

vibrant wellness lyme test

Vibrant Wellness Lyme Test: A Comprehensive Guide

Are you experiencing unexplained fatigue, joint pain, or brain fog? Have you considered Lyme disease? Getting accurate testing is crucial, and understanding the intricacies of Lyme disease testing, particularly with providers like Vibrant Wellness, is key to receiving the right diagnosis and treatment. This comprehensive guide will delve deep into the Vibrant Wellness Lyme test, explaining what it entails, its benefits and limitations, and what to expect throughout the process. We'll also address common questions and concerns surrounding Lyme testing in general.

Understanding Lyme Disease and the Challenges of Diagnosis

Lyme disease, caused by the bacterium *Borrelia burgdorferi*, is transmitted through the bite of infected blacklegged ticks. While often associated with a characteristic "bull's-eye" rash, many Lyme infections present without this telltale sign, making early diagnosis challenging. Furthermore, the symptoms can mimic those of other illnesses, leading to delays in diagnosis and treatment. This is why choosing the right testing method and interpreting the results correctly are paramount.

The complexities of Lyme disease extend beyond just the initial infection. The bacteria can disseminate throughout the body, affecting various organ systems and leading to a wide range of symptoms, including:

Fatigue: Persistent, overwhelming tiredness.

Joint pain: Arthritis-like symptoms, often migrating from joint to joint.

Neurological symptoms: Headaches, cognitive dysfunction ("brain fog"), memory problems, numbness, tingling, and even paralysis.

Skin rashes: While the bull's-eye rash is common, other rashes can occur.

Cardiac problems: Irregular heartbeat, palpitations.

The Vibrant Wellness Lyme Test Approach

Vibrant Wellness is a functional medicine lab that offers a comprehensive approach to Lyme disease testing. Unlike standard Lyme tests offered by many conventional labs, Vibrant Wellness often employs a multi-pronged strategy, frequently incorporating several testing methods to increase the likelihood of detecting the infection even in its later stages. This approach is often appreciated by those who have experienced negative results with conventional testing. They often incorporate tests that look for:

Antibody tests (IgG and IgM): These tests detect antibodies your body produces in response to the *Borrelia burgdorferi* bacteria. However, these tests can yield false negatives, especially in early stages of infection or if the infection is chronic.

Antigen tests: These tests detect the presence of bacterial antigens themselves. These are less frequently used than antibody tests.

PCR testing (Polymerase Chain Reaction): This molecular test detects the bacteria's genetic material. While considered more specific, it can also produce false negatives, particularly if the infection is not

actively shedding bacteria.

It's crucial to understand that Vibrant Wellness doesn't just rely on a single test. Their approach usually involves a combination of tests, along with a thorough review of your medical history and symptoms. This holistic approach is designed to improve the chances of accurate diagnosis.

Interpreting Vibrant Wellness Lyme Test Results

Interpreting Lyme test results requires expertise. A positive result on any of the tests utilized by Vibrant Wellness doesn't automatically confirm Lyme disease. A negative result doesn't rule it out either. False negatives are common, especially with antibody tests performed early in the infection. Your physician, ideally someone familiar with Lyme disease and functional medicine, will interpret the results in the context of your complete clinical picture. This means they will consider your symptoms, medical history, exposure to ticks, and the results of all the tests performed.

The Importance of a Holistic Approach to Lyme Disease Treatment

If Lyme disease is suspected or confirmed, treatment is crucial. Vibrant Wellness often advocates for a holistic approach to treatment, which typically goes beyond simply prescribing antibiotics. This may involve:

Antibiotics: The cornerstone of Lyme disease treatment, antibiotics help kill the bacteria. The duration and type of antibiotic treatment vary depending on the severity and stage of the infection.

Dietary changes: Supporting the body's immune system through nutrition plays a critical role.

Lifestyle adjustments: Reducing stress, getting adequate sleep, and engaging in gentle exercise can significantly support recovery.

Supplements: Certain supplements may help support detoxification and immune function.

Benefits and Limitations of Using Vibrant Wellness for Lyme Testing

Benefits:

Comprehensive testing: Vibrant Wellness frequently uses a more in-depth testing strategy than many conventional labs.

Holistic approach: Their approach integrates testing with a comprehensive evaluation of your health history and symptoms.

Functional medicine perspective: This approach considers the interplay between various bodily systems and seeks to address the root cause of illness.

Limitations:

Cost: Vibrant Wellness's tests are typically more expensive than standard Lyme tests.

Insurance coverage: Insurance coverage may vary and is not always guaranteed.

Interpretation requires expertise: The results require careful interpretation by a knowledgeable healthcare provider familiar with Lyme disease and the specific tests used.

Conclusion

The Vibrant Wellness Lyme test offers a more comprehensive approach than many conventional options. However, it's essential to remember that no single test definitively diagnoses Lyme disease. A holistic approach, incorporating multiple tests, a thorough medical history, and consideration of symptoms, is crucial for accurate diagnosis and effective treatment. Always consult with a qualified healthcare professional experienced in Lyme disease for interpretation of results and guidance on treatment.

FAQs

1. Is the Vibrant Wellness Lyme test covered by insurance? Insurance coverage varies widely. Contact your insurance provider directly to inquire about coverage for specific tests offered by Vibrant Wellness.
1. How long does it take to get results from the Vibrant Wellness Lyme test? Turnaround time can vary, depending on the specific test and the lab's current workload. It's best to check directly with Vibrant Wellness for estimated turnaround times.
1. What if the Vibrant Wellness Lyme test comes back negative, but I still suspect I have Lyme disease? A negative result doesn't exclude Lyme disease. Discuss your persistent symptoms and concerns with your doctor, who might consider further testing or alternative approaches.
1. Can I order the Vibrant Wellness Lyme test directly? You typically need a physician's order to conduct testing through Vibrant Wellness. Contact your doctor to discuss if this testing is appropriate for you.
1. What is the cost of a Vibrant Wellness Lyme test? The cost varies based on the specific tests ordered. Contact Vibrant Wellness directly for pricing information. It is typically more expensive than standard Lyme testing.

vibrant wellness lyme test: Rising Above Lyme Disease Julia Greenspan, 2019-01-08 Rising Above Lyme Disease is a comprehensive, whole-body approach to overcoming Lyme disease and reclaiming your life. Incidence of Lyme disease is skyrocketing. If caught early, antibiotics can often successfully treat it, but more often than not, Lyme is asymptomatic and evades diagnosis until it is a full-blown, chronic condition that requires a multi-faceted treatment plan. In *Rising Above Lyme Disease*, renowned naturopath and Lyme-literate doctor Julia Greenspan presents a Comprehensive and Alternative Medicine (CAM) approach for recovery for those who have been suffering with this disease for weeks, months, years, or even decades. Operating from the front lines of the epidemic in New England, she gives hope to those who thought there was none, or feel unheard by all those around them. Dr. Greenspan's integrative treatment plan addresses not only the body, but the mind as well, and includes: Standard protocols such as antibiotic and probiotic care, which can be essential to long-term healing (despite fears) Detoxing and dietary changes that help get proven results Therapies such as yoga, massage, earthing, and qi gong Therapies that dig deeper (when nothing else seems to be working) and focus on removing obstacles to healing, such as past trauma, negative beliefs about self, unhealthy lifestyle choices, genetics, hormone imbalance, environmental toxins, and other infections—all of which have a very real, and often overlooked, effect on recovery Through this comprehensive approach that focuses on the whole person and the very personal ways in which the disease may affect one's life, it is possible to find relief, become your best advocate, and ultimately, rise above Lyme.

vibrant wellness lyme test: The Virus and the Host Doctor Chris Chlebowski, 2022-09-21 Learn how to take control of your health—and decrease susceptibility to infectious viral disease before it strikes. There will almost certainly be more pandemics in our future. Yet, during the coronavirus crisis, not a single major public health official took the simple step of telling Americans what we all need to hear: Robust good health—healthy immunity, low inflammation, low toxic burden, and freedom from stealth infection and chronic disease—is our best defense against infectious viral disease. Of course, it's not that simple. The way our bodies interact with infectious disease is complicated—both a function of the “germ” and the “terrain”—the virus and the host. In *The Virus and the Host*, Dr. Chlebowski succinctly describes emerging science on the virome and how toxic exposure, chronic inflammation, infections, and chronic diseases interact and predispose us to poor outcomes from acute viral infection. He then clearly outlines the tools needed for better health, including: How to eat like your life depends on it The best nutrients to supercharge your immunity How to harness the power of botanical medicine How to detoxify simply and safely at home Valuable information on simple treatment and recommended diagnostic tests for given conditions As we move forward from the tragedy of COVID-19, it is essential that we come together to learn from our mistakes, and work hard—and work together—to prevent a similar crisis in the future. When the next pandemic hits, we need to be better prepared. Now is the time to do something, and it is the best investment we can make so that when—not if—the next “big one” hits we can keep our loved ones and ourselves safe and healthy. A gem of a book at a timely moment in history.—Stephanie Seneff, author of *Toxic Legacy* This book left me feeling optimistic and empowered, and gave me greater knowledge about the history of viruses, as well as their future.”—Erin Elizabeth, author; public speaker; founder, Health Nut News

vibrant wellness lyme test: Conquering Lyme Disease Brian A. Fallon, Jennifer Sotsky, 2017-12-12 Lyme disease is the most common tick-borne illness in the United States, with more than 300,000 cases diagnosed each year. However, doctors are deeply divided on how to diagnose and treat it, giving rise to the controversy known as the “Lyme Wars.” Firmly entrenched camps have emerged, causing physicians, patient communities, and insurance providers to be pitted against one another in a struggle to define Lyme disease and its clinical challenges. Health care providers may not be aware of its diverse manifestations or the limitations of diagnostic tests. Meanwhile, patients have felt dismissed by their doctors and confused by the conflicting opinions and dubious self-help information found online. In this authoritative book, the Columbia University Medical Center physicians Brian A. Fallon and Jennifer Sotsky explain that, despite the vexing “Lyme Wars,” there is

cause for both doctors and patients to be optimistic. The past decade's advances in precision medicine and biotechnology are reshaping our understanding of Lyme disease and accelerating the discovery of new tools to diagnose and treat it, such that the great divide previously separating medical communities is now being bridged. Drawing on both extensive clinical experience and cutting-edge research, Fallon, Sotsky, and their colleagues present these paradigm-shifting breakthroughs in language accessible to both sides. They clearly explain the immunologic, infectious, and neurologic basis of chronic symptoms, the cognitive and psychological impact of the disease, as well as current and emerging diagnostic tests, treatments, and prevention strategies. Written for the educated patient and health care provider seeking to learn more, *Conquering Lyme Disease* gives an up-to-the-minute overview of the science that is transforming the way we address this complex illness. It argues forcefully that the expanding plague of Lyme and other tick-borne diseases can be confronted successfully and may soon even be reversed.

vibrant wellness lyme test: [Dirty Girl](#) Wendie Trubow, Ed Levitan, 2021-10-12 Joint pain, chronic fatigue, hair loss, eczema, and plain old smelly gas. At first, you blamed it on getting older, even if you are in your twenties. Now? There are just too many issues to ignore. More importantly, you're tired of waiting to feel better-you won't ignore these symptoms anymore. No matter your age, gender, or background, if this sounds like you, it's time for a change. It's time to ditch the toxins and finally come clean. In *Dirty Girl*, physicians and functional medicine experts Wendie Trubow and Ed Levitan let you in on the answers you've been looking for to feel your best, age gracefully, and finally understand what your body has been trying to tell you. Along with stories from Wendie's own detoxification journey, you'll learn what other patients have done to identify the toxins causing chaos and illness and eliminate them from their lives. This how-to book shows you what to focus on, why a personal evaluation is a must, and how to take the first step-and the next-toward the healthiest, happiest you.

vibrant wellness lyme test: [The Autoimmune Wellness Handbook](#) Mickey Trescott, Angie Alt, 2016-11-01 The way autoimmune disease is viewed and treated is undergoing a major change as an estimated 50 million Americans (and growing) suffer from these conditions. For many patients, the key to true wellness is in holistic treatment, although they might not know how to begin their journey to total recovery. *The Autoimmune Wellness Handbook*, from Mickey Trescott and Angie Alt of Autoimmune-Paleo.com, is a comprehensive guide to living healthfully with autoimmune disease. While conventional medicine is limited to medication or even surgical fixes, Trescott and Alt introduce a complementary solution that focuses on seven key steps to recovery: inform, collaborate, nourish, rest, breathe, move, and connect. Each step demystifies the process to reclaim total mind and body health. With five autoimmune conditions between them, Trescott and Alt have achieved astounding results using the premises laid out in the book. *The Autoimmune Wellness Handbook* goes well beyond nutrition and provides the missing link so that you can get back to living a vibrant, healthy life.

vibrant wellness lyme test: [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.

vibrant wellness lyme test: Diagnostic Bacteriology Kimberly A. Bishop-Lilly, 2017-06-10 This volume provides a comprehensive collection of protocols on molecular diagnostics of bacteria that will suit the needs of molecular biologists, clinical laboratorians, and physician scientists alike. Chapters detail common bacterial pathogens, protocols that can be applied to diverse or even unknown pathogens, digital PCR, next generation sequencing, and bioinformatic analyses. Written in the highly successful Methods in Molecular Biology series format, chapters include introductions to their respective topics, lists of the necessary materials and reagents, step-by-step, readily reproducible laboratory protocols, and tips on troubleshooting and avoiding known pitfalls. Authoritative and practical, Diagnostic Bacteriology: Methods and Protocols delivers a wide range of assay types all on the cutting edge of diagnostic bacteriology.

vibrant wellness lyme test: Harmonic Healing DR LINDA. LANCASTER, 2019-04-16 For four decades, Dr Linda Lancaster's healing knowledge has been available only to her star-studded client list, including Mamma Mia's Amanda Seyfried. In Harmonic Healing, her first book, she shares her lifetime of knowledge with readers for the first time. In this book, she introduces readers to what she likes to call 'The Invisible Within the Visible', the energetic roots of ill health - caused by toxins, radiations, shock and stress - and how these invisible attacks on the energetic level manifest in the physical, starting in the liver. She also offers a comprehensive, doable and affordable programme to help readers rebalance their health and achieve a state of comprehensive wellbeing. Dr Lancaster's six-week programme is based on natural ingredients and non-chemical processes, requiring no expensive supplements. Readers will learn how to remove energetic interferences and reclaim their health through positive lifestyle changes, including cleansing foods, detoxifying baths and homeopathic remedies. Harmonic Healing is co-written with Amely Greeven, New York Times bestselling co-writer of Clean by Dr Alejandro Junger, Primal Fat Burner by Nora Gedgaudas, and Dr Frank Lipman's forthcoming book.

vibrant wellness lyme test: Medical Medium Anthony William, 2015-11-10 HEALING WISDOM THAT'S DECADES AHEAD OF ITS TIME Anthony William, the one and only Medical Medium, has helped tens of thousands of people heal from ailments that have been misdiagnosed or ineffectively treated or that doctors can't resolve. He's done this by listening to a divine voice that literally speaks into his ear, telling him what lies at the root of people's pain or illness and what they need to do to restore their health. His methods achieve spectacular results, even for those who have spent years and many thousands of dollars on all forms of medicine before turning to him. Now, in

this revolutionary book, he opens the door to all he has learned in over 25 years of bringing people's lives back: a massive amount of healing information, much of which science won't discover for decades, and most of which has never appeared anywhere before. Medical Medium reveals the root causes of diseases and conditions that medical communities either misunderstand or struggle to understand at all. It explores all-natural solutions for dozens of the illnesses that plague us, including: · Lyme disease · Fibromyalgia · Adrenal fatigue · Chronic fatigue syndrome · Hormonal imbalances · Hashimoto's disease · Multiple sclerosis · Depression · Neurological conditions · Chronic inflammation · Autoimmune disease · Blood sugar imbalances · Colitis and other digestive disorders · And more It also offers solutions for restoring the soul and spirit after illness has torn at our emotional fabric. Whether you've been given a diagnosis you don't understand, or you have symptoms you don't know how to name, or someone you love is sick, or you want to care for your own patients better, Medical Medium offers the answers you need. It's also a guidebook for everyone seeking the secrets to living longer, healthier lives. The truth about the world, ourselves, life, purpose—it all comes down to healing, Anthony William writes. And the truth about healing is now in your hands.

vibrant wellness lyme test: The Inflammation Spectrum Dr. Will Cole, Eve Adamson, 2019-10-15 From the international bestselling author of Ketotarian comes a revolutionary new plan to discover the foods your unique body loves, hates, and needs to feel great. In Dr. Will Cole's game-changing new book, readers will discover how inflammation is at the core of most common health woes. What's more, it exists on a continuum: from mild symptoms such as weight gain and fatigue on one end, to hormone imbalance and autoimmune conditions on the other. How you feel is being influenced by every meal. Every food you eat is either feeding inflammation or fighting it. Because no one else is you, the foods that work well for someone else may not be right for your body. At heart, The Inflammation Spectrum is about learning to love your body enough to nourish it with delicious, healing foods. You'll find insightful quizzes and empowering advice to put you on a path toward food freedom and overall healing, once and for all.

vibrant wellness lyme test: The Emotion Code Dr. Bradley Nelson, 2019-05-07 I believe that the discoveries in this book can change our understanding of how we store emotional experiences and in so doing, change our lives. The Emotion Code has already changed many lives around the world, and it is my hope that millions more will be led to use this simple tool to heal themselves and their loved ones.—Tony Robbins In this newly revised and expanded edition of The Emotion Code, renowned holistic physician and lecturer Dr. Bradley Nelson skillfully lays bare the inner workings of the subconscious mind. He reveals how emotionally-charged events from your past can still be haunting you in the form of trapped emotions—emotional energies that literally inhabit your body. These trapped emotions can fester in your life and body, creating pain, malfunction, and eventual disease. They can also extract a heavy mental and emotional toll on you, impacting how you think, the choices that you make, and the level of success and abundance you are able to achieve. Perhaps most damaging of all, trapped emotional energies can gather around your heart, cutting off your ability to give and receive love. The Emotion Code is a powerful and simple way to rid yourself of this unseen baggage. Dr. Nelson's method gives you the tools to identify and release the trapped emotions in your life, eliminating your “emotional baggage,” and opening your heart and body to the positive energies of the world. Filled with real-world examples from many years of clinical practice, The Emotion Code is a distinct and authoritative work that has become a classic on self-healing.

vibrant wellness lyme test: Prescription for Happiness Robin Berzin, 2023-03-14 A “compassionate, authoritative, and wise” (Mark Hyman, MD, New York Times bestselling author of The Pegan Diet) 30-day program that “will shift the way you think about your body and your health” (Gabrielle Bernstein, #1 New York Times bestselling author and international speaker) based on a paradigm-shifting idea: You have to change your body to change your mind and mood. Prescription for Happiness offers a 30-day program for reaching a new level of energy, clarity, and calm. Too often, conventional medicine treats the mind as separate from the body. However, science shows that physical issues, such as chronic illness and weight fluctuation, are oftentimes intricately

entwined with mental health conditions like depression, anxiety, fatigue, and more. This must-read book explores the new science of optimizing the body in ways that will help anyone attain a new baseline for energy, calm, and optimism. Dr. Berzin draws on cutting-edge research and her work with thousands of patients to tell the complete story of how our physical health influences our energy level, mood, focus, and emotional wellbeing. This builds on her work at her nationally renowned holistic health service Parsley Health, where Dr. Berzin and her team of over 100 highly trained medical providers focus on treating the whole patient, yielding extraordinary results for those dealing with gastrointestinal, hormone-related, autoimmune, and mental health conditions. Leveraging Parsley's unique patient data and successful proprietary protocols, *Perscription for Happiness* is the ultimate gateway to creating your new baseline for peak physical and mental health.

vibrant wellness lyme test: Optimal Wellness Ralph Golan, M.D., 1995-09-26 If you fall into the gray zone between health and disease but your physician can't find anything wrong ... if you have an illness for which modern medicine can offer no cure ... if your medical treatments are working, but you still don't feel healthy, then *Optimal Wellness* is just what the doctor ordered. This empowering self-care guide challenges the crisis/disease orientation of modern medicine -- prescription drugs, expensive surgery, and high-tech intervention -- and points the way to a more comprehensive system of health care that heals the whole person. Learn to identify and understand the Ten Common Denominators of illness that most frequently threaten optimal health. Take the Master Symptom Survey, which reveals the hidden conditions that are eroding your good health. Find a practical framework for identifying dietary hazards and creating your own optimal diet. Learn about recommended dosages for vitamins, minerals, and herbal remedies --New age and age-old approaches to wellness, such as fasting, herbal medicine, and energy medicine. Read the guidelines for choosing and working more effectively with your doctor and other health professionals. And much, much more.

vibrant wellness lyme test: Sick Porochista Khakpour, 2018-06-05 A Best Book of the Year: Real Simple, Entropy, Mental Floss, Bitch Media, The Paris Review, and LitHub. Time Magazine's Best Memoirs of 2018 • Boston Globe's 25 Books We Can't Wait to Read in 2018 • Buzzfeed's 33 Most Exciting New Books • GQ Best Non Fiction Book of 2018 • Bustle's 28 Most Anticipated Nonfiction Books of 2018 list • Nylon's 50 Books We Can't Wait to Read in 2018 • Electric Literature's 46 Books to Read By Women of Color in 2018 "Porochista Khakpour's powerful memoir, *Sick*, reads like a mystery and a reckoning with a love song at its core. Humane, searching, and unapologetic, *Sick* is about the thin lines and vast distances between illness and wellness, healing and suffering, the body and the self. Khakpour takes us all the way in on her struggle toward health with an intelligence and intimacy that moved, informed, and astonished me." — Cheryl Strayed, New York Times bestselling author of *Wild* A powerful, beautifully rendered memoir of chronic illness, misdiagnosis, addiction, and the myth of full recovery. For as long as author Porochista Khakpour can remember, she has been sick. For most of that time, she didn't know why. Several drug addictions, some major hospitalizations, and over \$100,000 later, she finally had a diagnosis: late-stage Lyme disease. *Sick* is Khakpour's grueling, emotional journey—as a woman, an Iranian-American, a writer, and a lifelong sufferer of undiagnosed health problems—in which she examines her subsequent struggles with mental illness and her addiction to doctor prescribed benzodiazepines, that both aided and eroded her ever-deteriorating physical health. Divided by settings, Khakpour guides the reader through her illness by way of the locations that changed her course—New York, LA, Santa Fe, and a college town in Germany—as she meditates on the physiological and psychological impacts of uncertainty, and the eventual challenge of accepting the diagnosis she had searched for over the course of her adult life. A story of survival, pain, and transformation, *Sick* candidly examines the colossal impact of illness on one woman's life by not just highlighting the failures of a broken medical system but by also boldly challenging our concept of illness narratives.

vibrant wellness lyme test: Beat Autoimmune Palmer Kippola, 2019-04-30 Reverse your

negative health trajectory and start the journey towards healing and resilient health with Palmer Kippola's groundbreaking plan to erase the effects of autoimmune disease. "An empowering and actionable guidebook that simplifies the steps back to health. Highly recommended!" —Izabella Wentz, PharmD, FASCP and #1 New York Times bestselling author of Hashimoto's Protocol Palmer Kippola is on a mission to make autoimmune disease history. When she was diagnosed with Multiple Sclerosis at age 19, she began a journey toward healing that resulted in a complete reversal of her symptoms. Now, with the help of leading medical experts, including renowned specialists in immunology and longevity from UCLA and Stanford medical schools, as well as leading practitioners in the field of autoimmunity and functional medicine, Kippola wants to help you find freedom from disease too. This comprehensive book is the first to explore all six of the critical lifestyle factors that are the root causes of autoimmune conditions—and the sources of regaining health: * Discover the foods that can trigger disease as well as healthy solutions to fit your personal nutritional profile *Explore the impact of common, often-undiagnosed infections and ways to optimize your immunity naturally *Learn how gut health is the key to recovery *Gain insight on how hormone imbalances can disrupt healing and how to assess your hormone levels *Eliminate environmental toxins in your home and body, and learn how to live a detox lifestyle *Reduce stress and build resilience Drawing on her own inspiring return to resilient health, as well as the healing stories of a dozen medical doctors and practitioners, plus years of research with autoimmune experts, Palmer Kippola gives readers the tools to beat autoimmune disease—and the hope that relief and healing are possible. "An excellent resource for those who want to use an integrative and functional medicine approach to support their healing journey!" —Terry Wahls, MD, author of The Wahls Protocol: A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles

vibrant wellness lyme test: Unlocking Lyme William Rawls, 2017 My greatest credential as a physician treating Lyme disease is that I've lived it. I've experienced virtually every symptom of Lyme disease, and in the process, learned exactly what it takes to overcome it. -- Bill Rawls, MD Lyme disease is one of the most puzzling illnesses on the planet. Anyone who has suffered from its debilitating symptoms knows the frustrations of trying to find a cure. Many sufferers drag themselves from one doctor or alternative practitioner to the next, getting lost in a maze of lab tests, prescription drugs, procedures and remedies. Thousands of dollars and months (or years) later, they realize they are no better off than where they started - in misery. Unlocking Lyme puts an end to this desperate quest. Written by Dr. Bill Rawls, a physician who overcame Lyme disease himself, this book is a comprehensive, practical resource full of solutions that work. What took Dr. Rawls 10 years to learn through intense research and personal experience, you can now learn and implement in a matter of months. DR. RAWLS' STORY Dr. Rawls was in the middle of a successful OB/GYN career when Lyme disease interrupted his life. In his struggle to overcome Lyme disease, he left no stone unturned. From conventional medicine to the full range of alternative therapies, Dr. Rawls researched every possible option to restore his health. Ultimately, he embraced modern herbal therapy as his preferred solution, but he recognizes that the path may be different for each person. INSIDE THE BOOK Unlocking Lyme is the sum of Dr. Rawls' experience, research, and practical solutions to date. The book is divided into four parts, each part addressing a critical aspect of recovery: Part 1 - Provides an overview of common misconceptions about what Lyme disease is (hint: it's more than just a tick bite and Borrelia infection) Part 2 - Provides information on how to obtain a diagnosis, despite current limitations in diagnostic testing for Lyme Part 3 - Discusses limitations of long-term antibiotic use, and offers an overview of holistic and non-toxic therapies for healing and symptom control (including pain, depression, insomnia) Part 4 - Explains how to embrace a healthier lifestyle so you can stay well; learn how to strengthen your immune system, microbiome, and balance in your body In the years since his recovery, Dr. Rawls has helped thousands of patients find their path to healing from Lyme disease. Unlocking Lyme brings together Dr. Rawls' accumulated knowledge and is the key you need to get your life back. TESTIMONIALS Dr. Rawls understands the misery of chronic Lyme disease firsthand. Unlocking Lyme shares the approaches that he used to successfully recover his own health, and helps the reader understand that there is so

much that can be done to regain a state of wellness and optimal health.- Scott Forsgren, Editor and Founder, BetterHealthGuy.com Dr. Rawls has spoken on his approach to Lyme disease for the past several years; his comprehensive approach and lifestyle guidance has helped many of our members. We heartily endorse his approach to helping deal with the symptoms of Lyme and other tick-borne illnesses.- John Dorney, President, NC Lyme Disease Foundation Unlocking Lyme delves into the science behind Lyme disease, explaining what it is, but more importantly how it can be overcome. Dr. Rawls carefully explains the various treatments for Lyme, leaving the reader feeling informed and empowered.- Julie Ryan, E-Health Advocate, CountingMySpoons.com

vibrant wellness lyme test: Biting Back Donald Liebell, 2015-09-19 WHY YOU CAN GET WELL Tired of self-doctoring with complicated herb and diet protocols, or risky and obscenely expensive long-term antibiotic therapy? Had enough of the controversy, politics, and conspiracy theory hype of Lyme wars? Look no further; help is on the way! No matter how bleak your situation is, no matter how many different treatments have been tried, in just a matter of months, you could be riding the road to recovery, after reading Biting Back. It is the boldest, most comprehensive, and no-holds-barred book ever written about solutions for the most misunderstood, and medically mismanaged epidemics of our time: Lyme disease. Biting Back debunks the many myths about Lyme disease, its diagnosis, and its treatment, and finally puts a stop to the madness. It unleashes the strategies used to liberate victims of tick-triggered illness from a world of pain, fatigue, and misery, so YOU can become the next success story, and join the elite group of people from around North America, who have finally gotten well.

vibrant wellness lyme test: The Candida Cure Ann Boroch, 2018-02-06 The cult-classic book, revised and updated with a quick start cleanse, easy recipes, and more. Foreword by David Perlmutter, MD, author of Grain Brain. Many of the most common symptoms and illnesses that plague us today—anything from fatigue, bloating, and weight gain to arthritis, allergies, depression, prostate problems and multiple sclerosis—can be traced back to a surprising source: Yeast. Yeast and fungal overgrowth—called candida—affects millions and is a hidden cause of many health conditions. One out of three people suffer from candida overgrowth, which is also associated with asthma, hypoglycemia/diabetes, hypothyroid, brain fog and anxiety/depression. In a chronic state, yeast overgrowth can also lead to conditions such as lupus, MS, fibromyalgia, chronic fatigue syndrome, autism, and even cancer. The Candida Cure, newly revised, is the most current and concise book on this subject. Ann Boroch, certified nutritional consultant, naturopath, and author of Healing Multiple Sclerosis, shares her proven ninety-day program to beat candida and restore your health and energy. She reveals how the body can quickly get out of balance as a result of high stress levels, poor diet, antibiotic and steroid use, hormone replacement therapy, and chemotherapy. This simple and effective guide provides user-friendly information and practical tools to bring your body back into balance: A candida questionnaire Common yeast-related health conditions Candida symptoms as they specifically pertain to men, women, and children Step-by-step ninety-day program to beat candida Delicious recipes and recommended foods Two weeks of sample menus Recommended supplement schedules. “A fascinating guide for anyone seeking health and vitality.” —Gabrielle Bernstein, New York Times–bestselling author of May Cause Miracles

vibrant wellness lyme test: Sexy Forever Suzanne Somers, 2010-12-28 What If Your Weight Wasn't Your Fault? If you are like most, you have tried to find an easy, enjoyable, permanent weight loss solution. One that doesn't make you give up too many of your favorite foods, have you working out like a maniac, and won't fail you in the long run. But long-term success is awfully hard if you don't address the hidden culprit behind the excess fat we carry: the toxic burden our bodies have accumulated. Whether you have just a few pounds to lose or are battling more, this new plan from health pioneer Suzanne Somers will give you the knowledge you need to easily combat these toxins and become slim, vibrant, healthy, and sexy . . . forever. Within the pages of Sexy Forever you will discover: Thousands of FDA-approved chemicals and toxins surrounding us every day that sabotage our health and weight—and how to conquer these enemies. A simple-to-follow three-phase weight loss program, filled with rich, delicious foods. Plus, a special Detox Phase that has been designed to

release your toxic burden and blast off those first—or last few—pounds. All-new delicious recipes, with menus for fabulous eating every day. A moderate (hint: fast and easy!) exercise program to keep you fit and healthy. Ways to jump-start your success: cutting-edge, natural tools and products to make every step of the plan faster, easier, and more convenient. Includes amazing supplements and weight loss products to help catapult your success. A simple test that could unlock the hidden secret to your personal food demons—food sensitivities or intolerances that could silently be keeping you overweight or even chronically ill. How to achieve natural hormonal balance: the missing ingredient for every person over forty that must be added to make any plan successful. An all-access pass to revered doctors, experts, and nutritionists who helped Suzanne craft the plan. **YOU CAN WIN THIS BATTLE. YOUR GOALS ARE ACHIEVABLE.** Stay the course and you'll be on the path to regaining the vibrant health you were born to have. *Sexy Forever* is your ticket there.

vibrant wellness lyme test: Demographics and the Demand for Higher Education Nathan D. Grawe, 2018 The economics of American higher education are driven by one key factor--the availability of students willing to pay tuition--and many related factors that determine what schools they attend. By digging into the data, economist Nathan Grawe has created probability models for predicting college attendance. What he sees are alarming events on the horizon that every college and university needs to understand. Overall, he spots demographic patterns that are tilting the US population toward the Hispanic southwest. Moreover, since 2007, fertility rates have fallen by 12 percent. Higher education analysts recognize the destabilizing potential of these trends. However, existing work fails to adjust headcounts for college attendance probabilities and makes no systematic attempt to distinguish demand by institution type. This book analyzes demand forecasts by institution type and rank, disaggregating by demographic groups. Its findings often contradict the dominant narrative: while many schools face painful contractions, demand for elite schools is expected to grow by 15+ percent. Geographic and racial profiles will shift only slightly--and attendance by Asians, not Hispanics, will grow most. Grawe also use the model to consider possible changes in institutional recruitment strategies and government policies. These what if analyses show that even aggressive innovation is unlikely to overcome trends toward larger gaps across racial, family income, and parent education groups. Aimed at administrators and trustees with responsibility for decisions ranging from admissions to student support to tenure practices to facilities construction, this book offers data to inform decision-making--decisions that will determine institutional success in meeting demographic challenges--

vibrant wellness lyme test: Mast Cells United: A Holistic Approach to Mast Cell Activation Syndrome Amber Walker, 2019-03-16 At 542 pages and referencing over 1200 academic articles, this book is the longest and most thorough resource on mast cell activation syndrome (MCAS) to date. Allergies and anaphylaxis are on the rise, alongside gastrointestinal problems, skin issues, fatigue, orthopedic pain, neurological symptoms, and just about everything in between. Patients are coming out of the woodwork with chronic, debilitating, often invisible illness. Recent research estimates that 14%-17% of the population may have mast cell activation disease. Much of the medical community has never heard of the condition, and existing mainstream treatment tends to focus predominantly on pharmacological management. However, once a patient has reached a stable baseline, there are a number of other individualized approaches that can guide patients to successfully address the underlying root issues. This book includes: 1) an in-depth overview of mast cell activation disease, with a focus on mast cell activation syndrome (MCAS); 2) a patient story describing life with MCAS; 3) a detailed literature review and current hypotheses for disease origins; 4) a practical guide of clinical considerations for diagnosis; 5) a chapter devoted to comorbid conditions, including Ehlers-Danlos syndrome, POTS, Lyme disease and much more; 6) several chapters devoted to mainstream and natural treatment options, dietary considerations, and strategies for holistic healing; 7) content from dozens of interviews with prominent MCAS experts, including specialists in allergy/immunology, hematology, functional medicine, naturopathy, psychology, nutrition, gastroenterology, physical therapy, clinical research, and more! Whether a patient, medical practitioner, or family member/friend, this book empowers readers and provides

patients with concrete steps to move forward in the diagnosis and comprehensive treatment of mast cell activation syndrome.

vibrant wellness lyme test: The Yeast Connection William G. Crook, 2010-11-03 An in-depth guide on how to suspect, identify, and over-come those health problems in people of all ages and sexes that can be traced to sensitivity to the yeast germ candida albicans. The Yeast Connection also includes: 1. Easy-to-follow diet instructions; 2. Information about laboratory studies and tests, prescription and nonprescription medications, and treatment with candida vaccines; 3. A discussion of the yeast connection to AIDS, suicidal depression, and sexual dysfunction; 4. Recommendations for vitamins, minerals, vegetable oils, garlic, and Lactobacillus acidophilus; 5. MUCH, MUCH MORE! Yeast-connected health problems can be traced from the following symptoms: -Fatigue -Irritability -Premenstrual syndrome (PMS) -Digestive disorders -Muscle pain -Short attention span -Headache -Memory loss -Vaginitis -Skin problems -Impotence -Hyperactivity -Depression -Hypoglycemia -Menstrual problems -Urinary disorders -Respiratory problems -Learning difficulties

vibrant wellness lyme test: Saving Normal Allen Frances, M.D., 2013-05-14 From the most powerful psychiatrist in America (New York Times) and the man who wrote the book on mental illness (Wired), a deeply fascinating and urgently important critique of the widespread medicalization of normality Anyone living a full, rich life experiences ups and downs, stresses, disappointments, sorrows, and setbacks. These challenges are a normal part of being human, and they should not be treated as psychiatric disease. However, today millions of people who are really no more than worried well are being diagnosed as having a mental disorder and are receiving unnecessary treatment. In Saving Normal, Allen Frances, one of the world's most influential psychiatrists, warns that mislabeling everyday problems as mental illness has shocking implications for individuals and society: stigmatizing a healthy person as mentally ill leads to unnecessary, harmful medications, the narrowing of horizons, misallocation of medical resources, and draining of the budgets of families and the nation. We also shift responsibility for our mental well-being away from our own naturally resilient and self-healing brains, which have kept us sane for hundreds of thousands of years, and into the hands of Big Pharma, who are reaping multi-billion-dollar profits. Frances cautions that the new edition of the bible of psychiatry, the Diagnostic and Statistical Manual of Mental Disorders-5 (DSM-5), will turn our current diagnostic inflation into hyperinflation by converting millions of normal people into mental patients. Alarming, in DSM-5, normal grief will become Major Depressive Disorder; the forgetting seen in old age is Mild Neurocognitive Disorder; temper tantrums are Disruptive Mood Dysregulation Disorder; worrying about a medical illness is Somatic Symptom Disorder; gluttony is Binge Eating Disorder; and most of us will qualify for adult Attention Deficit Disorder. What's more, all of these newly invented conditions will worsen the cruel paradox of the mental health industry: those who desperately need psychiatric help are left shamefully neglected, while the worried well are given the bulk of the treatment, often at their own detriment. Masterfully charting the history of psychiatric fads throughout history, Frances argues that whenever we arbitrarily label another aspect of the human condition a disease, we further chip away at our human adaptability and diversity, dulling the full palette of what is normal and losing something fundamental of ourselves in the process. Saving Normal is a call to all of us to reclaim the full measure of our humanity.

vibrant wellness lyme test: Dirty Genes Ben Lynch, 2018-01-30 Instant National Bestseller After suffering for years with unexplainable health issues, Dr. Ben Lynch discovered the root cause—"dirty" genes. Genes can be "born dirty" or merely "act dirty" in response to your environment, diet, or lifestyle—causing lifelong, life-threatening, and chronic health problems, including cardiovascular disease, autoimmune disorders, anxiety, depression, digestive issues, obesity, cancer, and diabetes. Based on his own experience and successfully helping thousands of clients, Dr. Lynch shows you how to identify and optimize both types of dirty genes by cleaning them up with targeted and personalized plans, including healthy eating, good sleep, stress relief, environmental detox, and other holistic and natural means. Many of us believe our genes doom us to the disorders that run in our families. But Dr. Lynch reveals that with the right plan in place, you can

eliminate symptoms, and optimize your physical and mental health—and ultimately rewrite your genetic destiny.

vibrant wellness lyme test: *Healthy Habits Suck* Dayna Lee-Baggley, 2019-07-01 A realistic read that will prod even the most stubborn fast-food eating couch potato to take action toward a healthier lifestyle. —Library Journal Salad instead of steak? Working out? Skipping that second beer or glass of wine? Healthy habits are THE WORST. If you're someone who gets up every morning and can't wait for your run, considers eating sweet potatoes a splurge, and sets aside thirty minutes before work to meditate—this book isn't for you. If you're someone who thinks about getting up to go for a run but goes back to sleep, regrets last night's dinner of fast food, and can barely get to work on time—let alone meditate—then this book will help you find the motivation you've been looking for to live your healthiest life, even when you don't want to. With this funny, in-your-face guide, you won't find advice on how to “enjoy” exercise, or tips for making broccoli and kale taste as good as donuts and ice cream. What you will find are solid skills to help you actually do the healthy things you know you should be doing. Using these skills—based in acceptance and commitment therapy (ACT) and neuroscience—you'll learn to find the motivation you're really craving to adopt healthy habits, even if they do suck. You'll also discover how to accept self-criticism, develop self-compassion, and live a more meaningful life. This book not only acknowledges that many healthy habits suck, it uses science to explain why we want the things we want (junk food), crave the things we crave (sugar), and dislike the things we dislike (exercise). At the end, you'll feel validated in feeling like these things are the absolute worst. But you'll also find the motivation to do them anyway.

vibrant wellness lyme test: *New York State Government* Robert B. Ward, 2006-12-07 An expanded and updated edition of the 2002 book that has become required reading for policymakers, students, and active citizens.

vibrant wellness lyme test: *Medical Medium Liver Rescue* Anthony William, 2018-10-30 The #1 New York Times best-selling author and beloved healing authority reveals how taking your liver off overload can help resolve a wide range of symptoms and conditions--and transform your health in ways you've never imagined. What if you could focus on one aspect of your well-being to transform all the others--and at the same time prevent health problems you didn't even know were lurking beneath the surface? In today's world, we have no idea how many symptoms, conditions, and diseases are rooted in an overloaded liver. It's not only about liver cancer, cirrhosis, and hepatitis. Nearly every challenge--from pesky general health complaints to digestive issues to emotional struggles to weight gain to high blood pressure to heart problems to brain fog to skin conditions to autoimmune and other chronic illnesses--has an origin in an overloaded liver and can improve and heal when you harness the force of this humble organ. *Medical Medium Liver Rescue* offers the answers you should have had all along. With his signature compassion, Anthony William, the Medical Medium, shares unparalleled insights into undiscovered functions of our life-saving livers, explains what's behind dozens of health issues that hold us back, and offers detailed guidance on how to move forward so we can live our best lives. Find out for yourself what liver rescue is all about: being clearer-headed, more peaceful, happier, and better able to adapt to our fast-changing times. Learn how to sleep well, balance blood sugar, lower blood pressure, lose weight, and look and feel younger. A healthy liver is the ultimate de-stressor, anti-aging ally, and safeguard against a threatening world--if we give it the right support.

vibrant wellness lyme test: *Young, Sick, and Invisible* Ania Bula, 2016-04-15 Drawing on her own deeply personal experiences, Ania Bula explores what it is like to live with unseen chronic disabilities. She paints a vibrant picture of what it is like to be diagnosed with two life-long debilitating conditions as a young adult and relates the challenges and frustrations of dealing with predatory alternative medicine practitioners, arrogant doctors, indifferent bureaucracies, and well-meaning friends and family who always seem to say either the wrong thing—or nothing at all. As she discovered, suddenly everyone's aunt is a health expert and everyone's fad diet a cure. Making matters worse, her physical torment quickly translated into mental stresses. Relationships

became strained, while others, including all-important romantic ones, never had a chance to start at all. Wading through a constant stream of ignorance and lies, in a desperate attempt to find peace, to stop the pain, and to return to a more normal life, she submits to being stuffed with powders and magic potions, poked and prodded, and even “faith healed.” With honesty and humor, she shares her journey of pain, suffering, and, ultimately, coping, both to help others gain some understanding about what it is like to live with chronic illness—and to help those who might similarly suffer feel less alone, so that they too might start living again.

vibrant wellness lyme test: Radical Metabolism Ann Louise Gittleman, 2018-06-12 The award-winning New York Times bestselling author of the New Fat Flush series is back with a foolproof way to melt fat faster than ever Go beyond Keto and Paleo with Radical Metabolism, which reveals the secrets to reviving a sluggish over-40 metabolism -- secrets that work even faster if you're in your 20s and 30s, or you suffer from thyroid issues. No matter your age, if you're a slow loser who wants to speed off stubborn pounds and keep those pounds off for good, then this book is for you. Inside Radical Metabolism you'll discover which forbidden fats, forgotten flavors, and fat-busting beverages you must eat and drink in order to supercharge your metabolism--making weight loss easier than ever before. But weight loss is just the beginning. With this easy-to-follow program you'll also enjoy greater energy, balanced mood, healthier skin, and protection against autoimmunity, gallbladder issues, type II diabetes, and other devastating health problems. A breeze to use, the Radical Metabolism program consists of: a 4-day Radical Intensive Cleanse designed to rest your digestive tract and detoxify your body a 21-Day Radical Reboot where you'll learn exactly what combinations of foods to eat for results you can feel and see a Maintenance Plan for a radically healthy life With menu plans, 50 sumptuous recipes, an extensive resource section, Radical Metabolism has everything you need to say supercharge your metabolism and transform your body into a fat-burning dynamo in just 21 days.

vibrant wellness lyme test: Vital Directions for Health & Health Care Victor J. Dzau, Mark B. McClellan, J. Michael McGinnis, Elizabeth Finkelstein, 2018-01-18 What can be more vital to each of us than our health? Yet, despite unprecedented health care spending, the U.S. health system is substantially underperforming, especially with respect to what should be possible, given current knowledge. Although the United States is currently devoting 18% of its Gross Domestic Product to delivering medical care—more than \$3 trillion annually and nearly double the expenditure of other advanced industrialized countries—the U.S. health system ranked only 37th in performance in a World Health Organization assessment of member nations. In Vital Directions for Health & Health Care: An Initiative of the National Academy of Medicine, the U.S. National Academy of Medicine (NAM, formerly the Institute of Medicine), which has long stood as the nation’s most trusted independent source of guidance in health, health care, and biomedical science, has marshaled the wisdom of more than 150 of the nation’s best researchers and health policy experts to assess opportunities for substantially improving the health and well-being of Americans, the quality of care delivered, and the contributions of science and technology. This publication identifies practical and affordable steps that can and must be taken across eight action and infrastructure priorities, ranging from paying for value and connecting care, to measuring what matters most and accelerating the capture of real-world evidence. Without obscuring the difficulty of the changes needed, in Vital Directions, the NAM offers an important blueprint and resource for health, policy, and leaders at all levels to achieve much better health outcomes at much lower cost.

vibrant wellness lyme test: The Lyme Diet Nicola McFadzean ND, 2010-04 **REVIEWS:** Dr. McFadzean's book is refreshing and unique. It provides sound, thoroughly researched information presented in a clean and cogent format. The Lyme Diet will become an essential tool for Lyme practitioners and patients alike. --Steven Harris, MD I have been treating people with Lyme and coinfections since 1997. People who have suffered for many years recover best when they utilize a comprehensive approach, especially one that includes optimal nutrition. This book is a must-read for anyone who is serious about recovering from chronic illness. The reader will surely benefit from Dr. McFadzean's comprehensive collation of wisdom in a user-friendly format. --Therese Yang, M.D.

PRODUCT DESCRIPTION: Navigating the most appropriate diet for a Lyme disease patient can be difficult, but good nutrition is such a crucial part of any treatment regimen that it is well worth addressing. Food sustains us, nourishes us, and can heal us. Food is medicine. It is one of the most important factors in your treatment program. The Lyme Diet contains a wealth of information about why dietary choices are critical for minimizing inflammation, optimizing immune function, promoting healthy digestion and gut flora, balancing hormones, and detoxifying the body. Dr. Nicola's book is a must-have manual for anyone suffering from such Lyme disease symptoms as fatigue, chronic pain, cognitive deficits, and candidiasis. It also has applications for other chronic illnesses such as fibromyalgia, chronic fatigue syndrome, MS, ALS as well as anyone desiring to advance their health goals through nutrition. This ground-breaking publication outlines many practical examples and strategies for implementing nutritional change on a daily basis. It also serves to decode otherwise complex information on nutritional supplements, helpful lab testing, and inexpensive home treatments. Dr. Nicola McFadzean takes a comprehensive approach to treating Lyme disease with patients all over the world. With this invaluable book, she shares the wisdom, insight and solutions that have been, until now, exclusive to her private patients.

vibrant wellness lyne test: *The Pegan Diet* Dr. Mark Hyman, 2021-02-23 Twelve-time New York Times bestselling author Mark Hyman, MD, presents his unique Pegan diet—including meal plans, recipes, and shopping lists. For decades, the diet wars have pitted advocates for the low-carb, high-fat paleo diet against advocates of the exclusively plant-based vegan diet and dozens of other diets leaving most of us bewildered and confused. For those of us on the sidelines, trying to figure out which approach is best has been nearly impossible—both extreme diets have unique benefits and drawbacks. But how can it be, we've asked desperately, that our only options are bacon and butter three times a day or endless kale salads? How do we eat to reverse disease, optimal health, longevity and performance. How do we eat to reverse climate change? There must be a better way! Fortunately, there is. With The Pegan Diet's food-is-medicine approach, Mark Hyman explains how to take the best aspects of the paleo diet (good fats, limited refined carbs, limited sugar) and combine them with the vegan diet (lots and lots of fresh, healthy veggies) to create a delicious diet that is not only good for your brain and your body, but also good for the planet. Featuring thirty recipes and plenty of infographics illustrating the concepts, The Pegan Diet offers a balanced and easy-to-follow approach to eating that will help you get, and stay, fit, healthy, focused, and happy—for life.

vibrant wellness lyne test: *The Microbiome Diet* Raphael Kellman, 2014-07-01 First diet book connecting the microbiome with healthy weight loss; featuring an easy wellness program with a 3-phase diet.

vibrant wellness lyne test: *The Disease Delusion* Dr. Jeffrey S. Bland, 2014-05-06 For decades, Dr. Jeffrey Bland has been on the cutting edge of Functional Medicine, which seeks to pinpoint and prevent the cause of illness, rather than treat its symptoms. Managing chronic diseases accounts for three quarters of our total healthcare costs, because we're masking these illnesses with pills and temporary treatments, rather than addressing their underlying causes, he argues. Worse, only treating symptoms leads us down the path of further illness. In *The Disease Delusion*, Dr. Bland explains what Functional Medicine is and what it can do for you. While advances in modern science have nearly doubled our lifespans in only four generations, our quality of life has not reached its full potential. Outlining the reasons why we suffer chronic diseases from asthma and diabetes to obesity, arthritis and cancer to a host of other ailments, Dr. Bland offers achievable, science-based solutions that can alleviate these common conditions and offers a roadmap for a lifetime of wellness.

vibrant wellness lyne test: *Writing Research Papers* James D. Lester (Late), James D. Lester Jr., 2015-03-25 The definitive research paper guide, *Writing Research Papers* combines a traditional and practical approach to the research process with the latest information on electronic research and presentation. This market-leading text provides students with step-by-step guidance through the research writing process, from selecting and narrowing a topic to formatting the finished document. *Writing Research Papers* backs up its instruction with the most complete array of samples of any

writing guide of this nature. The text continues its extremely thorough and accurate coverage of citation styles for a wide variety of disciplines. The fourteenth edition maintains Lester's successful approach while bringing new writing and documentation updates to assist the student researcher in keeping pace with electronic sources.

vibrant wellness lyme test: *The Adrenal Reset Diet* Alan Christianson, NMD, 2014-12-30 Go from wired and tired to lean and thriving with *The Adrenal Reset Diet* Why are people gaining weight faster than ever before? The idea that people simply eat too much is no longer supported by science. The emerging idea is that weight gain is a survival response: Our bodies are under attack from all directions—an overabundance of processed food, a polluted world, and the pressures of daily life all take their toll. These attacks hit a very important set of glands, the adrenals, particularly hard. The adrenal glands maintain a normal cortisol rhythm (cortisol is a hormone associated with both stress and fat storage). When this rhythm is off, we can become overwhelmed more quickly, fatigued, gain weight, and eventually, develop even more severe health issues such as heart disease or diabetes. In *The Adrenal Reset Diet*, Dr. Alan Christianson provides a pioneering plan for optimal function of these small but powerful organs. His patient-tested weight-loss program is the culmination of decades of clinical experience and over 75,000 patient-care visits. In a study at his clinic, participants on the Adrenal Reset Diet reset their cortisol levels by over 50% while losing an average of over 2 inches off their waists and 9 pounds of weight in 30 days. What can you expect? • Learn whether your adrenals are Stressed, Wired and Tired, or Crashed and which adrenal tonics, exercises, and foods are best for you • The clinically proven shakes, juices, and other delicious recipes, to use for your Reset • New ways to turn off the triggers of weight gain with carbohydrate cycling, circadian repair, and simple breathing exercises • An easy 7-day ARD eating plan to move your and your adrenals from Surviving to Thriving

vibrant wellness lyme test: *The Autoimmune Paleo Cookbook* Mickey Trescott, 2016-02-24 115 delicious paleo recipes for alleviating the symptoms of autoimmune disease, including weekly meal planners and cooking and shopping tips. 'Mickey's authentic journey with her autoimmune disease flavours her recipes from beginning to end. Anyone on an AI wellness 'trek' knows that simplicity, earthiness and a gentle, nourishing approach to food (and beyond) are absolutely key. This book should be part of every wellness traveller's kit!' Sarah Wilson, best-selling author of *I Quit Sugar* 'Mickey's nutrient-rich recipes are very much staples in our home and will no doubt become staples in yours. So if you're keen to heal your body, nourish your soul and enjoy delicious, wholesome food, this is definitely the book for you.' Pete Evans, best-selling author of *Going Paleo* One in five of us will be diagnosed with an autoimmune disease at some point in our lives; a condition that occurs when the body's immune system mistakenly attacks its own tissue. Conventional medicine has yet to find a cure, so is there anything you can do to help yourself? In an effort to alleviate the symptoms of her own autoimmune conditions, author Mickey Trescott began following a version of the paleo diet specifically designed for those struggling with autoimmune diseases. By eliminating certain food groups and embracing others, Mickey finally rediscovered her health and vitality. *The Autoimmune Paleo Cookbook* features 115 of Mickey's most delicious recipes as well as lots of clear information for anyone who wants to explore this version of the paleo diet. Guidelines for the diet are clearly outlined and there are four-week meal plans as well as tips for shopping, batch cooking and preparing ahead. This book is a fantastic first step towards taking control of your health and happiness.

vibrant wellness lyme test: *Beating Lyme Disease (Paperback)* David A. Jernigan, 2008-01-01

vibrant wellness lyme test: *Know Your Blood, Know Your Health* Kristin Grayce McGary, 2020-04-07 A guide to accurate, individualized blood test analysis for improving personal health and avoiding disease • Explains the differences between conventional lab reference ranges for blood tests and functional analysis and why the difference is important to your health • Reveals what healthy blood should look like and the critical markers that signal the very beginnings of a health problem, including thyroid dysfunction and inflammation • Provides recommendations for bringing

blood markers back to an optimal healthy range through diet and supplementation Your blood holds the clues you need to maintain vibrant health. Yet a standard blood lab panel--the most widely used diagnostic tool in Western medicine--may not reveal subclinical imbalances or the earliest beginnings of disease. Your lab work results may come back "normal," even though you have lingering symptoms of allergies, pain, headaches, fatigue, inflammation, depression, food cravings, PMS, or gas and bloating. This is because the reference ranges, to which you are being compared, are gathered from sources such as textbooks, averages based on outdated guess-work, or a small number of people who aren't even well. You could be a tenth of a point away from a disease pattern, but diagnostic protocol won't sound the alarm until you are "lab high" on a particular test. In *Know Your Blood, Know Your Health*, Kristin Grayce McGary explains the benefits of a Functional Blood Chemistry Analysis (FBCA), which looks at far more markers than standard blood tests and interprets your results against healthy ranges. Using real-life stories and examples, the author explains the basics of healthy blood and how a functional blood test provides a baseline for personal health and a powerful tool for disease prevention. You will learn what is meant by a standard Complete Blood Count (CBC), find clues to strengthen your immune system, and discover which markers indicate inflammation. McGary details what different reference ranges mean and highlights the importance of a full thyroid panel for women. She reveals how health issues such as insulin resistance, high cholesterol, and anemia have specific patterns in blood chemistry. She also provides recommendations for bringing markers back to an optimal healthy range through diet and supplementation and offers a road map to using your unique blood chemistry to design a customized healthcare plan to optimize your health.

vibrant wellness lyme test: *The Fatigue and Fibromyalgia Solution* Jacob Teitelbaum M.D., 2013-08-06 The nation's leading expert on chronic fatigue and fibromyalgia offers a practical and concise guide to restoring health and energy. Millions of Americans have turned to Dr. Jacob Teitelbaum's landmark *From Fatigued to Fantastic*, the all-time best-selling book on combating disabling fatigue and fibromyalgia. Now, *The Fatigue and Fibromyalgia Solution* provides the most cutting-edge research and scientific information, offering the latest advances in treating chronic fatigue syndrome, fibromyalgia, and the baffling, often dismissed symptoms associated with these debilitating conditions. From the best strategies for using medications and nutritional supplements to the most recent alternative therapies and recommendations for lifestyle modifications, *The Fatigue and Fibromyalgia Solution* delivers extensive wisdom in a condensed volume, making it truly accessible. Dr. Teitelbaum also presents the simple-to-apply SHINE Protocol, addressing Sleep, Hormonal support, Infections, Nutritional support and Exercise. Helping all readers develop an individualized program, Dr. Teitelbaum has created a new lifeline for anyone seeking compassionate, proven approaches for restoring wellness and regaining optimal energy and vitality.

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