

Baritz Wellness Center, PC

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Lyme Disease (part 1)

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Lyme disease is caused by the bacterium *Borrelia burgdorferi* and is transmitted to humans by the bite of infected ticks. Typical symptoms include fever, headache, fatigue, and a characteristic bull's-eye skin rash. If left untreated, infection can spread to joints, the heart, and the nervous system. Lyme disease is diagnosed based on symptoms, physical findings (e.g., rash), and the possibility of exposure to infected ticks; laboratory testing is helpful in the early dissemination phase of the disease. www.cdc.gov/ncidod/dvbid/lyme

Lyme Disease has three phases with some overlap; some people do not develop all stages.

- **Local infection:** signs and symptoms appear in days to weeks
 - Can include fever, chills, muscle aches, headache, fatigue and a raised red bull's-eye rash at the site of the tick bite. Incubation from bite to rash is typically 7 to 14 days (fewer than 50% recall the rash)
- **Early Dissemination:** over weeks to months often includes multiple secondary rashes
 - musculoskeletal symptoms present in 60%: migratory joint & muscle with or without swelling
 - neurological symptoms present in 15%: meningitis, facial nerve paralysis, radicular neuropathy
 - cardiovascular symptoms in 8%: inflammation of the heart, nerve conduction disturbances
- **Chronic Lyme Disease:** over months to years, present in 60%
 - intermittent pain & swelling of one or more joints
 - polyneuropathy (a non-inflammatory degenerative disease of nerves usually caused by toxins)
 - encephalopathy (a disease in which the functioning of the brain is affected by some agent or condition such as viral infection or toxins in the blood)
 - insomnia, severely impaired cognition, personality changes

Conventional Treatment

Infectious Diseases Society of America (IDSA) recommends antibiotics for the *Local Infection* and *Early Dissemination* phases. They do not recognize the existence of Chronic Lyme disease and cite clinical trials showing long term antibiotics are not helpful and may cause harm. www.idsociety.org/Content.aspx?id=16499#Top

Holistic Programs

Anyone who believes they have a tick bite or Lyme is strongly urged to seek medical care, early use of antibiotics may prevent serious conditions. Many believe holistic support is a helpful addition to medical treatment.

Chronic Lyme symptoms can be attributed to physical factors; auto immune, secondary conditions, nutritional deficiencies, heavy metals, toxic chemical burden, food sensitivities, weakened immune system, etc. Because of the complexity of the condition protocols are necessarily whole body/whole person. For more information on the holistic approach see Health Tip *Lyme Disease (part 2)*

To have a custom program created for you or for a free consult call 508 583-2565

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