

In cases of Lyme disease, in addition to its usual detoxification functions, the liver also needs to detoxify the body of Lyme toxins and antibiotic residues. To assist in this process, the following guidelines can be extremely helpful:

- \* Make foods high in omega-3 oils a regular part of your diet. Sardines and wild-caught salmon are excellent food choices for this purpose. Also take purified fish oil supplements on a daily basis (2,000–3,000 mg per day).
- \* Eat plenty of raw foods, especially fresh fruits and vegetables. Plant-based foods (except beans, potatoes, and tomatoes) better help the processes of liver detoxification when consumed raw or juiced rather than cooked. Artichokes and dandelion leaves are two particularly liver-helpful vegetables. Phases One and Two of the Lyme Inflammation Diet (LID) are designed to help jumpstart this cleansing and detoxification process. I highly recommend that the LID be followed according to the guidelines I provided in chapter 5.
- \* Eat only organic foods if possible. Nonorganic foods contain herbicides and pesticides and other substances that add to the burden of liver detoxification. Organic foods, by contrast, help to reduce the toxin burden placed on the liver.
- \* Make nuts a regular part of your diet, as they assist both liver and gallbladder function. They are an excellent source of healthy oils and quality protein. Nuts also make an ideal snack food between meals.