

Lyme disease feature:

Rose Holmes:

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¹ Haddon J (2016) Lyme Disease—Just a minor bite or a major epidemic? Huffington Post. Available at www.huffingtonpost.co.uk Accessed 10th February 2018.

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Cleanse feature:

Hania Opienski:

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Ask the experts:

Lindsay Powers:

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2. <https://pubmed.ncbi.nlm.nih.gov/17569213/>
3. <https://arthritis-research.biomedcentral.com/articles/10.1186/s13075-019-1899-6>

Hania Opienski:

- <https://www.nature.com/articles/s41598-017-06336-3>
- <https://www.nutraingredients-usa.com/Article/2017/11/10/75-of-Reishi-supplements-don-t-actually-contain-Reishi-mushroom-says-USP-analysis>
- <https://www.resilience.org/stories/2019-04-08/mushrooms-clean-up-our-toxic-messes/>
- https://link.springer.com/chapter/10.1007%2F978-3-030-61010-4_4
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