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Out of the Woods: Healing from Lyme Disease for Body, Mind, and Spirit

Katina I. Makris
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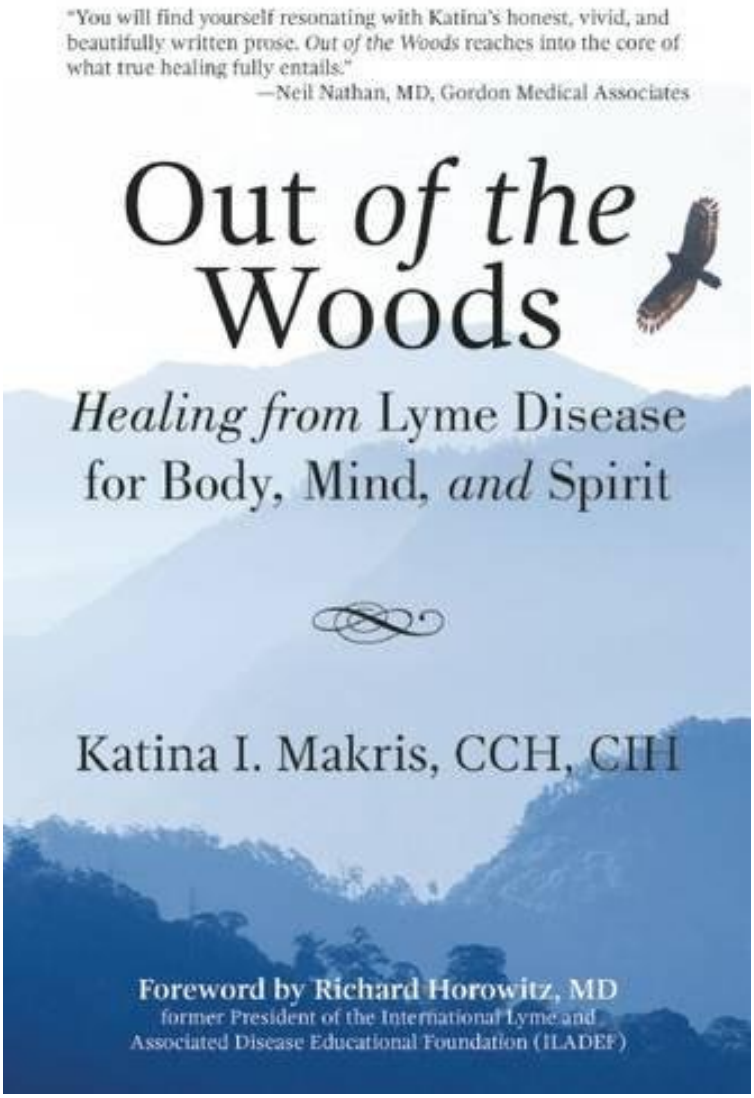

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Katina I. Makris : Out of the Woods: Healing from Lyme Disease for Body, Mind, and Spirit before purchasing it in order to gage whether or not it would be worth my time, and all praised Out of the Woods: Healing from Lyme Disease for Body, Mind, and Spirit:

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book that provides hope and valuable information for those poor souls -- and their loved ones -- who suffer from the debilitating and soul-wrenching effects of Lyme disease.2 of 2 people found the following review helpful. Not what I thought, but it could be just what you need?By The ShizzyIt was a bit too spiritual for me and read like a romance novel at times. Whereas the book "Why Can't I Get Better" is heavy on the medical jargon, this book is the exact opposite.0 of 0 people found the following review helpful. Excellent Read!By knittinhorseladyExcellent book. It reads like an enjoyable and entertaining true story and informs like a manual. There is so much to learn and enjoy in this well written book. I couldn't put it down. The author is a talented storyteller and an inspiring and amazing woman. Everyone should read this book!

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.rdquo; Only after five years of tormenttwo completely bedriddenand devastating blows to her professional and family life was Katinarsquo;s illness finally diagnosed as Lyme disease. Out of the Woods not only shares the brutality of Lyme disease through the telling of Katinarsquo;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.Katinarsquo;s memoir is a gripping and inspiring story of healing through faith and perseverance, but Out of the Woods extends beyond Katinarsquo;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.

About the AuthorKatina I. Makris, CCH, CIH, has worked in natural health care for twenty-seven years as a classical homeopath and intuitive healer. She is a board member of the Council for Homeopathic Certification and gives lectures and workshops across the country on the subject of Lyme disease. She is the host of Lyme Light Radio, syndicated by the Dr. Pat Show, which has an estimated ten million listeners worldwide. She lives in Peterborough, New Hampshire.