

# 412: What We All Need to Know About Lyme Disease

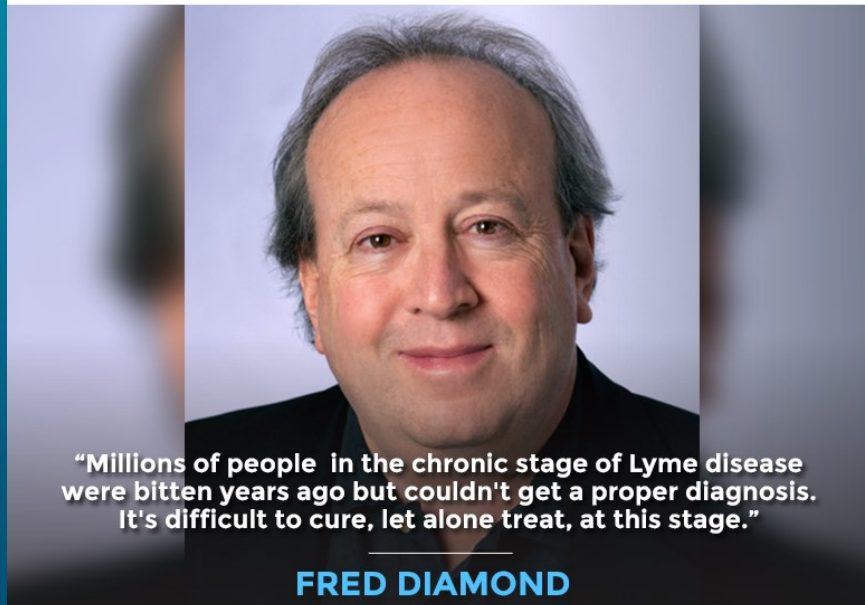
## 10 Point Checklist

### Fred Diamond

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

*Get* **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



**"Millions of people in the chronic stage of Lyme disease were bitten years ago but couldn't get a proper diagnosis. It's difficult to cure, let alone treat, at this stage."**

**FRED DIAMOND**

# 10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?  
Here are 10 steps that can move you closer to your goals – today.**

- Seek immediate medical attention after a bullseye rash appears from a tick bite. This can help eliminate my chances of developing Lyme disease.
- Consider getting tested for Lyme disease if I experience chronic symptoms like fatigue, joint pain, or neurological issues — even if the initial bite happened years ago.
- Show empathy and support to those with Lyme disease by educating myself about the illness, joining support groups, and learning to support those who suffer.
- Find a Lyme-Literate Medical Doctor (LLMD) who can accurately test and treat me properly. The questionnaire developed by Dr. Richard Horowitz can be a helpful tool for identifying potential Lyme symptoms.
- Practice stress management techniques and prioritize self-care. Support my overall well-being to positively impact Lyme disease symptoms.
- Pay attention to dietary conditions and adopt a gluten-free diet to help manage Lyme disease, as gluten can hinder the body's ability to eliminate bacteria.
- Explore personalized modalities and interventions such as quantum energy devices, essential oils, and alternative therapies to aid in Lyme disease recovery.
- Acknowledge and accept the presence of chronic Lyme disease. This is a critical step toward my healing. Embracing this reality allows me to live my best possible life.
- Build a supportive community. Seek out Lyme disease support groups, connect with fellow survivors, and find solace in a community for encouragement and support.
- Visit Fred Diamond's website at [freddiamond.com](https://freddiamond.com) and read his book, *Love Hope, Lyme for insight into Lyme treatment and tips for myself or a loved one with Lyme disease*.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/all-about-lyme-disease-with-fred-diamond/>