

— *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



Books Page

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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

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

[Escaping Chronic Disease](#)

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

- Thomas Edison

Disclaimer



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About The Book



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

The premise of the book 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 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, perfect for brain-fogged and grasshopper minds.

Additional Resources are presented at the back of the book, with links and QR Codes.

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.

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



“All disease is caused by some sort of blockage. Whether it’s blocked blood, lymph, oxygen, nutrition, nerve impulse, emotional energy, spiritual energy, or even what the Chinese, Japanese or Indians refer to as Chi, Ki, or Prana.

When an area of the body gets blocked, it gets sick. It’s that simple.”

- Dr. Richard Schulze

Stop! Before you buy another supplement, try a new therapy or work with yet another Lyme Disease practitioner. Stop. Let’s get the **SHOCKING** headline out, nice and early.

90%* of Chronic Lyme patients, attempting to recover their health, themselves, 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 made very different choices.

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 Lyme 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.*

**Lyme Disease is considered incurable, therefore you could say 100%. However, in this instance, I refer to complete remission.*

***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 health conditions cause more suffering than Lyme Disease. Especially, when it's disease you cannot see. The lack of official support 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 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 so-called ‘incurable’ conditions, such as Heart Disease, Cancer, Diabetes, Lyme Disease, Arthritis and Auto-immune disorders. They can worsen, over time, causing disability and premature death.

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 tell 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... well... 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 lifestyle factors 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 all these ‘ways’ we can fail, are. To save you finding out the hard way, I decided to identify and document as many of them as I could. Drawing from health articles,

medical journals, online health groups, interviews with those who are sick, personal observation 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 more about the disease and why they were having such difficulty. If some were resolving their symptoms then, theoretically, all could. What were these 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.

Here's where the 90% figure gets more support. ALL were getting it wrong. Most hadn't even applied the fundamentals of natural healing. Few had a properly structured healing 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.

This is a key point. It isn't that all the things, they or their practitioners tried, weren't effective or capable of working. It's just that they weren't being applied at the right time and in the right sequence.

I won't go into detail on how to tackle specific disorders, in this book. You can find these in the Companion Book, '**Escaping Chronic Disease**', which is designed to help you AFTER you have identified and resolved your personal healing blocks.

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 the 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 leaving hospital are more malnourished than when they went in. Look at the high levels of obesity amongst nursing staff, today, and you know these people know nothing about nutrition and health.

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?

I'm seeing mixed reports but it's clearly something that needs checking, if this is you.

- END OF PREVIEW -

Healing Blocks Checklist



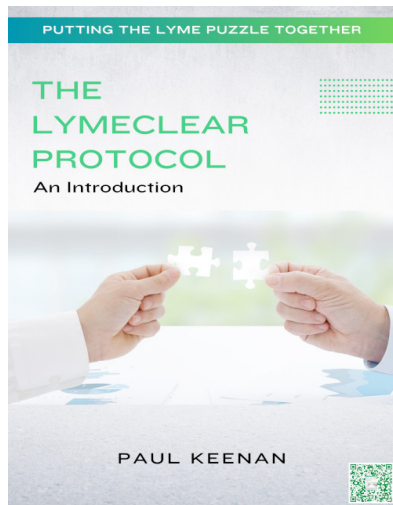
Identify your **personal** Lyme Disease healing blocks with this brand new online tool! It's easy to complete and it's **FREE!**



The LYMECLEAR Protocol

LYMECLEAR is a structured, natural, Lyme Disease Protocol.
Combining holistic healing with Lyme-specific elements.

Click or scan to download the Introduction.



Lyme Disease SET



Includes Audiobook, e-Book, Companion e-Book and Checklist

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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 online 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 little realized was designed to fail.

