



For Immediate Release:

Bestselling Lyme Disease Book Translated Into Spanish

Denver, CO, August 06, 2010 – One year ago, in September, 2009, health care journalist and author Connie Strasheim published a Lyme disease book which describes the treatment protocol of thirteen Lyme-literate health care practitioners. The book, entitled “Insights Into Lyme Disease Treatment: Thirteen Lyme-Literate Health Care Practitioners Share Their Healing Strategies,” was published in English and has sold over 5,000 copies in its first year.

Now, the book has been translated into Spanish, by two translators and two editors, including the author. Published by BioMed Publishing Group of South Lake Tahoe, CA, it is the first book of its kind available for Spanish-speaking Lyme disease sufferers.

Over 500 pages long, the Spanish edition contains bonus information which the English version lacks: the unabridged document written by Joseph J. Burrascano Jr., M.D., entitled, “Advanced Topics in Lyme Disease: Diagnostic Hints and Treatment Guidelines for Lyme and Other Tick Borne Illnesses.”

Author Connie Strasheim is fluent in Spanish and can offer customer service, via email, telephone, and Skype, for Lyme disease sufferers who wish to order the book. (Note: Connie Strasheim is not a medical professional; her services will be limited to processing book orders. She is not qualified to offer medical advice).

The book is currently available for purchase and can be ordered online at: www.librodelyme.com or by calling Connie at (303) 800-5387. In the coming weeks, it will also be released on Amazon.com, Amazon.co.uk, and at other retailers, both in Spanish-speaking countries and the United States. The above website is written in Spanish; if you are an English-speaking customer, you can purchase the English edition of the book at <http://www.lymebook.com/insights-lyme-treatment-strasheim-book>. If you are an English-speaking customer and you wish to order the Spanish edition of the book on an English-language website, you can do so at: <http://www.lymebook.com/spanish>.

Just like its English counterpart, the new Spanish edition of the book is a comprehensive resource, written from the perspective of thirteen Lyme disease experts, including eight Lyme-literate medical doctors (MD’s), two naturopathic doctors (ND’s), a “heilpraktiker” (or healing practitioner, as the German title translates into English) and one chiropractor and nutritionist. Their training and education encompasses a broad range of disciplines, but most of the experts use a combination of allopathic and naturopathic medicine in their practices. Whatever their background, however, all are experienced in treating chronic Lyme disease.

The book includes each practitioner’s anti-microbial and detoxification protocols, as well as their recommended supportive treatments for the body. It also provides their perspectives on the challenges and roadblocks to healing.

According to the CDC (Centers for Disease Control and Prevention), Lyme disease is the fastest-spreading infectious disease in the United States, with more than 20,000 new cases reported each year. The CDC estimates, however, that only one in ten cases is reported, which means that there could be at least 200,000 new cases each year, and perhaps many more than that.

Lyme disease can be treated successfully with antibiotics when - and if - it is caught early, while the Lyme spirochetes are still in the patient’s bloodstream and can be reached by antibiotics. If the disease goes undiagnosed, the spirochetes, (which are related to those that cause syphilis), can infiltrate the non-blood areas of the body, such as the nervous system, brain, heart, joints, and cartilage. The disease then becomes a multi-symptom, multi-system illness that wreaks havoc upon nearly all of the body’s tissues and organs.

Once this happens, Lyme disease becomes chronic and difficult to diagnose. It may masquerade as a

variety of other illnesses. Many physicians do not know how to effectively treat it. It devastates nearly every aspect of a person's existence. ILADS, the International Lyme and Associated Diseases Society, estimates that most chronic Lyme disease sufferers experience a level of disability equivalent to that of a person who has suffered from a recent heart attack. As chronicled in the recently released documentary, "Under Our Skin: There's No Medicine For Someone Like You," those with chronic Lyme experience so much neurological and cognitive dysfunction that they end up losing their jobs, homes, mobility, and, in some cases, their lives.

For those who have been recently diagnosed with Lyme disease or who haven't received adequate treatment help through the means that have been available to them, *Insights Into Lyme Disease Treatment* provides a comprehensive variety of effective, in-depth solutions. For the practitioner, it provides cutting-edge information on treatments that has not been published elsewhere.

The information in this book was obtained through interviews with the following thirteen health care practitioners:

Steve Harris, MD
Steven Bock, MD
Susan Marra, ND, MS
Ginger Savely, DNP
Lee Cowden, MD, MD (H)
Ingo Woitzel, MD
Ronald Whitmont, MD
Deborah Metzger, MD, PhD
Pete Muran, MD, MBA
Nicola McFadzean, ND
Marlene Kunold, "Heilpraktiker" (Healing Practitioner, Germany)
Elizabeth Hesse-Sheehan, DC, CCN
Jeffrey Morrison, MD

These practitioners were chosen on the basis of their expertise and experience in treating chronic Lyme disease. After the interviews, Ms. Strasheim wrote the book's chapters, collaborating with the practitioners in the editing process, to make sure that all of the information from the interviews was accurately represented. Each chapter is devoted to the treatment approach of a particular practitioner, and covers, to a greater or lesser degree, the following:

- 1) Anti-microbial treatments for Lyme disease and associated infections, including antibiotics, herbs, homeopathic remedies, plant stem cells and biophotons
- 2) Information on how to support the body's systems, which is an integral component to healing from chronic Lyme disease. Particular attention is given to the immune, endocrine, neurological, digestive and musculoskeletal systems
- 3) Treatments for symptomatic relief. Solutions for fatigue, pain, brain fog, depression, anxiety and insomnia are offered, as well as others
- 4) Detoxifying Lyme biotoxins, mold, candida, heavy metals and other environmental toxins
- 5) Treating food and environmental allergies
- 6) Lifestyle and dietary recommendations for faster healing
- 7) Strategies for healing emotional trauma
- 8) Patient and practitioner challenges to healing
- 9) Factors that influence healing
- 10) Suggestions for how family and friends can help the sick

11) Which anti-microbial treatments work and which don't

12) How to discern whether Lyme disease is primary in patients' overall symptom picture

The Author

Insights Into Lyme Disease Treatment was written by Connie Strasheim, a Lyme disease sufferer and health care researcher. She is the author of *The Lyme Disease Survival Guide: Physical, Lifestyle and Emotional Strategies for Healing*, a book that describes Lyme disease treatment strategies, as well as practical solutions for coping with the difficulties of chronic illness. Ms. Strasheim wrote *Insights Into Lyme Disease Treatment* when she realized that more information on how to treat chronic Lyme was sorely needed from the experts who treat Lyme patients. Prior to becoming ill from chronic Lyme disease, Ms. Strasheim worked as a Spanish instructor, medical interpreter and flight attendant for United Airlines. Ms. Strasheim lives in Denver, Colorado and is available for phone, on-line, and in-person interviews. She can be reached at: 303-949-3347 or via email at: connie9824@msn.com

How to Order

Spanish-speaking customers can order the book by calling the author, Connie Strasheim, at (303) 800-5387 (Connie speaks both English and Spanish). Customers may also email Connie to purchase the book at Connie9824@aol.com, or visit www.librodelyme.com (PayPal accepted; website in Spanish).

English-speaking customers who wish to order the English-language edition of the book can do so online at: <http://www.lymebook.com/insights-lyme-treatment-strasheim-book>, or by calling the publisher at (530) 573-0190.

English-speaking customers who wish to order the Spanish-language edition of the book on an English website can do so at <http://www.lymebook.com/spanish>, or by calling the publisher at (530) 573-0190.

In the coming weeks, the book will also be released on Amazon.com, Amazon.co.uk, and at a number of other retailers in Spanish-speaking countries and the United States.