



Practical Care Tips for Those in the Lyme Fight: An Interactive Care Handbook for Those Battling Lyme Disease and Other Chronic Conditions

Cynthia Dainsberg RN FCN

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Practical Care Tips for Those in the Lyme Fight is an interactive handbook for those with chronic conditions, particularly those fighting Lyme. It was borne out of the author's experiences in learning to live well with chronic conditions, her background as a Registered Nurse, her desire to approach health in a whole-person manner, her faith, her recent personal challenges with Lyme, and through what she's learned from fellow Lyme Fighters. Practical Care Tips for Those in the Lyme Fight helps bridge the gap in home care with tips for both the person who is experiencing health challenges, and for those who are the primary caregivers. Often these two groups are left on their own in an already isolating and confusing situation. Practical Care Tips for Those in the Lyme Fight is a tool to help navigate through the issues often encountered in the journey toward optimal health. Practical Care Tips for Those in the Lyme Fight includes practical hints to help ease the way through treatments, as well as providing room for you to enter your own notes and to answer questions that can assist you in your care and decision making.

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Viola Waters:

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Wanda Pence:

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