



# Beware the Ticking Lyme Bomb: Lessons learned from Lyme disease survivors

*Craig Sowers*

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"BEWARE THE TICKING LYME BOMB is an amazing piece of work--passionate, informative, and thorough." - Mike Boyd, Whitewater Canoeist & Casual Writer IF YOU SPEND TIME OUTDOORS, BE AWARE OF THE RISK: you can pick up a Lyme disease-infected tick anywhere from the deep woods to your own yard or city park. BEWARE THE TICKING LYME BOMB is an enlightening romp through the ins and outs of an often-elusive ailment that is heading your way. Hopefully you can learn a few things before it knocks on your door. Part 1 topics include What the Heck is Wrong With Me?!?; The Truth About Lyme Disease; Symptoms: The Many Faces of Lyme Disease; Getting a True Lyme Test: Feel Lucky?; Why is My Doctor Clueless?; Can I get Lyme From Sex?; etc. In Part 2, seven of my friends share their very personal experiences with Lyme Lyme disease in the hope that you won't have to struggle like they did to get diagnosed and treated. Comparison spreadsheets show you how the symptoms, treatments, etc. vary between these seven patients. "BEWARE THE TICKING LYME BOMB is exceptional. Learning about many general practitioners' lack of knowledge regarding Lyme disease was a startling revelation. Their inability to help causes so much unnecessary agony for victims." George Figdore, Adventure Traveler & Entrepreneur "I had not realized how many different symptoms can be exhibited by victims of Lyme disease. The comparison spreadsheets and the Lyme stories at the end of BEWARE THE TICKING LYME BOMB evoke sympathy and further understanding of the disease." Carol Figdore, Adventure Traveler & Editor, Paddle Talk When it comes to Lyme disease, LEARN IT...or LIVE IT, buddy. So don't be screwed. Be informed. Read on.

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