

"You will find yourself resonating with Katina's honest, vivid, and beautifully written prose. *Out of the Woods* reaches into the core of what true healing fully entails."

—Neil Nathan, MD, Gordon Medical Associates

Out of the Woods



*Healing from Lyme Disease
for Body, Mind, and Spirit*



Katina I. Makris, CCH, CIH

Foreword by Richard Horowitz, MD
former President of the International Lyme and
Associated Disease Educational Foundation (ILADEF)

Out Of The Woods Healing Lyme Disease Body Mind And Spirit

Holly Bellebuono



Out Of The Woods Healing Lyme Disease Body Mind And Spirit:

Out of the Woods Katina I. Makris, 2015-04-07 At the peak of her career Classical Homeopath and health care columnist Katina Makris was stricken with a mysterious flu Only after five years of torment two completely bedridden and devastating blows to her professional and family life was Katina s illness finally diagnosed as Lyme Disease But diagnosis was only the beginning of her journey toward healing

Out of the Woods Katina I. Makris, 2015-04-07 Hope and practical help for Lyme disease sufferers everywhere More than 300 000 people in the United States are diagnosed with Lyme disease every year and many many more are suffering from Lyme without knowing it Katina Makris was one of those undiagnosed individuals who nearly died from the disease At the peak of her career classical homeopath and health care columnist Katina Makris was stricken with a mysterious flu Only after five years of torment two completely bedridden and devastating blows to her professional and family life was Katina s illness finally diagnosed as Lyme disease Out of the Woods not only shares the brutality of Lyme disease through the telling of Katina s story but it also describes her incredible journey back to full recovery giving thousands of Lyme sufferers hope for their uncertain and frightening futures Katina s memoir is a gripping and inspiring story of healing through faith and perseverance but Out of the Woods extends beyond Katina s personal story Putting her homeopathic training to work Part Two of the book details the nuts and bolts of Lyme disease offering readers up to date information on Eastern and Western treatments Readers will learn about the importance of antibiotics as well as acupuncture homeopathic remedies energy restoration and a path to emotional healing affirming that complete healing from any disease encompasses body mind and spirit

Recovery from Lyme Disease Daniel A. Kinderlehrer, 2021-03-16 From the foreword by world leading Lyme expert Joseph J Burrascano Jr MD A detailed and thoughtful road map is sorely needed And it is in this context that I am so pleased that we have this book by Dr Kinderlehrer I wish I d had a book like this back in the day to guide me It covers just about everything the infections diagnostic tests treatments and yes the all important terrain It gives the reader an in depth but easily understandable guide through the many subtleties of tick borne illnesses I am impressed with the knowledge presented and grateful for this information which has helped so many people recover from chronic illness To anyone touched by tick borne diseases be they a patient a caregiver loved one or health practitioner this book is a must read It will serve as a continuing reference as it gets read and reread to assimilate all it has to offer I congratulate Dr Kinderlehrer and thank him for this most impressive work The ultimate guide to recognizing coping with and overcoming chronic infection Lyme Disease is a substantial problem While the CDC reported 427 000 new cases in 2017 based on surveillance criteria actual numbers based on clinical diagnosis put that number at over one million It is now well accepted that 10 to 20 percent of these cases go on to become a chronic illness and these numbers don t even include those people who became chronically ill without ever witnessing a tick attachment or a bulls eye rash In other words hundreds of thousands of people develop a chronic illness every year This is why Dr Dan Kinderlehrer s book is so important and timely

and has the potential to help millions who are victims of this epidemic His integrative approach offers the most up to date and comprehensive plan available for treating and beating this disease It will discuss brand new treatments such as disulfiram which is being hailed as a major breakthrough as well as the use of cannabis to treat pain and anxiety among other developments in the field With the staggering growth we are seeing in numbers of people afflicted this book becomes more important every day Kinderlehrer is in a unique position to write this book After completing a residency in Internal Medicine in 1979 he opened one of the first practices in the US in what was then called Holistic Medicine After becoming an expert in nutrition and environmental illness he became ill himself with Lyme disease complex His long road to recovery has given him insights into what patients are going through his background in internal medicine trained him to understand the complexities of his multi systemic illness his knowledge of environmental illness has enabled him to evaluate immune dysregulation and his study of energetic medicine spiritual alignment and healing from trauma has yielded insights into how to help patients shift their belief systems to being well Recovery from Lyme Disease is by far the most thorough book available on Lyme Disease Complex It will provide patients with information that will guide them on their healing journeys as well as supplying doctors with instruction on appropriate diagnosis and treatment approaches *Lyme Disease* Mary E. Williams, 2011-12-15 If left untreated Lyme Disease can spread to joints heart and nervous system This guidebook provides essential information on Lyme Disease but also serves as a historical survey by providing information on the controversies surrounding its causes and first person narratives by people coping with Lyme Disease Patients family members or caregivers explain the condition from their own experience The symptoms causes treatments and potential cures are explained in detail Essential to anyone trying to learn about diseases and conditions the alternative treatments are explored Each essay is carefully edited and presented with an introduction so that they are accessible for student researchers and readers When All Else Fails Raven Wright, 2020-07-20 Being in the midst of a chronic illness can be extremely difficult Raven Wright came to realize through a partial recovery and a relapse that the issue was not in fact physical Or it was not only physical She came to recognize that patterns of past trauma and abuse were also in need of healing It became clear that the magnitude of the physical pain and duress that she was in was in fact equal to the amount of emotional pain that she had been carrying around for a lifetime She finally understood that the key to physical healing for her was to heal the entire person The journey of physical emotional and spiritual is what may be missing if a physical recovery isn't happening At the time she was hitting a wall and declining in her healing She realized that she could not simply throw medicine at a broken heart She had to dig deeper There was not one aspect of life past or present that had not been addressed and overturned It was crucial to her recovery And because she turned this into an opportunity for healing her life became more fulfilling and happy than she could have ever imagined Diagnostic Controversy Carolyn Smith-Morris, 2015-08-20 This collection is dedicated to the diagnostic moment and its unrivaled influence on encompassment and exclusion in health care Diagnosis is

seen as both an expression and a vehicle of biomedical hegemony yet it is also a necessary and speculative tool for the identification of and response to suffering in any healing system Social scientific studies of medicalization and the production of medical knowledge have revealed tremendous controversy within and factitiousness at the outer parameters of diagnosable conditions Yet the ethnographically rich and theoretically complex history of such studies has not yet congealed into a coherent structural critique of the process and broader implications of diagnosis This volume meets that challenge directing attention to three distinctive realms of diagnostic conflict in the role of diagnosis to grant access to care in processes of medicalization and resistance and in the transforming and transformative position of diagnosis for 21st century global health Smith Morris s framework repositions diagnosis as central to critical global health inquiry The collected authors question specific diagnoses e g Lyme disease Parkinson s andropause psychosis as well as the structural and epistemological factors behind a disease s naming and experience

An Herbalist's Guide to Formulary Holly Bellebuono, 2017-11-08

Explore the ancient art of formulary with award winning herbalist Holly Bellebuono s comprehensive guide to creating effective herbal medicine Organized by body systems An Herbalist s Guide to Formulary shows how to design a holistic treatment for acute and chronic conditions Packed with detailed information on more than one hundred plants An Herbalist s Guide to Formulary is the go to reference for formulary Holly presents her 4 tier formula structure a commonsense way to integrate a wide range of herbal actions while keeping the formula simple She also shares the history of healing traditions as well as personal and clinical examples that illustrate the art of combining plants for illnesses preventative care and overall wellness With this book s guidance healing arts practitioners can turn formulary into a rewarding and practical skill Praise Holly has blended the richness of the Western herbal tradition with the transformative insights of modern holistic medicine This book is a cornucopia of herbal insights David Hoffmann BS FNIMH medical herbalist

Out of the Woods Katina I. Makris, 2011

[Autoimmune Illness and Lyme Disease Recovery Guide](#) Katina I. Makris, 2015-08-18

Don t let an autoimmune disorder leave you torn apart learn to mend from the inside out The occurrence of autoimmune illnesses has spiked dramatically over the last forty years MS rheumatoid arthritis and fibromyalgia are plaguing people worldwide The suffering is vast and the dependency on medication and the amount of physician care involved are overwhelming the health care system Most disturbing is that people do not necessarily heal from diseases like lupus or chronic fatigue syndrome they merely manage their disability Katina I Makris veteran natural health care practitioner and former sufferer of CFS fibromyalgia and Lyme carefully explains the mechanisms at play with autoimmune illness The body is not compartmentalized into illness symptomology but is integrated and whole the mind body spirit are entwined as one searching for balance or homeostasis she writes With clear insight into our seven energy chakra centers and the correlation to our bodily systems and specific emotional interplay Autoimmune Illness and Lyme Disease Recovery Guide is a manual and workbook educating readers on the role of Integrative Medicine and dietary and lifestyle management for optimizing

recovery potentials as well as how to ignite the mind body healing pathway Makris shows us how to attune to the innate healing gifts we all bear Instead of being fragmented and dependent on outside sources such as drugs and doctors the tools Makris offers teach us how to mend ourselves because when we are whole we are well **Lyme Whisperer** Joy Pelletier Devins,2014-11-13 In Lyme Whisperer The Secret s Out Joy lets you in on her conversations or whispers with Borrelia the bacteria that causes Lyme If you ve ever wondered how Borrelia could be compared to the White Witch from the Chronicles of Narnia the transformer Megatron the serpent monster from Harry Potter Snow White s apple a Disney World roller coaster ride The Perfect Storm a World War Z zombie or Gone with the Wind then this book is for you If you haven t wondered any of this before you should be wondering now This book is for Lyme warriors Lyme friends Lyme family Lyme doctors Lyme legislators the Lyme curious and even Lyme skeptics It s for everyone because quite simply Lyme is the epidemic of our time Join Joy as she whispers defiantly to Borrelia in her fight against Lyme A fight filled with humor and hope She s not crazy And she s not alone

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