



Out of the Woods

Katina Makris

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At the peak of her career, classical homeopath and health care columnist Katina Makris was stricken with a mysterious "flu." Only after five years of torment--two completely bedridden--and devastating blows to her professional and family life was Katina's illness finally diagnosed as Lyme Disease. But diagnosis was only the beginning of her journey toward healing.

Twenty thousand cases of Lyme Disease are reported annually, with thousands more still undiagnosed or mistreated due to faulty testing protocols regarding Lyme Disease diagnosis. This infectious disease can create gaping physical, emotional, and spiritual wounds, leaving tens of thousands of people in progressive states of illness, collapse, and financial ruin. Yet, Katina Makris' vivid story offers practical information for Lyme Disease diagnosis and treatment, as well as powerful guidance for mending the broken spirit. Rooted in a personal recovery experience during her Lyme Disease treatment experience, a deep understanding of alternative medicine, and a poetic connection to nature, *Out of the Woods* transcends the boundaries of any one disease to reaffirm the power of hope for anyone grappling with life-shattering chronic illness.

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