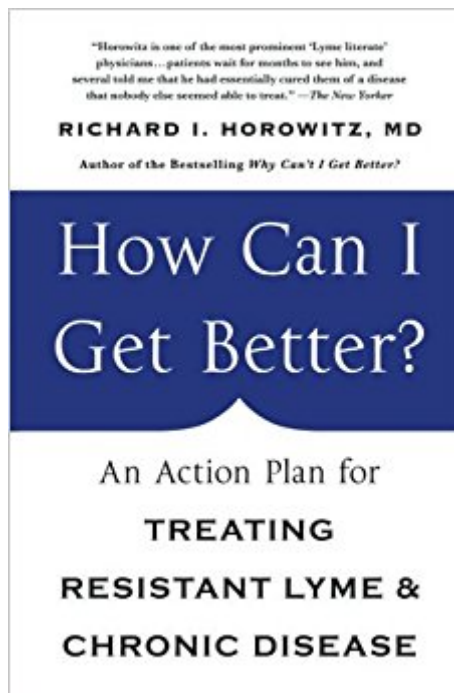




The book was found

How Can I Get Better?: An Action Plan For Treating Resistant Lyme & Chronic Disease



Synopsis

AN INSTANT NATIONAL BESTSELLER! “Horowitz is one of the most prominent Lyme literate physicians—patients wait for months to see him, and several told me that he had essentially cured them of a disease that nobody else seemed able to treat.” • “The New Yorker” “If you have suffered from unexplained, chronic or hard-to-treat illness, this book is your pathway to health.” • “Mark Hyman, #1 New York Times bestselling author of *The Blood Sugar Solution* on *Why Can I Get Better?*” From Dr. Richard I. Horowitz, one of the country’s foremost doctors, comes a ground-breaking book about diagnosing, treating and healing Lyme, and peeling away the layers that lead to chronic disease. Are you sick, but can’t find any answers why? Do you have a seemingly unconnected collection of symptoms that leave doctors guessing? Or have you been diagnosed, but found that none of the treatments seems to make a difference? You may have Lyme disease and not even know it. Known as “the great imitator,” Lyme disease and its associated co-infections can mimic the symptoms of and often be misdiagnosed as Chronic Fatigue Syndrome, fibromyalgia, rheumatoid arthritis, lupus, multiple sclerosis, and even depression, anxiety, obsessive-compulsive disorder, and psychosis. In his landmark book, *Why Can I Get Better?: Solving the Mystery of Lyme & Chronic Disease*, renowned internist and leading world expert Dr. Horowitz introduced his revolutionary plan for treating Lyme disease, and chronic diseases in general. Now, in this new handbook *How Can I Get Better?*, Dr. Horowitz updates his research and offers a direct, actionable step-by-step plan for implementing his 16 MSIDS Diagnostic Map. You will find:

- The latest pertinent information on the most important scientific discoveries
- Emerging research on bacterial “persisters”—bacteria that can survive antibiotics—and new therapies to get rid of them
- A seven-step action plan that patients and doctors can follow to ensure better health.

Book Information

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Customer Reviews

Praise for How Can I Get Better?"Hudson Valley Healing Arts Center founder Richard I. Horowitz's handbook offers an accessible text for dismantling the chronic disease. A follow-up to Why Can't I Get Better?, this guidebook helps individuals identify their symptoms, and figure out where to go next. Combining clear language, charts, and action plans, this step-by-step guide is a helpful tool for chronic disease." **Chronogram**"Horowitz give concrete advice to people with seemingly treatment-resistant case. ...He is a compassionate and curious expert [and] he provides an informed, inspiring combination of lifestyle and pharmaceutical tips." **Booklist**Praise for Why Can't I Get Better?"**Dr. Horowitz's** book is for everyone who has been labeled with a chronic disease. [it] shows how to get to the source of the problem, rather than just treating the symptoms." **Dr. Bob Arnot**, author of the New York Times bestselling *The Aztec Diet and Wear and Tear*"Lyme disease is a far more extensive cause of chronic fatigue and disability than mainstream medicine cares to recognize. But hope is to be found in Dr. Horowitz's landmark book. [it] finally bringing desperately needed understanding and solutions to what clearly represents a modern day epidemic." **David Perlmutter, MD, FACN, ABIHM**, author of *Grain Brain: The Surprising Truth About Wheat, Carbs, and Sugar*"Your Brain's Silent Killers"**Dr. Horowitz** has been, and continues to be, 'in the trenches' in the battle to understand, diagnose and treat people who, like myself, have suffered or are suffering the effects of Lyme... I can think of no one more qualified to write about this subject." **Daryl Hall**, musician (*Hall & Oates*)"Dr. Richard Horowitz brought [my family] back from the brink of Lyme disease hell to true health. In *Why Can't I Get Better*, Horowitz discusses...chronic disease and the cascade of problems that may start with infection but ultimately go far beyond it... His provocative insights apply to chronic illness writ large." **Pamela Weintraub**, award-winning author of *Cure Unknown: Inside the Lyme Epidemic*"Well-researched, information-rich content [the book offers matter-of-fact, objective narration." **Library Journal**"This synopsis not only provides a treasure trove of information about Lyme disease to patients and

health care providers, it also offers a glimmer of hope for anyone suffering from chronic illness. — Publishers Weekly

RICHARD HOROWITZ is a board-certified MD specializing in Internal Medicine. He and his wife, Lee, founded the Hudson Valley Healing Arts Center in Hyde Park, New York, which has treated over 12,000 patients for tick-borne diseases over the past twenty-six years. Dr. Horowitz is known for his pioneering work with Lyme disease and is recognized to be one of the country's foremost experts on chronic illness.

This book is an excellent resource, and I can't recommend it highly enough. If you are suffering from Lyme and its associated diseases, you need to educate yourself as much as possible in order to get well again. This book has been, and continues to be, my essential resource that I constantly turn to for guidance. It is a thick book and can be dense at times, and contains an entirely new vocabulary for you to learn (if you are a patient), but please don't let that deter you - keep working at it little by little, and be kind to yourself as you endeavor to recover your health. The reality is you can't put your trust in the modern medical system to help you fight this; you absolutely, positively have to advocate for yourself - this is a very tough lesson to learn. From the bottom of my heart, thank you Dr. Horowitz for continuing to advocate for patients suffering so immensely from Lyme and associated diseases - even as you continue to face the ignorance and malicious arrogance of those who fail to recognize the reality of what is happening to so many people. Lyme disease is something that bifurcates the world around you, only really leaving those that show the worst qualities of human beings, but also those heroes who emerge to help people suffering and in need. Thank you for being one of those heroes.

Excellent and a must have for anyone with Lyme disease or other tick-borne diseases!!

Detailed. Comprehensive. Helpful.

Very specific necessary information.

Very informative book.

Excellent. Tremendous work.

Good read so far

Great information and glad Dr. Horowitz publishes these books on Lyme's Disease!

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