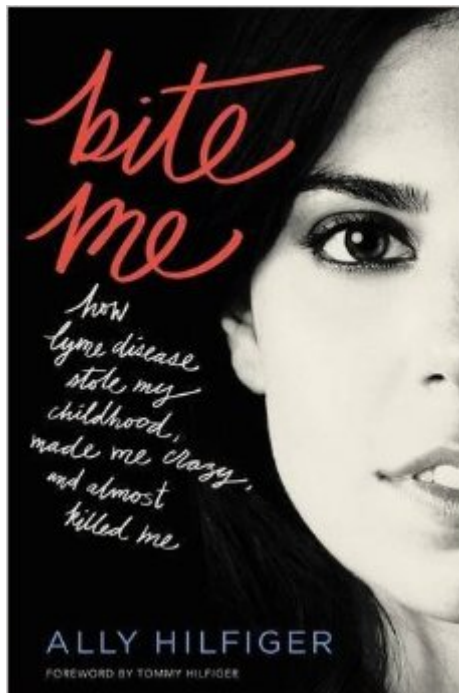


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# Bite Me: How Lyme Disease Stole My Childhood, Made Me Crazy, And Almost Killed Me



## Synopsis

Ally was at a breaking point when she woke up in a psych ward at the age of eighteen. She couldn't put a sentence together, let alone take a shower, eat a meal, or pick up a phone. What had gone wrong? In recent years, she had produced a feature film, a popular reality show for a major network, and had acted in an off-Broadway play. But now, Ally was pushed to a psychotic break after struggling since she was seven years old with physical symptoms that no doctor could explain; everything from joint pain, to night sweats, memory loss, nausea, and brain fog. A doctor in the psych ward was finally able to give her the answers her and her family had desperately been searching for, and the diagnosis that all the previous doctors had missed. She learned that she had Lyme disease—and finally had a breakthrough. What she didn't know was that this diagnosis would lead her down some of the most excruciating years of her life before beginning her journey to recovery from eleven years of misdiagnosis and physical pain. She would need to find her courage to heal physically, mentally, and emotionally, and become the survivor she is today. Set against the backdrop of the fast-paced fashion and entertainment industries, BITE ME shares the heartbreaking and hilarious stories that moved Ally forward on her journey from sickness to health. Its themes will be familiar to more than 300,000 Americans diagnosed with Lyme disease each year, many of whom, like Ally, wondered for years what was wrong with them. BITE ME offers readers hope and ideas for how one can transition from victim to survivor, and shares the spiritual principles and actions that have contributed to her wholeness as a human, mother, and international spokesperson against Lyme disease.

## Book Information

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## Customer Reviews

This is an excellent account of what growing up with Lyme is like. Despite her parents' wealth and means, she remained undiagnosed for many years. She didn't know what it was like to feel like a normal kid, thinking that her pain and cognitive problems were experienced by everyone, to a certain degree, and that she just needed to tough it out. If a child born to people of means can go for over a decade with a multitude of \*classic\* Lyme symptoms yet be dismissed by the best doctors around, you darn well know that children of lesser means are going to be treated the same way, and worse. Basically this book shines a light on everything a person with Lyme has to go through, from the misdiagnoses, to the disbelief of family and friends as to the severity of her condition (including even her own parents at times), to the inability of antibiotics alone to provide a cure. She cycled through dozens of doctors, even well-meaning Lyme literate doctors, seeking appropriate and effective treatment. Like many Lyme sufferers, she had to go beyond the antibiotic cocktails to recover her health, delving into more "alternative" treatments including detox, meditation, spiritual healing, and diet. This book isn't a prescription for recovering from Lyme. She doesn't provide detailed treatment notes and the like. It's an account of her experience living with the disease and how it came to be properly diagnosed. She does talk about her treatments as part of her overall experience with Lyme disease, but if you're looking for a cookbook cure for Lyme and co-infections, you won't find it here. The best part about this book is that it's written by a person whose name will encourage people who don't really understand the disease to read and learn about it.

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