

Casting a Broad Net to Maximize Lyme Disease Recovery

by Scott Forsgren, FDN-P

Resources

The resources below contain items mentioned in the article above or are recent podcasts of *BetterHealthGuy Blogcasts* where these topics were discussed.

Emotional Trauma

Microbes, Toxins, Unresolved Emotional Conflicts: A Unifying Theory – Scott Forsgren – <http://www.betterhealthguy.com/axiom>

Reducing the Impact of Negative Thought Patterns and Past Emotional Traumas and Conflicts

Podcast: *Whole Life Health* with Dawn DeSylvia, MD – <http://www.betterhealthguy.com/episode33>

Podcast: *Optimizing Wellness with Energy Therapy* with Amy B. Scher – <http://www.betterhealthguy.com/episode11>

Eliminating Environmental Mold and Biotoxin Exposures

Surviving Mold – <http://www.survivingmold.com>

International Society for Environmentally Acquired Illness – <http://www.iseai.org>

Mycometrics – <http://www.mycometrics.com>

Paradigm Change – <http://paradigmchange.me>

It Takes Time – <http://it-takes-time.com>

Mold & Mycotoxins: Current Evaluation and Treatment 2016, Neil Nathan MD – <http://www.neilnathanmd.com>

Mold and Mycotoxins: Often Overlooked Factors in Chronic Lyme Disease – Scott Forsgren with Neil Nathan, MD, and Wayne Anderson, ND – <http://betterhealthguy.com/mycotoxins>

Jill Carnahan's Free Mold Guide – <https://www.jillcarnahan.com/exposed-to-mold-now-what>

Podcast: *Toxicity Testing* with William Shaw, PhD – <http://betterhealthguy.com/episode62>

Podcast: *Brain on Fire* with Mary Ackerley, MD – <http://www.betterhealthguy.com/episode49>

Podcast: *Is Your House Making You Sick* with Andrea Fabry – <http://betterhealthguy.com/episode48>

Podcast: *CIRS Update* with Keith Berndtson, MD – <http://betterhealthguy.com/episode37>

Podcast: *Beyond Lyme* with Raj Patel, MD – <http://betterhealthguy.com/episode26>

Podcast: *Cutting Edge Medicine* with Neil Nathan, MD – <http://betterhealthguy.com/episode19>

Podcast: *CIRS Down Under* with Sandeep Gupta, MD – <http://betterhealthguy.com/episode17>

Podcast: *It's Mold I'm Told* with John Banta – <http://betterhealthguy.com/episode14>

Optimizing Nutrition and Improving GI Health

MegaSporeBiotic – <http://microbiomelabs.com>

RESTORE for Gut Health – <http://restore4life.com>

Stabilizing Mast Cell Activation Syndrome (MCAS)

Jill Carnahan, MD: <https://www.jillcarnahan.com/2016/10/31/mast-cell-activation-syndrome-mcas-when-histamine-goes-haywire>

Jill Carnahan, MD: <https://www.jillcarnahan.com/2018/03/12/mold-is-a-major-trigger-of-mast-activation-cell-syndrome>

T.C. Theoharides, PhD, MD – <http://www.mastcellmaster.com>

Food List: <https://healinghistamine.com/histamine-in-food-lists>

Food List: <http://alisonvickery.com.au>

Food List: <https://www.mindbodygreen.com/0-11175/everything-you-need-to-know-about-histamine-intolerance.html>

Podcast: *Mast Cell Master* with T.C. Theoharides, PhD, MD – <http://www.betterhealthguy.com/episode58>

Podcast: *Mast Cell Activation Syndrome* with Jill Carnahan, MD – <http://www.betterhealthguy.com/episode20>

Detoxifying the Body and Improving the Terrain

Podcast: *Toxicity Testing* with William Shaw, PhD – <http://www.betterhealthguy.com/episode62>

Podcast: *Detoxification and Liposomes* with Christopher Shade, PhD – <http://www.betterhealthguy.com/episode57>

Podcast: *Detoxification* with Wendy Myers, FDN-P – <http://www.betterhealthguy.com/episode56>

Reducing Exposure to EMR/EMFs

Podcast: *Exploring EMFs* with Peter Sullivan – <http://www.betterhealthguy.com/episode40>

Supporting Kryptopyrroluria (KPU)

Kryptopyrroluria (aka Hemopyrrolactamuria) 2017: A Major Piece of the Puzzle in Overcoming Chronic Lyme Disease by Scott Forsgren, FDN-P and Dietrich Klinghardt, MD, PhD – <http://www.betterhealthguy.com/kpu-2017>

Addressing Parasites

Podcast: *Parasites in Chronic Illness* with Todd Watts, DC – <http://www.betterhealthguy.com/episode25>

Podcast: *Pondering Parasites* with Raphael d'Angelo, MD – <http://www.betterhealthguy.com/episode9>

Podcast: *Debugging Your Health* with Susan Luschas, PhD – <http://www.betterhealthguy.com/episode6>

Supporting the Body Against Other Microbial Overgrowths

Podcast: *LymeStop* with Tony Smith, DC – <http://www.betterhealthguy.com/episode64>

Podcast: *Beating Bartonella* with Evan Hirsch, MD – <http://www.betterhealthguy.com/episode38>

Podcast: *Low Dose Immunotherapy* with Ty Vincent, MD – <http://www.betterhealthguy.com/episode27>

Podcast: *Healing Lyme* with Stephen Buhner – <http://www.betterhealthguy.com/episode22>

Podcast: *How Can I Get Better?* with Richard Horowitz, MD – <http://www.betterhealthguy.com/episode21>

Podcast: *Restoring Your Health from Lyme Disease* with Bill Rawls, MD – <http://www.betterhealthguy.com/episode4>

Podcast: *Pearls from a Master: Approaching Lyme Disease and Chronic Illness Recovery* with Dr. Michael Lebowitz, DC – <http://www.betterhealthguy.com/episode3>

Identifying Dental Contributors to Chronic Illness

Podcast: *Biological Dentistry* with Stuart Nunnally, DDS – <http://www.betterhealthguy.com/episode51>

Rewiring Limbic System Impairment

Podcast: *DNRS* with Annie Hopper – <http://www.betterhealthguy.com/episode42>

Additional Resources

Podcast: *Goodbye Lyme* with Greg Lee, LAc – <http://www.betterhealthguy.com/episode65>

Podcast: *Fixing Lyme Disease* with Jay Davidson, DC – <http://www.betterhealthguy.com/episode52>

Podcast: *Lyme-Ed* with Nicola McFadzean Ducharme, ND – <http://www.betterhealthguy.com/episode47>

Podcast: *Pregnancy in Lyme* with Ann Corson, MD – <http://www.betterhealthguy.com/episode46>

Podcast: *New Paradigms in Lyme Disease Treatment* with Connie Strasheim – <http://www.betterhealthguy.com/episode45>

Podcast: *Overcoming Lyme* with Darin Ingels, ND – <http://www.betterhealthguy.com/episode43>

Podcast: *First Lady of Nutrition* with Ann Louise Gittleman, PhD, CNS – <http://www.betterhealthguy.com/episode36>

Podcast: *Unique Approaches to Lyme Disease Treatment* with Shawn Naylor, DO – <http://www.betterhealthguy.com/episode32>

Podcast: *Approaches to Autism* with Amy Derksen, ND – <http://www.betterhealthguy.com/episode30>

Podcast: *Effective Treatment of Lyme Disease* with Lee Cowden, MD – <http://www.betterhealthguy.com/episode29>

Podcast: *Beating Lyme Disease* with David Jernigan, DC – <http://www.betterhealthguy.com/episode24>

Podcast: *Klinghardt Conversations* with Dietrich Klinghardt, MD, PhD – <http://www.betterhealthguy.com/episode15>

Podcast: *Navigating Chronic Illness* with Christine Schaffner, ND – <http://www.betterhealthguy.com/episode13>

Podcast: *A Naturopathic Approach to Recovering from Chronic "Dise-Ease" with Katie Dahlgren, ND* – <http://www.betterhealthguy.com/episode8>

Podcast: *Recovering from Lyme Disease and Mold Illness* with Dave Ou, MD – <http://www.betterhealthguy.com/episode7>