



### **Natural Lyme Disease Treatment Resources (Work in Progress)**

Here's a preliminary list of resources I've found helpful for Lyme disease symptoms.

<https://rawlsmd.com>

Lyme disease Dr, has written a few books, tons of info online free also.

<https://rawlsmd.com/health-articles/neurological-lyme-disease-what-you-need-to-know>

<https://www.treatlyme.net/guide/ashwagandha>

<http://lymeguide.info/gotu-kola/>

Ashwaganda and Gotu Kola were two of the herbal supplements I took, helped me tremendously! I also took vegan B12 supplement for a few months and still take magnesium supplement, as well as neem and turmeric daily. Helps tremendously! The best brand I've found is Organic India, 100% organic and vegan, very potent, affordable, can find many of these at whole foods, health food store, or online.

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