

May 2016

## Albany Acupuncture Health and Wellness Newsletter

### Lyme Disease and Ticks



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**1° of Change**

The Standard Process 21-Day Purification Program Cookbook  
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Recently, I was bitten by a tick. I have lived in California my whole life and have never seen a tick. I've read a lot about tick borne diseases and talked to many friends and patients about Lyme disease, so I was shocked when I pulled 3 ticks off my body last month. I hike and garden in tick territory and know I've been extremely lucky so when I only took a walk in the UC Botanical Garden and then picked a small bouquet of blooming ceanothus from my yard I can't imagine how I got 3 ticks on my body.

I felt the first tick bite me, and I was able to pull it off my arm and save it in a jar. I immediately felt as if I'd been stung by an insect, that sick pain feeling that you may have felt if you react to insect bites or bee stings. Not the allergy reaction where you need emergency treatment just sick. The next morning I found the second one just crawling on my arm and then later that day I found the third one buried in my skin. The third one had to be removed at urgent care as it was dead and impossible to remove in one piece.

Fortunately, I knew I should save the ticks and have them tested. I've been meaning to have test kits for sale in my office, but hadn't done so until now. I was able to get one from my friend and colleague Christine Ceravella. Lyme disease is tricky to diagnose and difficult to treat. In fact conventional testing cannot detect the presence on Lyme antibodies until 4-6 weeks after exposure.

Now there is a new test that can detect Lyme disease in just 4-6 days post infection so that you can get diagnosed and treated fast. At urgent care I was given one large dose of antibiotics as a preventative treatment in case the ticks were carrying Lyme disease. If the ticks tested positive for Lyme or the other 3 co-infections then I would have to do further blood testing. Having a test kit at home or in your car makes it possible to collect a tick and have it tested for the most important pathogens in tick borne diseases.

The Tic-kit includes DNA laboratory assessment for 4 of the most common disease causing microbes carried by ticks including Lyme disease bacteria. Not only does the kit test for *Borrelia burdorferi*, which is the cause of Lyme but also tests for the many co-infections that can be carried by ticks. These include several *Borrelia* species, *Bartonella*, *Ehrlichia*, and *Babesia* species. The results of the tick testing will help you determine if further treatment is needed. Of course if you have symptoms which can be flu-like you will want to seek testing and treatment as well.

Unfortunately, the standard lab testing, Western blot often is inaccurate or inconclusive because it only looks for one pathogen. You also lose time waiting 4-6 weeks for antibodies to form before Lyme disease is confirmed and treatment begins. The new iSpotlyme test can detect Lyme disease just 4-6 days post infection so you can start treatment quickly.

The symptoms and effects of Lyme disease are severe and may become chronic if not treated. The Centers for Disease Control estimates 90% of Lyme cases go unreported. If you have a question about tick-borne diseases including Lyme's, or wish to purchase a Tic-Kit, contact me. The Tic-Kit is good for hikers, gardeners, campers and children playing.

**Spring 21-Day Cleanse Starts Next Monday**

You still have time to sign up for my Spring 2016 21-Day Purification Cleanse which starts Monday May 23, 2016. This is a great opportunity to get a jump on summer energy. There are so many fresh spring foods that are in the markets and starting some new habits helps us prepare for an active summer. Join me now.

In Health,

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