

LYME DISEASE EDITION

— *What's* —

KEEPING *You* SICK ?

MILLIONS, SUFFERING WITH LYME DISEASE,
ARE UNAWARE DOZENS OF HEALING MISTAKES
ARE GUARANTEEING THEY STAY SICK..



DISCOVER WHAT YOU **MUST AVOID TO BE WELL**

PAUL KEENAN

What's Keeping You Sick?

LYME DISEASE EDITION

By

Paul Keenan

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Reviews



“Allow me to congratulate you on this brilliant book. It’s a genius concept. It was striking, thought provoking and something hardly talked about. Touch and wake up as many people as possible!”

Hana, UK

“All you say is true. Great you address the various aspects of Veganism, food choices, W. Price, your observations in SW Asia, the different 'Layers', supplements, gurus, etc.”

Ivo, USA

“There are so many fake therapies out there it’s hard to push through all the lies and get to the truth. Paul does that for you. I enjoyed his audiobook immensely!”

Susan Boons, UK

Also by Paul Keenan

[Chronic Disease The Great Escape](#)

[What's Keeping You Sick? Chronic Disease Edition](#)

“I have not failed. I've just found 10,000 ways that won't work.”

- Thomas Edison

Disclaimer



I am not a Doctor and do not prescribe ‘medicines’ nor treat ‘patients’. There is no 'Doctor-Patient' relationship. I do not heal or cure anyone. I believe, given the right conditions, the body can heal itself. Any action you take, related to health and wellness, based on information presented by me, within this document, on my websites, within books, blogs, videos or writings, is your sole responsibility and you act of your own volition and in consultation with a fully-licenced Medical Practitioner.

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The information presented in this book is accurate, to the best of my knowledge. Any factual inaccuracies brought to my attention will be corrected in updates. Opinions expressed are my personal views and may not be shared by others.

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About The Book



What's **Keeping You Sick? Lyme Disease Edition** takes a long-overdue look at why so many 'Lymies' fail to recover their health, despite tremendous effort and cost.

The premise is very simple. Just as a car can be blocked from reaching its destination, by fallen trees. So, too, healing can be blocked, by a variety of physical, mental, emotional, energetic and spiritual barriers.

The book presents over 100 ways we fail. A handy **FREE** checklist will help you quickly identify your **OWN** healing blocks and remove them. Allowing you to complete your healing journey.

This is a fast-fact, 'no-fluff' work, written in plain English, with a nod to brain-fogged and grasshopper minds.

Additional Resources are presented at the back of the book, with associated links and QR Codes. Or search online for 'wellnesspaul' and go to the Books page.

Books in this series are currently **only available from the wellnesspaul website**. Other outlets are being considered.

Current editions cover **Chronic Disease** and **Lyme Disease** and are available as an Audiobook, e-Book, Paperback and Checklist.

Prices are correct at time of press.

A Cautionary Tale



2 5 years ago, my mother lost a long battle with Rheumatoid Arthritis. In her final 2 years the family watched, helplessly, as her body and mind were destroyed by drugs, emergency trips to the ICU and botched surgeries. Morphine finally ended her misery.

Her last 2 years of ‘treatment’, in hospital, were more akin to medieval barbarism than anything resembling health. Doctors pumped her full of stronger and stronger poisons. Surgeons mutilated her body. A “brutal” nurse compounded her misery.

Appalled at what I was witnessing, I asked a Doctor if they could do anything and was staggered when he said, “No”.

“What on earth is she doing here, then?” I asked.

We demanded she be allowed home so she could die looking out at the garden she loved, rather than the bleak surrounds of a National Health Service ‘charnel house’.

I was upset we had pressured her to stick with the Doctors (we were all ignorant back then) but more so at the realization the Doctors knew their ‘treatment’ would destroy her, yet said nothing.

When we asked if Alternatives could help, the reply was, *“There’s nothing that can be done.”*

Today, having learned how the ‘Sickness Industry’ approaches chronic disease and how Alternatives CAN help, I interpret this rather differently...

“We haven’t finished picking her pocket, yet.”

Introduction



Stop! Before you buy another supplement, try a new therapy or work with yet another Chronic Disease practitioner. Stop.

Let's get the **SHOCKING** headline out, nice and early.

90%* of Chronic Disease patients, attempting to recover their health, will **FAIL**.

It's worse than that.

They are **GUARANTEED** to fail.

You would have thought such an outcome would be shouted from the rooftops. That Doctors and Alternative practitioners would be handing out leaflets and guides and warning you...

"Hi! Just getting started? There's a ton of ways that can prevent you from healing. Here's a handy list of what to avoid."

"Really? Thank you!"

Did anyone say that to you? Nor me.

If I had been warned, that trying to heal, was going to take 30 years and cost, perhaps, a million dollars, in direct and indirect costs**, I would have taken a very different path.

Hi. I'm Paul Keenan.

Even though I don't know you, I care very much what happens to you and know the struggles you may be going through, in your efforts to get well. Losing my health came at disastrous personal and financial cost. I now

wish to help you avoid the many mistakes we all make that are keeping you sick.

What's Keeping You Sick? is filled with priceless insights we all should know before we begin our chronic disease journey.

It is my sincere wish, the knowledge you gain from this book will save you countless hours of research, years of trial and error and a lifetime of continued suffering.

**90% is an estimate, based on Doctor comments, media reports, interviews and personal observation. It may be higher or lower. Used for illustrative purposes only.*

***The million dollars is also an estimate, based on direct and indirect costs, such as loss of income, pension, insurance, bonuses, promotions and lost opportunity.*

Chapter 1

Keeping Us Sick



“Our ‘Sickness System’ is run by businessmen, for profit. Not Doctors, for health. As long as treatments make more money than cures, we will have treatments and no cures.” - Paul Keenan

Few challenges in life cause more suffering than chronic disease. Especially, disease you cannot see. The lack of official help is an ongoing crime, not helped by the unsympathetic, even friends and family...

“But you don’t look sick”, they say. Or, “You’re a hypochondriac.” Blind, to the disease processes, eating you up, inside. Then there’s the mean ones, *“It can’t be fixed, stupid! The Doctor said it’s ‘incurable!’”* Doctors tell us this, despite ample evidence, in their own literature, to the contrary.

Worse still, when you go to the Doctor, say, with worms or parasites, and they refer you to a psychiatrist. It’s hard to think of anything more cruel. No, it’s not *“all in their heads”*. These people are suffering. Most, fighting an internal war you cannot see, desperately trying to hold on to some kind of normalcy. They need compassion not condemnation.

If you are struggling to recover your health, you’re not alone. There are millions just like you.

Before I continue, allow me to clarify what is meant by ‘chronic’.

‘Chronic’ conditions are long-term, persistent or ‘incurable’ conditions, such as Heart Disease, Cancer, Diabetes, Lyme Disease, Arthritis and Auto-immune disorders.

6 out of 10 adults and 54% of children, in the U.S., have at least one chronic disorder. 70% are overweight or clinically obese.

The level of sickness is staggering and getting worse.

Browse the health section in any book store. Rows of titles teach you about your disease, what to eat, the latest treatments, what supplements to take and therapies to try.

They are great but this book is different. It addresses what they don’t told you. Things you need to know... MUST know... before you begin your healing journey. Things they don’t teach in the classroom. “Lessons Learned” from a billion collective failures.

It is not just sufferers who need to know. If you are an MD, Nurse, Integrative or Alternative Practitioner, knowing why your patients aren’t improving will help you better support and advise them. If your salary, or status, depends on NOT knowing, best to move on.

Thomas Edison said, *“I have not failed. I’ve just found 10,000 ways that won’t work.”*

In Chronic Disease, there are many ways that won’t work. We know the classic ways, already... bad diet, lack of exercise, too much stress, poor quality sleep. These will absolutely keep you sick, if you ignore them. But there are more. Many more. If you have reached this far, well done. You are serious about recovering your health and want to know what they are.

To save you finding out, the hard way, I decided to identify and document as many ‘ways to fail’ as I could. Drawing from health articles, medical journals, online health groups, interviews with the sick and my own years of struggle.

The interviews were the most revealing. In 2018 and 2019, over two Christmas holidays, I offered a free one-hour consult, to those with chronic Lyme Disease, who were (a) broke and (b) suffering. I wanted to understand why they were having such difficulty. If some were resolving their symptoms then, theoretically, all could. What were people missing?

51 callers responded. They shared their history, how long they had been ill, supplements they were taking, therapies they had tried and the many Doctors and practitioners they had seen. I was saddened by their suffering and full of admiration for their perseverance. What I wasn't prepared for, was their answers.

ALL were getting it wrong. Most hadn't even applied the fundamentals of natural healing. Few had a properly structured program or protocol, to follow. They were obsessed with the flavour of the month... SIBO or MTHFR or Marcons... or a too-narrow focus on killing invaders. Blasting and weakening already damaged microbiomes, with more and more antibiotics, having failed to gain relief with anything else.

It isn't that all the things they tried weren't effective. It's just that they weren't being put together in a coherent fashion.

I won't go into detail on how to tackle specific disorders. You can find these in the Companion Book, '**Chronic Disease The Great Escape**', which is designed to help you AFTER you have identified and resolved what's keeping you sick.

My mother's death showed how, not knowing how to heal yourself, can end in tragedy, and placing your trust in strangers, who don't know you and don't have answers, can be a fatal mistake.

Know what else upset me about her death?

They lied.

I didn't discover this, until years later, when I began to experience similar symptoms and was filled with dread. Joint pain, chronic fatigue,

crippling anxiety, insomnia, chronic inflammation, brain fog and so on. Was I to suffer the same horrifying fate?

I dived into the medical literature and found a study that showed Rheumatoid Arthritis responds well to a change in diet. I was stunned. At no stage had any Doctor suggested this to my mother. Not even hospital food, which I generally regard as unfit for human consumption. Studies show 40% of those who leave hospital are more malnourished than when they went in.

It's a similar story with Diabetes. Lopping off diabetic toes, one at a time, is highly profitable. Around \$5000 a toe, I hear. Yet a single nutrient, Alpha Lipoic Acid, according to their own Doctors findings, removes the need for surgery, in under 30 days. Do they give ALA to diabetic patients, facing surgery?

You can guess the answer.

What's Keeping You Sick



'Scientific' Medicine.

Poor diet.

Lack of exercise.

Excess stress.

Poor quality sleep.

Ignorance of what makes us sick.

Ignorance of how to heal.

Lack of support.

Being misinformed or uninformed.

Suppressed cures.

Chapter 2

Alternative Health



“It’s not that Alternative Therapies don’t work. We are just using them in the wrong way.” - Paul Keenan

If you are like me, you are part of a very big Club. The ‘**My Doctor Couldn’t Fix Me so I Tried Alternative Therapies**’ Club.

You are likely in the other very big Club, too. The “**I Tried Alternative Therapies and They Didn’t Work**’ Club.

When chronic disease strikes, there is a pattern. We go to a medical Doctor, receive our prescription of colourful pills, which may reduce symptoms but don’t restore health. As our condition worsens, surgeons start cutting out the ailing parts, with little effort to save them.

Medical intervention can damage us even more, making it harder, if not impossible, to heal.

After years of no improvement, we realise Doctors aren’t the answer and decide to look elsewhere, dipping a diabetic toe in the Alternative health waters. Thus begins what may become a years, or decades, long endeavour.

Whichever label you use... Complementary, Alternative, Natural, Integrative... an army of chiropractors, homeopaths, acupuncturists, naturopaths, massage therapists, herbalists, yogis, psycho-therapists, crystal healers, Shamans, Reiki practitioners and ‘experts’ sitting on message

boards, await your arrival. Armed with herbs, massage oils, crystals, flower remedies, supplements, guardian Angels, ozone, Rife machines, gadgets and gizmos galore. All major credit cards accepted.

Like a troupe of French Can-Can girls, all flouncing skirts and flashing smiles, a parade of Alternative delights, wrapped in plausible, yet incomprehensible health gibberish, enchant and seduce us.

Alternative Health has now gone the way of mainstream medicine, taking what was once easy to understand and mystifying it with complex language and the patina of science. 50% of those leaving a UK Doctor's surgery, don't know what the word 'chronic' means...

END OF PREVIEW

Continue to **'FREE CHECKLIST'** and **'ABOUT AUTHOR'** pages...

Free Checklist

Identify what's keeping YOU sick.

What's Keeping You Sick? Lyme Disease Edition



CHECKLIST

Check each item which may be keeping you sick.

Best used with the **What's Keeping You Sick? Lyme Disease e-Book**.

Knowledge

- Not knowing what causes illness.
- Not knowing what brings health.
- Ignorance of available and effective therapies/solutions.
- Information overload.
- Too much choice.
- Inaccurate and biased health information.
- Opting for the first results in online search.
- Being misdiagnosed.
- Being misinformed or uninformed.
- Suppressed cures and competition.
- Health "High Priests" spouting scientific gibberish.
- Falling for false and exaggerated claims.
- Confused by technical language or complex instructions.

Attitude

- You're not really serious.
- Health isn't a priority.
- You made health "the Doctor's job".
- Refusing to change your ways/lifestyle.
- Wanting instant fixes.
- You are practising "Grasshopper Medicine".
- Ignoring your intuition (gut feeling).
- Failing to think positively - "Placebo Effect"
- Having a closed mind.
- Lazy or lacking motivation.
- Cherry-picking the bits you like. Ignoring the bits you don't.
- Scepticism and cynicism.
- It's "too difficult", "too slow" or "too much effort".
- Lack of self-belief and self-worth.
- You, financially or emotionally, benefit from illness.
- Self-sabotage.
- "Tomorrow, I'll start tomorrow".

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About The Author

PAUL KEENAN

Fulfilling A Promise



After Doctors only made his chronic health problems worse, Paul Keenan abandoned conventional medicine and set off on a personal healing quest, which took him to Portugal, India and Thailand. After discovering Ayurveda and Nature Cure, Thai Traditional Medicine and a basket of natural and alternative therapies, Paul's eyes were opened to the power of natural healing and the body's ability to heal itself.

Through his online consultations and healing programs, fasting and healing Retreats, natural healing books and health groups, Paul works, tirelessly, to help others. Fulfilling a promise made to honor his mother who died, tragically, at the hands of a 'Sickness System' she had no idea was designed to fail.