
"Dr. Nathan's wisdom, clinical acumen, kindness, compassion, careful listening to his patients, and lifetime of experience have sparked medical insights that have the power to inspire a new generation of physicians."

—Robert Naviaux

TOXIC

HEAL YOUR BODY

from Mold Toxicity, Lyme Disease,
Multiple Chemical Sensitivities, and
Chronic Environmental Illness

Neil Nathan, MD

Foreword by Robert Naviaux, MD, PhD

Neil Nathan

Toxic: Heal Your Body from Mold Toxicity, Lyme Disease, Multiple
Chemical Sensitivities, and Chronic Environmental Illness



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Millions of people suffer from chronic ailments that, unbeknownst to them, are the result of exposure to environmental poisons and infectious agents such as mold and Borrelia, which in turn causes Lyme disease. Millions. Information about how intensive sensitivity and toxicity develop in the body, how sensitivity and toxicity differ, and how they often overlap. Detailed descriptions of every of the five major causes of severe sensitivity and toxicity: mold, Bartonella (a co-infection of Lyme disease), mast cell activation, porphyria, and carbon monoxide poisoning." Many (if not really most) have tried to difficult it out and continue steadily to function without hope of improvement. Sadly, their illnesses have become real. Toxic is a reserve of hope for these individuals, their loved ones, and the doctors who provide their care. •An outline of the cell danger response, a innovative model produced by Dr. The purpose of this book would be to shed light on these complex illnesses so that suffering sufferers and their families can get the help they therefore desperately require. fighting a threat even after the danger has passed. Because the symptoms of these illnesses are therefore varied and unusual, several individuals have sought health care and then be dismissed, as if what they are experiencing is " Over a long time of helping a large number of individuals recover their health (even after their prior doctors had abadndoned them), Dr. in their head. •A system-by-system plan for " Neil Nathan provides come to understand many of the most common causes for these debilitating illnesses, which allows for the utilization of even more precise and effective types of treatment. Robert Naviaux that explains the way the body essentially gets "stuck" Inside, you will discover: • • the body to break the cycle of disease and allow healing to begin with.rebooting" • Information regarding coping with tension and embracing an emotional and/or spiritual awakening in relation to wellness.



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"Dr. There is much to learn out of this book, and I would encourage anyone interested to also check out Dr. As someone who has been given back again my entire life by Dr. Nathan, after near two decades to be ill, I am incredibly grateful that he offers gathered all this understanding for those folks who have become sensitive and toxic from Lyme and mold illness. Cutting-edge information that's well written. Thank you to Dr. A Roadmap from Toxicity to Health This book came as a nice surprise and exceeded my expectations. "Toxic" addresses the missing areas that prevented me from healing after treating for Lyme. We were holding mold disease, mast cell activation syndrome, and the actual fact that I was what Dr. Nathan defines as a "sensitive" patient who couldn't follow the most common protocols for treatment. Acquiring the small dosages that Dr. Nathan recommends offers made the difference for me personally. Excellent cutting-edge book Excellent book in Mold Toxicity, Bartonella, Lyme, Rebooting the Anxious System, Methylation, etc. In this book, he addresses his definitions of "toxic" and "sensitive," covers mold, bartonella, MCAS, and porphyria, then spends the majority of the reserve discussing "rebooting" the body's systems that have gone awry due to these illnesses. Included in these are rebooting the "cell risk response," the nervous system (plenty of fascinating function being done!), the immune system, the urinary tract, the digestive system, the methylation pathways, and our capability to detoxify. Anyone fighting Lyme and Mold disease would greatly benefit from his wisdom in knowing what to treat and in what purchase . I've seen my good share of traditional doctors and also practical practitioners before finally stumbling upon the task of Dr. Dr Nathan knows a thing or two !), I have a deep stake in the study presented in this publication. Additionally it is a beautiful book! It is laid out nicely and has useful charts, for instance, which binders are most reliable for removing particular mold toxins, as well as indicator lists that help differentiate between lyme, bartonella and babesia. He offers a treatment order, so it's less overwhelming for your body. Nathan and the information in this publication. Nathan's website and the radio interviews supplied at his site. Nathan curing us, and also championing us in this book. Many books with a subject such as this, come with all text and leave you to picture the others. The colour, layout and infographics give a comprehensive and complementary description to the topics being protected. It draws you into a discussion that Chronic Environmental Illness is something that can be understood and treated instead of labeled "as too complicated to understand. On the road to recovery, thanks to Dr. Nathan clearly respects and honors the initial biology of every patient and has attempt to learn from, and dedicate his existence work to identify and deal with mold toxicity, lyme disease, bartonella infections, mast cell activation syndrome, porphyria and carbon monoxide with the mind of a seasoned detective. Nathan, we were finally in a position to diagnose a very much clearer picture of what hails me: lyme, bartonella and mold toxicity. Speaking from initial hand experience, I'd not be today where I am without Dr. Nathan's persistence, compassion and determination. This book is the fruit of his tireless commitment to so many individuals who've experienced healing and life under his care. This is not yet another book on toxicity or environmental illness but a goldmine that any medical professional or patient will find as a casino game changer. I've eliminated from being totally housebound to sense well. I am one of those individuals who spent years floundering, trying to get well and failing, without being believed and becoming told that "it is impossible" for that little dose of X to possess made me worse. [I have not experienced this before from a book, and I go through a lot. Even though book looks exceptional, I in the beginning found it impossible to read in its physical form. It outgassed so that it produced me feel unwell. Within 20 minutes of opening it, I got a headache, nausea, and a runny nasal area. at the minimum,

they admit that they don't possess all of the answers themselves. One little caution. I am NOT super-sensitive.] The reserve is physically gorgeous, but I wish they had utilized a different printing process. This all seems so ironic, especially for a book titled "Toxic". The work on my recovery offers just begun, and it'll for sure be a long journey forward, but I'm currently seeing symptoms of improvements and some new found vitality. Nathan had really transferred the needle with my chronic health problems. Very informative and helpful! I trust this doctor. This reserve and the epidemic of persistent illness is proof this. The truth about epidemic of toxicity and chronic illness Having Lyme and the various other devastating tick borne co-infections, mold illness, weighty metals, and all the other toxins that go with creating a toxic body, this amazing author lays everything out in a readable format. Excellent resource for those suffering with "chronic illness" that mainstream medicine will not address. The landscape of medical school teaching is behind the changing times and can be primitive at this time. He definitely understands this horrible mold epidemic plaguing so many people. For sufferers who haven't been helped by either conventional nor integrative medicine Toxic is Dr. Nathan's most comprehensive reserve to date on what he offers spent the last 40 years doing--finding ways to help people with complex chronic ailments, many of which are not yet known or accepted by mainstream medicine, and certainly not trained about in medical institutions or residency training programs. There is also frequently a complex mix of these conditions, such as mold, Lyme, Bartonella an infection, mast cell activation syndrome and secondary porphyria. Even while a board certified hematologist/oncologist, secondary porphyria was a condition not used to me (and hematologists are the experts in diagnosing and handling porphyrias). Also, exclusive to Dr. He also highlights the main complicating factors preventing recovery. Nathan was the first clinician to suggest assessment our son for mycotoxins, which were strongly positive). I can't recommend this book extremely enough. We live where some doctors, thankfully, are available to new treatment possibilities; Nathan. This is probably the most challenging, and widely misunderstood, areas of medicine, yet important to so many patients in need. Nathan is one that warrants some phrases of praise! Nathan brings a medical experience and expertise that's unmatched with regards to multiple chemical sensitivities. If you are an individual with these complications or a practitioner caring for such sufferers, this is the most significant book you will go through this year. Brilliant and insightful I have read a great many books on Lyme and Mold disease looking for answers and insights. Dr. I'm actually lucky enough to be one of Dr. Nathan's sufferers. The appendix also contains helpful info on mold remediation and effective cleaning. Neil Nathan's publication, Toxic—Heal Your Body, fills a critical market in the evaluation and treatment of individuals with mold illness, tick-borne illnesses, and chemical substance sensitivities. Nothing before starting to consult with Dr. Excellent Great up to now. Mainstream allopathic medicine does not have any sure solutions of its and, worse, remains sometimes suspicious of several of the methods and systems outlined herein. With this process, he uncovers and discusses various practical tools and remedies with results that give desire to anyone facing these frequently overwhelming illnesses. Fortunately, after a few days of leaving it out on view, I was able to read it for short periods of time so long as I was in oxygen. A essential change in the proper direction after years of gradually fading away. I was ecstatic when I heard about his new reserve, Toxic. Anything I can read or pay attention to that helps me understand what's occurring in my body and the best modalities to regain wellness is a godsend, and this book fulfills that in spades. This book offers a very clear and detailed map. Nathan, this publication still helped me a lot and gave me some additional ideas of what to try in parallel to the primary treatment. Who

Should Go through This Book? As anyone who has experienced mold toxemia and multiple chemical substance sensitivities and whose wife has suffered through chronic Lyme and its coinfectants (with the most common cascade of results: chronic fatigue, fibromyalgia, human brain fog, panic, etc. I certainly desire I had this book years ago, but I am so glad this information is being distributed around patients and doctors today. Most practitioners today have small understanding of chronic/complex disease and the protocols for diagnosis, much less for treatment. Shortly after starting to work with Dr. Nathan, these lie generally "outside of the paradigm" of mainstream medicine. Fills critically important niche Dr. Nathan. I am suspecting that it was the inks which were applied to the shiny paper. So, I return to my initial query: Who should read this book? Those who suffer from chronic/complex illness, of course, and those who care for them: that area of the solution is obvious. Many thanks Dr Nathan . I address my fellow sufferers in mold, Lyme, MCS, etc. An essential book for people who have become highly sensitive We don't usually take the time to review books, but Toxic by Dr. Nathan. This publication is my favorite and the most comprehensive . It is the one that I wish had been in my hands as a great guide a long time ago . "Toxic" is an excellent mix of readability and technical info, and he also provides references in case you are interested in learning more about any topic. He's a very gifted and experienced physician . He generously shares his deep prosperity of insight garnered over a lifetime of treating probably the most delicate and ill individuals . He also discusses genetic predisposition to impaired detoxification, as well as the effects of illness on the mind-body connection. Nathan's book may be the crucial information concerning the 'rebooting' of many systems of your body, after carrying out the repair work, such as for example limbic system retraining, which includes dramatically helped my 26 year old child, after years of chronic exhaustion, focusing on mold, Lyme, and mast cell activation syndrome (Dr. Navigating the world of Lyme disease and treatments can often feel just like a complicated and overwhelming journey . Even though I'm already a patient of Dr. Nathan, it's the practitioners in the united states who treat you and yours who need this book.

Pioneering, Empowering and Practical - Excellent Resource for Patients and Practitioners I highly recommend this book to (all) physicians also to patients who have chronic complex illness. I wish "Toxic" was a required text in medical schools. This has been a great resource for me personally and the individuals I see. While covering a lot of information, "Toxic" is well crafted, interesting and incredibly practical. I also like his message that if you are impaired in any of the areas, or have a genetic predisposition, and are currently unable to deal with, it doesn't mean that you'll never progress. Neil Nathan, MD is normally a gifted and compassionate physician and teacher who provides generously consolidated what he offers learned from his years of experience treating the most sensitive individuals. I would expect whoever has tried to understand mold toxicity, lyme or it's coinfections, either personally or professionally, will feel very fortunate to have discovered this pioneering book.



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