

azon Prime membership which entitles you to free 2-day shipping. If you need a supplement fast, 2-day shipping can really make the online purchasing option realistic, whereas a 5-7 day shipping window would be impractical.

Lastly, purchasing supplements online can give you access to a broad selection. Local stores are limited to carrying hundreds or thousands of products while online stores can offer hundreds of thousands or millions of choices.

## **Who is the Best Lyme Doctor? What is the Best Lyme Treatment?**

I can't count the number of times I get asked these questions. There are no simple answers to these questions. Let's start with the "best Lyme doctor." Of the many great Lyme doctors, each treats Lyme slightly (or dramatically) differently. For example, doctor A may use lots of antibiotics, while doctor B may use lots of herbs, and doctor C might do lots of hormone testing. Well, if a person has a lot of messed up hormones, doctor C would be best. If a person can't tolerate pharmaceutical antibiotics, but has a high infection load that is susceptible to herbs, doctor B would be best. And if a person has a high tolerance for pharmaceutical drugs, maybe doctor A would offer a fast track to recovery. So, yet again, we come down to the individual and unique needs of Lyme patients. The actual best doctor for you is the doctor who can best address your specific health challenges. This is another reason why it's so important to pay close attention to your body. You won't be able to identify the "best doctor" for you if you don't know what your unique challenges are!

The same logic can be applied to the "best Lyme treatment" question. Can you tolerate pharmaceuticals? Are your main problems infections, or other underlying issues? Does your body need to be rebuilt, or inundated with anti-infective treatments? Which co-infections do you have? Which

have already been treated? What genetic weaknesses and strengths do you have? The “best treatment” will be different depending on your answers to these questions. And, just like we saw in the previous paragraph, paying attention to your body and discovering how your unique situation differs from the situations of other Lyme sufferers, is the first step to identifying which treatments will be best for you.

This logic is the core philosophy of this book. Instead of writing a book which provides endless details on the thousands of available treatment options, I’ve decided to write a book which provides strategies for developing a unique treatment protocol that that’s right for you.

## **Keeping up with the Latest Lyme Disease Treatment Information**

Because Lyme disease information is changing so rapidly, I will start sharing future treatment updates in a newsletter instead of in books (as long as my audience—you—provide feedback that this change in format is acceptable...initial survey results indicate that many of my readers are excited to receive more frequent updates from me in newsletter form).

Even if you already receive my email newsletter, you will not automatically be subscribed to my new, subscription-based treatment updates which will contain my latest research and findings. If you would like to subscribe to the new updates, please visit:

**[www.lymebook.com/updates](http://www.lymebook.com/updates)**

In the future, I will be putting a great deal of time and energy into bringing you breaking news on new, cutting-edge treatments, via this newsletter, so be sure to check it out!