

LYME DISEASE — ROADMAP —

**THINK IT'S
LYME?
START HERE.**

RECEIVING A DIAGNOSIS

Relief, validation, confusion, fear, grief, and hope—often all at once.

SEARCHING FOR ANSWERS

Multiple appointments, tests, specialists, misdiagnoses, and feeling like you're not being heard.

SYMPTOMS BEGIN

Fatigue, pain, headaches, neurological issues, anxiety, digestive problems, or symptoms that don't seem to make sense.

LEARNING ABOUT LYME

Researching Lyme disease, treatment options, co-infections, detoxification, lifestyle changes, and trying to understand what comes next.

BEGINNING TREATMENT

Starting antibiotics, herbal protocols, supplements, alternative medicines, lifestyle changes, or a combination of holistic approaches.

"IT GETS WORSE BEFORE IT GETS BETTER"

Experiencing setbacks, flares, Herxheimer reactions, symptom changes, and learning that healing is rarely linear.

REDISCOVERING YOUR WHY

Moving beyond survival mode and reconnecting with hobbies, passions, relationships, purpose, and joy.

FINDING SUPPORT

Connecting with practitioners, caregivers, family members, support groups, and others who understand the journey.

THE NEW NORMAL

Adjusting routines, managing energy, setting boundaries, asking for help, and learning to work with your body instead of against it.

LIVING FORWARD

Whether fully recovered, improving, or managing ongoing symptoms, finding ways to create a meaningful life beyond the diagnosis.

**LYMEBRAVE IS HERE TO HELP YOU
NAVIGATE YOUR LYME DISEASE JOURNEY**

