



Interview questions with Katina Makris, CCH, CIH, Lyme disease educator, recoveree, and author of multi-award-winning book “Out of the Woods; Healing Lyme Disease Body, Mind & Spirit” and her latest release “Autoimmune Illness & Lyme Disease Recovery Guide; Mending Body, Mind & Spirit”.

Q. Tell us who you are, Katina Makris.

A. I grew up on Long Island, New York, and moved to New Hampshire in 1991. I am a Certified Homeopath of over 30 years, a certified spiritual healer of 10 years, Lyme disease advocate and educator, and former host of a ground-breaking talk show, “Lyme-Light Radio with Katina” WBLQ New England and TransformationTalkRadio.com, with The Dr Pat Show syndicate, reaching global audience in the multi-millions and archived on iTunes. I teach Lyme disease and

autoimmune illness recovery workshops all over the USA and world now, as well as Spiritual healing retreats.

Q. How did you find out you had Lyme disease?

A. After five years of misdiagnosis, and hundreds of tests, scopes, scans at top New England hospitals and doctors, a certified clinical nutritionist used a Lyme specialty lab, with more refined testing techniques and isolated my case of advanced Lyme disease.

Q. Why so long to get diagnosed?

A. The commercial, regional labs most physicians use have a 60% error rate. I had three false negatives. The average physician is working with out-dated Lyme information, over 35 years old, defined by The Center for Disease Control in 1975. They are not aware of what “chronic” Lyme symptoms are, nor the existence of state-of-the art labs. The doctors I saw did not even KNOW they were looking at a Lyme disease case in front of their eyes, thus, misdiagnoses of fibromyalgia, CFS, migraines, arthritis, depression. I was mismanaged and bedridden.

Q. How did you get well?

A. I used a natural medicine protocol of Lyme specific herbs and homeopathics, known for their antibiotic properties. Weekly acupuncture and a tailor-made nutritive supplement program were employed to rebuild the massive depletions a Lyme patient suffers, all supervised by my Integrative Medicine physician. It took five years of hard work. After being bedridden for two years, we slowly built in walking, then exercise- yoga and swimming, and deep inner work done at the spiritual levels.

Q. What is the biggest misconception about Lyme disease you would like to correct?

A. That you must have a “bull’s eye” rash. Less than 50% of people manifest this rash. I never did!

Q. Is spiritual work really a player in recovery from chronic Lyme disease?

A. Yes, in spades! The energy of this illness is that of depletions, depression, anxiety and exhaustion. So many lose their careers, financial savings and joy. The emotional and spiritual ravages are often profound. It was just as essential I spend time mending my broken spirit as well as my broken body. All forms of chronic illness really call for inner healing. Fixing the body is only part of the equation.

Q. What would you tell a person with a fresh tick bite or Lyme infection?

A. Get on 6-8 weeks of antibiotics immediately for a new infection or suspicious looking/feeling tick bite. Killing the *Borrelia burgdorferi* bacteria as soon as it enters your bloodstream is critical before it replicates. Insist your physician take the ILADS.com doctor training (easy to do) to become “Lyme literate,” so they can properly treat and diagnose. The out-dated antibiotic regime of two weeks is insufficient in killing this aggressive bacteria and its companion co-infections. Have your tick tested at MainlyTicks.com.

Q. Any prevention tips?

A. Cover your body with essential oil formulas of lemon balm, rose geranium, eucalyptus, available in health food stores. Use permethrin bug repellent on clothing. Creating a tick deterrent yard habitat requires removing bird feeders, moving the log pile to the outskirts of your land, making a three foot wide pebble or heavy bark mulch border around your personal patio area. Ticks won't walk on such rough terrain. They like cool, shady areas. Prune, trim at all grass and shrubbery. Open, sunny decks and patios are safest. Wear long sleeves and a hat when gardening, hiking. Do tick checks nightly and hourly when camping, hiking, gardening, fishing and such.

Q. Do people select alternative medicine versus traditional medicine when treating Lyme disease?

A. No. I believe that this is the epidemic illness of our era that asks us to unite the two hands of health care. It asks us to take the scientific diagnostics and pharmaceutical weaponry of allopathic western medicine and marry it with the restorative therapeutics of natural medicine. We all know two hands working together are better than one. Killing the bugs is half the story; the other half is rebuilding the depletions a long-term infection induces. An acute infection though is clearly eliminated with prompt, aggressive antibiotics. Integrative Medicine in the wave of the future and America is beyond the times. Lyme disease is propelling us into a health care make-over in our country, catching us up to Europe and Canada.

Q. What did you learn about yourself in the ten years you battled Lyme disease?

A. Re-evaluating the way I lived my life. The type A American lifestyle of external success, displayed by career status, financial wealth, material accumulation creates a hard-driving pace and personality. Spending years alone, stripped of these structures, in contemplation and on forced rest, I journeyed into my soul's center. I discovered much about myself, humankind and true healing. Now I favor the compassion and creativity, I have earned, as personal emblems of success. It all boils down to who we are on the inside, essentially. Developing character is one of life's true lessons. Lyme stripped me down to bare bones and I re-bloomed with greater wisdom and a calling to end this epidemic.

Q. Tell us why you wrote "Out of the Woods."

A. As beings we need nurturance and care when we are ill. I wrote "Out of the Woods" as a hand-hold of comfort and inspiration, to the all too many who suffer with this illness. The Lyme epidemic has flown under the radar for decades, leaving an estimated 3,000,000 people stricken in various stages of this chronic form. "Out of the Woods" offers diagnostic and treatment guidance, too. Most vividly, it puts voice to the emotional experience the Lyme collective shares. I offer it as a talisman of hope, and a light of inspiration that you too can heal.

Q. As a woman who battled back from the brink of death, to recovered health, you are a stunning visionary for so many others. How do you maintain your energy and well-being now?

A. Balance, moderation, self-care, meditation, prayer, fun, exercise, rest, and creativity are my steady staples. I take immune and adrenal supplements and a low dose of Cat's Claw. Every day I practice gratitude and intention. I am blessed to have healed. I take nothing for granted and

honor divine guidance. I take no random, reckless steps any longer. Lyme taught me to be present and listen to my inner compass.

Q. What lies in your future, as you seem to be so passionate about living?

A. Yes, it is true. I live from my heart now, not my mind or society's expectations. My calling is to promote healing at the mind-body-spirit level. We need to become more attuned to our inner powers and use them.

B. I have two books in the works. One on spirituality and healing, another on life after Lyme and my second book "Auto-Immune Illness & Lyme Disease Recovery Guide" is now in German translations. I'm very proud, too, about the exciting dialogue my breakthrough radio show "Lyme-Light Radio with Katina" created on all things related to Lyme disease. I interviewed the world's most brilliant scientists, patients, doctors, authors, advocates and more, with an open call-in format. How fantastic to be sharing this on the airwaves! All 100 podcasts are archived at <http://katinamakris.com/podcasts-lyme-light-radio>

I recognize my work in communicating, teaching, and public speaking is enormously rewarding and life altering for both me and my audience. I hope to help amend the Lyme disease atrocity in my lifetime. The suffering I have witnessed is overwhelming. Life breeds many miracles and I am honored to be walking my path with purpose and love. I trust that my writing and work with the public is meant to be.

Q. What do you see yourself doing in your future years?

A. I am a visionary and a creative. I was blessed with healing talent since childhood and have cultivated it in the decades of private practice and now workshop settings. After a near death experience to Lyme, I was graced with extraordinary enhancement of my healing energy when I chose to not die, but to soldier on and LIVE. I see myself leading larger scale healing retreats and introducing another radio show and likely a TV platform too, as I want to reach mass audiences on helping them cull their own inner healing powers that sadly we have neglected to help people foster in modern day western medicine paradigm. I have several spirituality based manuscripts in process, too. They should come to print soon! I have big dreams of helping end the Lyme epidemic with hopefully an annual accurate Lyme screening test nationwide and proper med school education. Meanwhile, watch for me more online. Webinars and radio are coming!!

Katina I. Makris, CCH CIH

AUTHOR'S BIO:

Katina I. Makris, CCH, CIH is the award winning author of *Out of the Woods, Healing Lyme Disease, Body, Mind & Spirit* and the breakthrough book on *Autoimmune Illness & Lyme Disease Recovery Guide*. She has worked in natural health care for over 30 years, as a Classical Homeopath and Healing Intuitive.

She is a former popular newspaper health columnist and a past board member of The Council for Homeopathic Certification. She is a keynote speaker for the popular Ticked Off Music Fest and many other conferences. Katina is a dynamic, well loved Natural Health care educator and public speaker, currently lecturing on Lyme disease awareness and support, as well as the power of mind-body-spirit healing. She is a graduate of Duke University and The Stillpoint School of Integrative Life Healing.



Katina's innovative weekly radio talk show, 'Lyme Light Radio with Katina Makris', broadcast to 1,000,000 listeners on 1230AM WBLQ, Westerly, RI and on a worldwide 300 station syndicate in partnership with the famed TheDrPatShow of Transformation Talk Radio. A host, guest, call-in format, this show includes interviews with Lyme disease doctors, scientists, authors, patients, advocates, labs and more.

Visit Katina's website for her upcoming workshops and to access to both her books.

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