



A FREE GUIDE

Before You Say Yes

The questions that separate a real Lyme treatment plan from an expensive dead end.

You deserve to be the most informed person in the room.

I was told my labs were “normal” for ten years. In that time I saw more doctors than I can count, spent money we didn't have, and said yes to things I didn't fully understand — because I was desperate, and because no one had ever handed me the right questions to ask.

That's the whole reason this guide exists. Not to tell you what to do — you and your medical team decide that — but to make sure that when you sit across from a doctor or a treatment center, you walk in prepared. The right questions protect your time, your money, and your hope. All three are precious when you've been sick this long.

— Christina

How to use this guide

There are **15 questions** below, grouped into six areas. Under each one is why it matters and a quick green-flag / red-flag to listen for. At the back is a one-page worksheet to compare two options side by side. You don't have to ask every question — just the ones that matter for where you are. A good provider will welcome them; if someone rushes you past them, that itself is an answer.

I Your diagnosis and your specific case

Q1 Based on my history and testing, what exactly are we treating — and how confident are you in that?

WHY IT MATTERS “Lyme” is rarely the whole story. Chronic symptoms often involve co-infections, immune dysregulation, and past exposures. You want a provider who reasons from your picture, not a one-size protocol.

- **GREEN FLAG** They reference your specific labs, timeline, and symptoms.
- **RED FLAG** They diagnose confidently before really reviewing your history.

Q2 Could something other than Lyme be driving my symptoms — and how will we rule that in or out?

WHY IT MATTERS Mold illness, thyroid issues, autoimmune conditions, and dysautonomia can mimic or compound Lyme. A great provider is curious about what else could be going on.

- **GREEN FLAG** They name specific alternatives and a plan to check them.
- **RED FLAG** Everything is Lyme, always.

2 Co-infections and testing

Q3 Which co-infections will you test for, and which labs do you use?

WHY IT MATTERS Babesia, Bartonella, and others change the entire treatment plan. Testing quality varies enormously between standard labs and Lyme-specialized ones (for example, IGeneX or ArminLabs).

- **GREEN FLAG** They test broadly and can explain why they trust a given lab.
- **RED FLAG** “We just go by symptoms” with no testing rationale at all.

Q4 How will you interpret my results if they come back negative but I clearly feel sick?

WHY IT MATTERS Standard Lyme testing misses a lot, especially late-stage. You want someone who treats the patient in front of them, not only the paperwork.

- **GREEN FLAG** They explain the limits of testing and a clinical path forward.
- **RED FLAG** A negative test ends the conversation.

3 The treatment approach itself

Q5 What is your approach, in plain language, and why do you believe it fits me?

WHY IT MATTERS You should be able to explain your own plan to a family member afterward. If you can't, it hasn't been explained well enough yet.

- **GREEN FLAG** Clear, honest, tailored to you.
- **RED FLAG** Vague, secretive, or “trust the process.”

Q6 What does the research actually say about this — including where it's still uncertain?

WHY IT MATTERS Real experts are comfortable naming what's proven, what's promising, and what's still emerging. Certainty about everything is a warning sign.

- **GREEN FLAG** They distinguish evidence from hope.
- **RED FLAG** Every claim is a guarantee.

Q7 How do you handle die-off (Herxheimer) reactions and biofilms?

WHY IT MATTERS Feeling worse before better is common, and how a provider prepares you for and manages it says a lot about their experience.

- **GREEN FLAG** They have a clear plan and set expectations up front.
- **RED FLAG** They're surprised you asked.

Q8 If this is hyperthermia or treatment abroad — what does a full week actually look like, hour by hour?

WHY IT MATTERS Whole-body hyperthermia, immunotherapy, and treatment centers overseas involve real logistics and real physical demands. You deserve the unglamorous details before you travel.

- **GREEN FLAG** They walk you through it honestly, including hard parts.
- **RED FLAG** Only brochure language.

4 Experience and track record

Q9 How many patients like me have you treated, and what tends to happen?

WHY IT MATTERS Experience with your kind of case matters more than a big general reputation.

- **GREEN FLAG** Specific, realistic ranges — including the people who don't respond.
- **RED FLAG** “Everyone gets better.”

Q10 Can I speak with a past patient, or read unfiltered stories?

WHY IT MATTERS People who've walked the road you're on are one of your best sources of truth.

- **GREEN FLAG** They can connect you or point you to real accounts.
- **RED FLAG** No one you can ever talk to.

Q11 Who oversees my care medically, and what are their credentials?

WHY IT MATTERS You want qualified medical supervision, especially for intensive or overseas treatment.

- **GREEN FLAG** Named, credentialed clinicians and clear lines of responsibility.
- **RED FLAG** Fuzzy answers about who's actually in charge.

5 Safety, cost, and logistics

Q12 What are the risks and side effects, and who is NOT a good candidate?

WHY IT MATTERS A provider who can tell you who shouldn't do this is one who's telling you the truth about who should.

- **GREEN FLAG** Honest about risks and contraindications.
- **RED FLAG** “There's no downside.”

Q13 What is the total cost — everything included — and what happens if I need more than planned?

WHY IT MATTERS You've likely been burned by surprise costs before. Get the full number: treatment, travel, lodging, follow-up, and the “what if it's not enough” scenario.

- **GREEN FLAG** A clear, itemized picture.
- **RED FLAG** Moving numbers and pressure to commit today.

6 Aftercare and the long game

Q14 What does recovery and follow-up look like after the main treatment?

WHY IT MATTERS Clearing an infection isn't the same as staying well. Immune reset, detox support, nutrition, and monitoring all matter for the long haul.

- **GREEN FLAG** A real aftercare plan.
- **RED FLAG** The relationship ends when payment does.

Q15 If symptoms come back, or I get re-exposed, then what?

WHY IT MATTERS Relapse and reinfection are real. (My own daughter cleared *Borrelia* completely, then was reinfected after a later tick bite — it's why newer approaches focus on retraining the immune system, not just killing bacteria.) You want a provider who plans for the future, not just the next invoice.

- **GREEN FLAG** They have a plan for “what if.”
- **RED FLAG** They've never thought about it.

Your side-by-side worksheet

Fill this in as you go — so you're comparing facts, not marketing.

Question	Option A: _____	Option B: _____
What are we treating, and how sure?		
Co-infection testing + labs used		
Approach, in one sentence		
Herx / biofilm plan		
Experience with cases like mine		
Can I talk to a past patient?		
Medical oversight (who + credentials)		
Honest risks / who shouldn't do it		
Total cost, all-in		
Aftercare plan		
Plan if symptoms return		
My gut feeling (1–10)		

A quiet tie-breaker: After each conversation, notice how you felt. Rushed, or respected? Sold to, or supported? Your nervous system has been paying attention for a long time. Listen to it.

When you want a second set of eyes

If you'd like to talk any of this through with someone who has actually been where you are — as a patient, a mom, and now an advocate — that's exactly what I'm here for. There's no cost to talk, and no obligation to do anything after. Even if you walk away with nothing but a clearer head, that's yours to keep.

Book a free, no-pressure call → alymelife.com

You've carried this long enough to deserve good answers. I hope this helps you get them.

— Christina Carter, A Lyme Life

Medical disclaimer: Christina Carter is a patient advocate and educator, not a licensed medical provider. This guide is shared from personal experience and for educational purposes only — it is not medical advice, diagnosis, or treatment. Always consult a qualified healthcare professional. Individual results vary.

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