

Four Immune Supporting Supplements Every Lyme Disease Sufferer Needs To Know

Lyme disease is a bacterial infection that can cause a wide range of symptoms, including fatigue, headaches, joint pain, and skin rashes. While there is no cure for Lyme disease, early diagnosis and treatment can help to prevent serious complications.



Four Immune-Supporting Supplements Every Lyme Disease Sufferer Needs to Know About, And Where to Buy Them

by Johnny Ray

★★★★★ 5 out of 5

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In addition to conventional medical treatment, there are a number of immune supporting supplements that can help to improve symptoms and speed recovery. Here are four of the most important supplements for Lyme disease sufferers:

1. Vitamin D

Vitamin D is an essential nutrient that plays a role in a number of important bodily functions, including immune function. Vitamin D deficiency has been linked to an increased risk of Lyme disease, as well as more severe symptoms.

Supplementation with vitamin D can help to improve immune function and reduce symptoms of Lyme disease. A study published in the journal *PLoS One* found that vitamin D supplementation reduced the risk of Lyme disease by 50%.

The recommended daily dose of vitamin D for adults is 600 IU. However, people with Lyme disease may need to take more vitamin D to achieve optimal levels. Talk to your doctor to determine the right dose for you.

2. Curcumin

Curcumin is a compound found in turmeric. It has强大的抗炎和抗氧化特性。这些特性可以帮助减少莱姆病的症状和促进康复。

A study published in the journal *Phytotherapy Research* found that curcumin supplementation reduced pain and inflammation in people with Lyme disease. Curcumin also helped to improve cognitive function and mood.

The recommended daily dose of curcumin is 500-1,000 mg. You can take curcumin in capsule form or add it to your food.

3. Ginger

Ginger is a natural anti-inflammatory that can help to reduce pain and swelling in people with Lyme disease. Ginger also has antibacterial

properties that can help to fight the infection.

A study published in the journal *BMC Complementary and Alternative Medicine* found that ginger supplementation reduced pain and inflammation in people with Lyme disease. Ginger also helped to improve sleep and mood.

You can take ginger in capsule form or add it to your food. The recommended daily dose of ginger is 1-2 grams.

4. Probiotics

Probiotics are live bacteria that have health benefits. Probiotics can help to improve gut health, which is important for overall immune function. Probiotics can also help to reduce inflammation and fight infection.

A study published in the journal *Beneficial Microbes* found that probiotics supplementation reduced symptoms of Lyme disease. Probiotics also helped to improve gut health and cognitive function.

You can take probiotics in capsule form or by eating fermented foods, such as yogurt, kefir, and sauerkraut. The recommended daily dose of probiotics is 1-10 billion CFUs.

These are just four of the many immune supporting supplements that can help to improve symptoms and speed recovery from Lyme disease. Talk to your doctor to determine which supplements are right for you.



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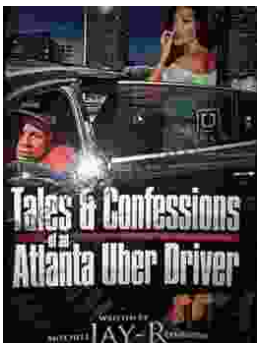
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