



Believe Me: My Battle with the Invisible Disability of Lyme Disease

Yolanda Hadid , Michele Bender

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From the star of *The Real Housewives of Beverly Hills* comes an emotional and eye opening behind-the-scenes look at her descent into uncovering the mystery of chronic Lyme disease.

In early 2011, Yolanda was struck by mysterious symptoms including brain fog, severe exhaustion, migraines and more. Over the months and years that followed, she went from being an outspoken, multi-tasking, hands-on mother of three, reality TV star, and social butterfly, to a woman who spent most of her time in bed. Yolanda was turned inside out by some of the country's top hospitals and doctors, but due to the lack of definitive diagnostic testing, she landed in a dark maze of conflicting medical opinions, where many were quick to treat her symptoms but could never provide clear answers to their possible causes.

In this moving, behind the scenes memoir, Yolanda Hadid opens up in a way she has never been able to in the media before. Suffering from late stage Lyme, a disease that is an undeniable epidemic and more debilitating than anyone realizes, Yolanda had to fight with everything she had to hold onto her life. While her struggle was lived publicly, it impacted her privately in every aspect of her existence, affecting her family, friends and professional prospects. Her perfect marriage became strained and led to divorce. It was the strong bond with her children, Gigi, Bella and Anwar, that provided her greatest motivation to fight through the darkest days of her life. Hers is an emotional narrative and all-important read for anyone unseated by an unexpected catastrophe. With candor, authenticity and an unwavering inner strength, Yolanda reveals intimate details of her journey crisscrossing the world to find answers for herself and two of her children who suffer from Lyme and shares her tireless research into eastern and western medicine. *Believe Me* is an inspiring lesson in the importance of having courage and hope, even in those moments when you think you can't go on.

Believe Me: My Battle with the Invisible Disability of Lyme Disease Details

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From Reader Review Believe Me: My Battle with the Invisible Disability of Lyme Disease for online ebook

Rissa says

I think that if you dont have Lyme or any chronic illness you will not enjoy this but... since I have lyme along with many other problems I loved this.

One of my favorite things she said (i tabbed up the whole book) was
“Anyone can fake being sick but, it takes a great talent to fake being well and smile when you feel like shit”
That is so ture that it hurts. Her book was beautiful and raw and real and painful and I loved it.

I will have a full video review up soon that talks more in depth.

Rhonda Lomazow says

Yolanda Hadid a gorgeous strong woman a mom a newlywed living a beautiful life ahome in Malibu her new husband David Foster the talented extremely successful music producer. Yolanda seems to have it all. Then one day she notices she is not feeling well she gets sicker&sicker Yolanda shares with us her desperate search for answers that will take her around the world from dr.to dr.Finally she is diagnosed with Lyme disease.Her illness will change her life in sad ways But Yolanda is a survivor.Early galley from NetGalley,

Madeleine says

3.5 stars. Thank you to my aunt and uncle for sending this book to me!

I have two major takeaways:

1. Yolanda Hadid has tried the widest variety of treatments [for Lyme, etc] in the farthest reaching corners of the world of anyone I have ever heard of. As a result, I'm grateful for her documentation: what worked, what didn't work, what she'd file under "waste of money." Everyone responds radically different to Lyme treatment, so I kept an open mind throughout but I'm appreciative that Yolanda has taken the time and money to try things those of us with limited resources might not be able to.
2. I respect Yolanda more. To be perfectly honest, I've been limiting my exposure to Lyme-related news lately because it can be so wretchedly exhausting. That said, I want to keep my ears and eyes open to legitimately good sources of information and I think Yolanda has provided a solid support here. Her work is obviously NOT intended to replace that of a doctor's counsel, but (see #1) her experiences lend a helping hand to those of us who worry that we've run out of options. I'm also wary of public figures but Yo is honest and truthful about her experiences (good/bad/ugly). I get the sense she's far less artificial than her Hollywood counterparts, and I feel I respect her more as a person after getting a sense of who she really is and what her thought processes are like.

Yo's book is not fabulous literature, but she's struggling with Lyme-brain and she even mentions that she is not a true "author" in the traditional sense. She sometimes sinks into cliché, but then again, this is an outlet for her story, an effort to show other Lyme sufferers that they are not alone. Overall, I felt it helpful and an easy read.

Onceinablue moon says

3.5 this is very difficult to rate, I don't like to judge anyone's memoirs , but I found this book overwhelming... I grew up Christian scientist, drs were not in my world, reading this goes against every fiber within me, it felt like charms, to snake oil, to voodoo, anything goes, endlessly... I get why he said the sick card was up, just hearing her endless pursuits was extremely uncomfortable to read, much less live with. With countless attempts at anything and everything how do you know what works and what's harming you even more with back to back treatments. I could never take hundreds of pills per day, constant colinics, sift through my stool, it's just not in me, or my way of thought, so the book was hard to swallow. she is an extremely beautiful woman, but I found zero connection and plenty of contradictions in her choices. I am sorry for her health woes, I hope she finds a path to wellness, reading this left me very uncomfortable but I had no desire to abandon the book.

Katie says

I hope that she can get the help she needs.

Allison says

This book was a quick, interesting read for me. Yolanda shares more than I expected. It's amazing the things she has done to try to cure her Lyme disease. I think anyone with a chronic illness could benefit from this honest, detailed book.

Christina says

It's embarrassing to admit, but I learned about Lyme disease from The Real World: Seattle and The Real Housewives of Beverly Hills. This was a quick, honest, fascinating read with some medical information that went over my head, but I applaud Yolanda's desire to use her platform to educate and advocate. It serves as a great reminder that there are so many people who suffer from chronic conditions and invisible illnesses.

Free Thinking Mom says

Extremely honest (and sometimes shocking) book about a truly debilitating disease. Thank you Yolanda for bringing this to the forefront. So much more support and research needed for these invisible diseases.

Justin says

Good insight into her uncovering and discovering her illness and associated issues from Lyme disease. Brings life to the hell that people with a chronic health illness have in a lack of understanding from both the medical professionals and friends/family.

Note: this is not a tell all about RHOBH in any way.

Sarah says

I read this in 3 days and ate up every detail. My admiration just went up another 10 notches for Yolanda. A woman with a deep soul.

Benedikt says

Yolanda Hadid writes about her battle with chronic Lyme Disease in this book. She describes the story of her illness in great detail and provides valuable information about the disease, its severe impacts on people's lives and the treatments that helped her to get her life back. Her story is very inspiring and motivating for people like myself, who are directly affected by chronic Lyme Disease. My own story is very similar to hers and I can relate to almost everything she explains in this book. I often encounter people who don't understand the condition and what I'm going through. I can say with certainty that Yo-Yo did a great job at explaining it all, and from now on I will recommend her book to people who want to know more. Yolanda is a godsend for the Lyme community and the associated unbelievable suffering that's happening around the world. She uses her celebrity status to raise awareness for a horrible condition that desperately needs it and deserves a lot of respect for sharing her own story and a significant amount of private information to help others. Thank you, Yolanda!

Marsha Hood says

Whether you are a Housewives fan or just want to read about an amazing woman this is a must Read. From farm girl to super model and mother of the two top models in the world right now, to Lyme disease warrior Yolanda Foster's journey is incredible to say the least. If you are a David Foster fan this might change your mind. Of course I was riveted to every word. PLEASE read or listen to this book!!!

Sarah says

Yolanda Hadid's book Believe Me, is an informative memoir of her struggles with Lymes Disease and some of the other issues that occurred in her life, as she was dealing with getting a diagnosis and her "health journey" from that point forward. As a Lyme sufferer, this book reminded me of some things I already knew, and opened my eyes to new information that I had never come into contact with. The desire of Hadid to find a cure that could be affordable for all endears Hadid to all of us that struggle to pay to simply see a doctor for

an evaluation, let alone have the ability to fly to other countries for a variety of treatments, many of which did not appear to work for Ms. Hadid. While reading the book, it became impossible not to cheer Hadid's victories and cry through her sorrows. The sheer number of people she was close to who also share the same diagnosis is mind blowing, given the statistics around the disease. What struck me most, is the willingness with which Hadid shared her story, knowing that some would scoff at her, thinking her crazy, while others would know the amount of truth and heart she poured into every line of the book. This reader loved that someone put it all out there, so that others could feel less alone and still others could learn just how much this illness tears apart a person's body and their life in one fell swoop. This is a book everyone should read, regardless of their personal knowledge or connection to Lyme, as it will be eye opening for all.

Jenn says

A great book for people who are battling Lyme, like myself, to read for many reasons. A ton of treatment protocols are discussed and I learned a lot. That being said I don't know that she gave each treatment she tried enough time to work before going onto the next one but either way everyone reacts differently and what works for Yolanda may not work for someone else and vice versa. She also didn't change her diet to a strict "Lyme Diet" right off the bat when she was doing some of these treatments which is often one of the first things people with Lyme and co-infections change as soon as they are diagnosed so I can't help but wonder if those treatments weren't as effective because of that but I digress.

The book still gives you good insight into treatments that aren't the easiest for everyone to try (whether it be cost, location, access to certain doctors, etc) and things I've never even heard of. I know Yolanda basically has unlimited funds so some things are completely unrealistic for people to do but the reality is Lyme treatment is incredibly expensive. Unfairly expensive. People lose their homes and go into tremendous debt because of it but maybe there will be one treatment in here that feels right to you and you can research and work towards (possibly raise money to do) or maybe you are fortunate enough to try a few things, so although a lot of people think she isn't relatable because of that I still think you can get something out of this book. Even if it's only the fact that she isn't giving up on raising money for proper testing that is accessible and to find a cure that's afford to all...

I also think it is a great book for loved ones of people with Lyme disease so you can get an idea of what that person goes through, mentality and physically, on a daily basis since most of the time "You don't get it, until you (actually) GET it". A lot of times you can look fine on the outside (or in a photo someone sees) so people don't understand what's happening underneath it all or the crash you experience after the smallest tasks or the short time of feeling somewhat ok (which is usually when people see you). There is also a lot of information on the Lyme epidemic which is important for everyone to know about since there is a lot of false information out there.

Unlike the other Lyme books I read this one has a lot of information but at the same time it's nice to hear it in the voice of someone who knows your pain (but gives you hope) and it's a much more enjoyable read since there are a lot of stories from her life that she shares so it's not too dense and technical which can be hard to clearly understand when you have Lyme brain ;)

There's always the audiobook for people who have trouble reading or even holding a book because of the disease.

I loved the book and bought copies (which I will highlight certain spots) for my family to read :)

Leigh Kramer says

Yolanda was one of my favorite RHOBH cast members and I was often concerned about the different treatments she received for her Lyme disease while filming. But I was also concerned by the non-

compassionate way most of her castmates treated her, particularly when one accused her of Munchausen. I don't know a ton about Lyme but even I knew there was no way Yolanda was faking her illness. This book is her way of controlling the narrative around her illness and educating the world. Reading about how long it took for Yolanda to receive a diagnosis and then the many avenues she took toward healing was heartbreaking. She's done a ton to raise awareness about the disease. At the same time, I kept wondering how many of the doctors/treatments Yolanda tried were legit and how many were taking advantage of desperate patients. There weren't many clear answers around this and Yolanda takes great pains to clarify how her ability to try so many things was due to her privilege and she also goes out of her way to help other patients who are less financially able.

There is some great behind the scenes about RHOBH, which made me want to rewatch her early seasons, and there are some insights into the demise of her marriage to David Foster. I was not impressed with him toward the end of his time on the show and even less so after reading this. If you're curious about Lyme or Yolanda's experience on RHOBH, this is well worth reading.
