

the **TICK SLAYER**

Battling Lyme Disease and Winning

Perry Louis Fields

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Battling Lyme Disease and Winning

A transformational journey for those stricken with autoimmune disease that includes how-to-details, real life inspiration, resources, guest experts and more!

The true story of a maverick athlete, failed by the medical system, successfully cured herself of the #1 growing infectious disease in America.

Fields

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Battling Lyme Disease & Winning

By Perry Louis Fields

The Tick Slayer Media Kit Contents:

Greetings.....	3
Press Release.....	4
Book Description.....	5
About The Tick Slayer.....	5
Author Background with Infectious and Autoimmune Disease.....	6
Question and Answer with the Author.....	6
Author Photos.....	10
About the Author.....	11

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Greetings-

Autoimmune and infectious diseases are on the rise. Almost everyone knows someone in their family or circle of friends who has a chronic illness. Ask these people what the most frustrating part of their illness is, and it would probably be healthcare. There are on-going debates of how these diseases should be treated with many opposing viewpoints. They ultimately leave the patient confused, bewildered, and not knowing who to trust. Patients are faced with exorbitant medical bills to pay off...and many times make very slow progress, if they make any progress at all, toward regaining their health. Often they do not even get a true diagnosis after years of doctor visits, tests and failed treatments.

US Track and Field athlete, Perry Fields, was no different in acquiring her autoimmune and infectious disease. In 2005 she was diagnosed with the #1 growing infectious disease in the United States, Lyme Disease. This disease has an estimated 300,000 new cases each year, but many authorities speculate that the number of new cases in the United States is tenfold.

With no definitive testing and Lyme educated doctors going by symptoms, thousands of people go undiagnosed by visiting their primary care doctor. Symptoms often manifest years later, adding more difficulty in getting the correct diagnosis. Some people are diagnosed with ALA, MS, Lupus and the many other autoimmune diseases Lyme mimics, never getting a true diagnosis and never being treated properly. The problems don't stop there, once diagnosed; many doctors believe there simply is no cure, while others treat their patients like hypochondriacs.

But, unlike the many thousands of patients of chronic diseases, Perry Fields decided to go with her gut instinct and beat the odds against her, making a full recovery from Chronic Lyme and going back to her sport, by utilizing a completely non-mainstream approach.

She now provides the thousands of Lyme Disease patients and other chronic disease sufferers her detailed recount of her entire recovery including:

- Her do-over plan. Lyme took her 4.5 years to recover from; she shows how it can be done in less than one year.
- Why the planning of a full recovery is crucial and what a typical plan for any autoimmune/infectious disease sufferer should look like.
- Alternative treatments that most people have never heard of- how they work, why they work and where you can get them!
- A detailed guide on test results that anyone with chronic illness can follow and understand. What to look for, what to ask for and how to make sense of your situation.
- A to Z guide on the entire recovery process for anyone who is chronically ill.

If you like what you see and would like to schedule an interview with Perry to discuss her experiences on her medical journey, please feel free to contact the number and e-mail listed below. **If you are a book reviewer and plan on running a review of *The Tick Slayer*, please let us know if you would like a final copy of the book and/or electronic images of Perry and the book cover art.** info@zippypublishing.com (p) 864-200-2091

US Athlete Cures Herself of the #1 Growing Infectious Disease Despite the Odds and Shows Others How She Did it In Her New Book, *The Tick Slayer*

Infectious and Autoimmune diseases are on the rise. Many who find themselves ill and given the diagnosis of their disease as “chronic” have a long journey ahead of them to get answers to their questions and to find the care that they need. Often patients who are chronically ill get shuffled around from one specialist to another, finding themselves more and more frustrated with the health care system.

The same scenario played out for US Track athlete, Perry Fields after she was given the diagnosis of chronic Lyme Disease, but instead of following the conventional advice of her Lyme specialist, she decided to look deeper to find the real root of her illness. It led her on a journey of self discovery as she learned what it takes to conquer a devastating illness.

Lyme Disease is a highly controversial disease, with many doctors not acknowledging how wide spread it is and medical groups strongly opposing each other on how the disease should be treated. The end result is not favorable for Lyme patients. Many are left draining their savings trying to find a cure and those who are chronically ill with Lyme Disease can be sick for decades; a slow death for thousands of people. An estimated 300,000 new cases occur each year in the United States alone.

The Tick Slayer was “a calling” for Fields after her four and half year battle to find her cure and be able to continue with her athletic endeavors. “I just started getting so many people asking me how I did it and once I realized how rampant the problem was, I wrote the exact book that I wish I had read when I first found out I was ill. I needed someone to tell me that it was indeed curable and to tell me how to do it, diving into every aspect of what gets people sick in the first place. I am giving people answers to complex problems based on experience,” Fields says.

In 2009, Fields, made a full recovery and by 2010, with only two months training, qualified for the 2010 US Track and Field Indoor Nationals. Currently enjoying her resurgence in athletics, she continues to be healthier post-disease then pre-disease. She is a health coach to people who suffer from autoimmune and infectious diseases. *The Tick Slayer* is available for 23.95 in most bookstores or by going to www.TheTickSlayer.com

Book Description

Autoimmune disease patients have a new hero. *The Tick Slayer* is the true story of a maverick athlete, failed by the medical system, who successfully cured herself of the #1 growing infectious disease in the United States.

This entertaining, transformational journey demonstrates what it takes to go from DISEASE to COMEBACK. Follow her unwavering determination on this medical roller coaster to a full recovery, while discovering many user-friendly details for health issues that plague our society. Includes how-to details, resources, tips and more.

About The Tick Slayer

The book is an autobiographical recounting of an athlete's amazing journey back to health, with medical details of her treatments and how she dealt with the health care system. It will empower every reader, no matter their condition. Many people with autoimmune disorders, including cancer, will find invaluable information on their current condition, in a story that is inspiring and motivating.

The Tick Slayer includes resources, treatment options & personal experiences, as well as guest authors in the medical field explaining new technology that can save lives.

“For a long time I’ve had people ask me about how I did it and now I can finally describe in detail what I did! It should provide many answers to questions that people have about their own health, because what I’ve discovered is that many of these autoimmune diseases are very similar, they just have different names!” – Perry Louis Fields

Author Background with Infectious and Autoimmune Disease

Perry was bitten by an infected tick in the mountains of North Carolina in 2003. She has been a long time track and field athlete, competing at the highest levels in high school, collegiate and post-collegiate competitions.

In 2005, she was forced to stop racing and training and seek medical help soon after the 2005 USA Track and Field championships, where she became very ill during her race. Her health continued to decline over the next few months forcing her to seek medical help. After a short stint on conventional treatment, not seeing improvement and worried that her health would continue to decline, she began researching and treating herself with alternative treatments. The process of successfully experimenting on herself, trusting her own instincts and forging forward, was the catalyst for her book, *The Tick Slayer*.

Because of her success in recovering from Lyme Disease, as well as Chronic Fatigue and Epstein Bar Virus (health problems that began in college), as well as co-infections from the tick bite that infected her with Lyme, her sentiments toward the ongoing autoimmune health crisis for many people in the US and world wide, was to write a “how to” on recovering from these devastating diseases.

By 2009, Perry was training again and by 2010 she raced her first indoor track season since 2001, where she made her debut at the USA Track and Field Indoor Nationals. She continues to train in Colorado Springs and is preparing for the 2012 Olympic Trials.

Question and Answer with Perry Fields

Q. What is *The Tick Slayer* about?

A. It's about what I had to do to beat an “incurable” disease and to get back to track and field.

The Tick Slayer is about my journey to a full recovery from Lyme Disease, the #1 growing infectious disease in the United States. It chronicles my life as an athlete before Lyme, the treatment phase, where I was given pretty bad odds, and felt like the medical system failed me, and then my journey of self discovery through alternative treatments and therapies and finally to full recovery and the life after chronic illness phase. Finally, if I could do it over again, I think I could cure myself in less than a year's time vs. the 4.5 years it took for me to figure everything out. The book contains invaluable information about treatments and services that the general population does not know about and the

maverick part is that many of the things I did are shunned by the medical community, attacked by the FDA and most which people are completely misinformed about.

Q. Who should read *The Tick Slayer*?

A. Anyone who is chronically ill or wants to help and/or understand a loved one that is going through a major illness. This book has major "Ah-ha!" moments for every type of person out there and for someone who is ill, the entire book is one huge "Ah-ha!" moment. For people who are looking for inspiration, it's all there. For people who are looking for a how-to, it's in there. For people who are looking for a real person that they can relate too who did recover fully and move on to a better life, it's there. For people who just want entertainment, it's definitely entertaining.

Q. Why did you write *The Tick Slayer*?

A. Back in 2005, when I first got ill, I remember there not being much information about the disease available and it was a huge downer. Everyone I spoke to, who knew about Lyme Disease, was highly pessimistic. They basically told me I was screwed. I was searching for that one person who could say, I had it and I'm over it and there was NO ONE. It made my journey excruciating at the beginning because I kept questioning whether I would really recover and whether it was even possible. This is not a great way to go about your healing, when you aren't completely invested in the idea that a full recovery is possible, it feels impossible. Recovery starts with knowing you can get over it.

In 2008 and I missed the Olympics due to my illness, my spirit was shattered and I was having one of the most serious depressions of my life. I knew I was so closed to being fully recovered that at the end of 2008, when I realized I was really going to be cured, I started thinking about writing this book.

In 2009, someone sent me a clip of the movie *Under Our Skin*, about Lyme, and I remember watching it and seeing how it was becoming a HUGE epidemic. It also made me cry because I saw all these people who were completely disabled from it and I guess it was then that I fully realized what I had done. It was overwhelming. I sat down quickly after watching it and within 3-4 weeks, wrote about 500 pages. I was possessed. My entire journey was somehow logged into my brain and I also kept my health calendar so that when I wrote the book, I could include everything I did and even go as far as to write a protocol that I would do if I could do it all over again.

Q. What was the inspiration?

A. When I got sick, my grandfather, who is a retired physician, had already recovered from Hepatitis B from an infected needle, quadruple bypass surgery and also lymphoma. So I grew up watching him recover from everything thrown at him...usually cheerfully. So that was inspiring for me, but I have to admit I was pretty inspired by what I had done.

I had also read Lance Armstrong's book during my illness. The biggest part about his book, for me, was that he was a good athlete BEFORE he got sick, but he became a PHENOM after he recovered from his Cancer.

So when I decided to sit down and write this book, I wanted to write something for people who were sick, not just with cancer, but with all types of autoimmune dysfunction and give people the method I used to recover, not just the story of recovery. Making it a lot different than just being an inspirational story. I wanted to give people answers, and a route to follow back to health.

Q. Tell us about Lyme Disease.

A. Right now the CDC reports about 10% of the cases and for the US, that's about 300,000 new cases each year. It's very under reported because Lyme, usually transmitted by ticks, but also by fleas, mosquitoes, sex and in vitro, can mimic other diseases. At first, you may have symptoms of a flu and then it may go away. You may not actually fall ill to Lyme Disease until years later, when your body is stressed out or you're living an unhealthy lifestyle and not being proactive about your health. Some people don't get symptoms right away and some people won't even get a bite mark if they were bitten by a tick. So it's this mystery illness that many doctors don't even think to check someone for. Then the tests are not completely accurate for it.

The best thing one can do is go off of symptoms, unless you know you were bitten and see a bite mark. I would even go a step further and say if you were in an area that has ticks, I would be proactive about checking for ticks and paying close attention to how you feel. If you get tested and treated early, your chances of a quick recovery are far greater. Once you get into a chronic condition of Lyme, it takes a lot of work to recover and that's when you get the best advice out there and the best treatment out there. Still, too many doctors don't know how to treat Lyme, other than prescribing an antibiotic and there is much debate on how effective that route really is.

The most common symptoms include: migraines, dizziness, brain fog, poor memory, poor sleep, lack of verbal fluency, confusion or disorientation, decreased ability to concentrate, facial nerve tics or paralysis, sore jaw, sinusitis, mood swings, difficulty chewing or swallowing, sore throat, hoarseness, muscle twitches, numbness and tingling, shooting pains, lower back or neck pain, irregular heartbeat (palpitations), inflammation of the heart muscle or arteries, chest pain, difficulty breathing, rashes, itching, crawling sensations, benign cysts, blurred or double vision, retinal damage, floaters, flashing lights, light sensitivity, dry eye, blindness, ringing in ears, nausea, vomiting, diarrhea, constipation, loss of appetite, mild liver function abnormalities, spleen tenderness and enlargement, inflammation of the urethra and bladder, pelvic pain, testicular pain, tiredness, lack of stamina, fever, vague discomfort, irritability, nervousness or anxiety.

Q. What key message is most important for people who find themselves in this situation?

A. When it comes to your health, you have to be your own advocate. No doctor on this planet is going to have ALL the answers, so don't expect them to or you will be beyond disappointed and grasping at straws. Be a student. Trust your own instincts. When it comes down to it, nobody knows your body like you do.

The other thing would be to have an open mind about treatment. The book is about my journey when I felt like conventional medicine was going to kill me. Looking back I can honestly say had I kept going with that route, I would not be here today. I would not be where I am. I would be dying a very slow death. I kept an open mind and I didn't care where the answers came from, I just wanted information. I wanted to know what was out there. I got what I wanted and I believe most people will if they do the same thing.

Q. Are you for or against western medicine?

A. Neither. I grew up in family with many medical doctors. My grandfather was a great physician but he also was in favor of not just the allopathic philosophy. I remember him giving people injections of vitamins growing up. The only injections you get these days are pharmaceuticals. I think the pharmaceutical world telling doctors how to do their job is preposterous. It's disgusting. You can heal the body successfully from just about anything, including infectious diseases, if you just give the body what it needs and wants. This often goes back to balancing your body's chemistry and essential nutrients. Simple things that doctors do not do these days.

I always say, I would rather be in the United States than any other country if I got into a car accident, but if I'm sick with a disease, I much rather be in just about ANY country other than here. That's pretty sad, right? Our rights to use alternative methods are constantly under attack so it's very important for people to voice their opinion about many of the bills that are always going up for vote. These bills directly affect our food chain and our ability to choose our own healthcare (which includes treatments and supplements). These are fundamental rights.

Q. You are an athlete, did that help in your recovery?

A. Yes and No. My "go hard" mentality was part of my demise. I totally ignored symptoms for years saying that they were because of training too hard. On the flipside, once I was firm in my belief that I was ill and that I would achieve a full recovery, I was possessed by it. Nothing was going to get in my way. Good athletes in any sport are like this. They are bent on obtaining a goal and even if they don't land it, at least they land near it. Not being worried about upsets and having little fear about poor outcomes is how you achieve great things.



2005 Track and Field Championships, Perry Fields
credit: Cheryl Treworgy



credit: Joel Strayer

About the Author

Perry Louis Fields grew up in South Carolina and began running at a very early age. She attended the Governor's School for the Fine Art in high school in the visual arts. Her track and field endeavors led her through three colleges (including West Point). She graduated Clemson University with a degree in Packaging Science.

She is an extreme outdoors enthusiast and a hobbyist golfer, poker player and rock hound. She has a thirst for knowledge in the areas of health and space. In her spare time she enjoys cooking, reading, painting and sculpting. Perry continues to serve as a coach to people who are suffering from chronic autoimmune illnesses.