

# Lyme Disease: The Epidemic of Our Time

PRESENTED BY

**Katina I. Makris**  
CCH, CIH

Katina Makris offers a unique vantage point of insight into Lyme disease as both patient and practitioner. Having survived a ten-year recovery from misdiagnosed Lyme, along with years of professional experience with this quixotic illness, Katina's presentation is practical as well as steeped in intimacies of the nature of Lyme disease and its co-infections.



With eloquence and intelligence, Katina shares practical healing information and inspiration on chronic Lyme disease recovery. Her calling is to promote Lyme disease awareness, yet her passion is to ignite the body-mind-spirit healing pathway available in all of us. The Lyme afflicted, their caregivers and healthy people all can benefit from her powerful message of hope.

**Wellfleet Library**  
**3-5 PM**  
**Saturday, May 12**  
**Wellfleet, Cape Cod, MA**

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"Combining years of professional and personal experience with Lyme disease, Katina Makris offers invaluable insight into a full lifestyle approach to recovery from this complex illness."  
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GEORDIE THOMSON, MD

Katina I. Makris, CCH, CIH has worked in natural health care for 27 years, as a Classical Homeopath and Intuitive Healer. She is a former popular newspaper health columnist and a board member of The Council for Homeopathic Certification. Katina is a dynamic, well loved Natural Health care educator and motivational speaker. Currently, she is on a nationwide book tour with her timely memoir and Lyme guide, "OUT OF THE WOODS, HEALING LYME DISEASE, BODY, MIND & SPIRIT", an award finalist for Best Book 2011 in Health with USA Book News. Katina is a graduate of Duke University and The Stillpoint School of Integrative Life Healing.



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