



Smart Life Forum

Randy S. Baker, MD & Cynthia Quattro, PA, LAc

*Lyme Disease, the Hidden Epidemic;
The story behind Chronic Fatigue & Fibromyalgia*

Cubberly Community Center
4000 Middlefield Road, Room H1, Palo Alto, California

January 20, 2005 at 7:00 PM

Future Speakers:

- **February 17**, Julian Whitaker, MD
Unique and Different Orthomolecular Therapies
- **March 17**, Bruce Lipton, PhD
Biology of Belief; Unleashing the Power of the Mind, Matter and Miracles
- **April 21**, Parris Kidd, PhD
Phospholipids and Omega-3 Fatty Acids for Brain Vitality - Recent Advances

Meet Dr. Randy Baker

Randy S. Baker, MD is a family physician who is board certified in Holistic Medicine. He combines nutrition, herbal medicine, homeopathy and mind-body medicine with western medicine. He is founder and director of the Pacific Center for Integral Health at 2955 Park Avenue, Soquel, CA 95073, (831) 476-1886

He learned many valuable things in medical school, but was not satisfied because most of the treatments seemed superficial, at best, relieving symptoms rather than curing patients and often causing serious side effects. Dr. Baker tried to discover the underlying causes of health problems and, by addressing the root causes, help patients to heal. This has led him to work with complementary therapies such as nutrition, herbal medicine, homeopathy, Chinese medicine and body work, as well as western medicines and surgery.

He treats the whole person - mind, body and spirit - in the context of her/his environment, as both environmental and psychological stresses contribute to ill health. He works with his patients to prevent illness, as well as to help resolve their health problems and assist them in taking responsibility for their own health care. Whereas many doctors will tell a patient, "take this drug", he is more likely to tell his patients, "these are our options", explain the pros and cons of each treatment, and involve them in the decision-making process.

Dr. Baker's education includes a Bachelor of Science in Biology from Stanford University; Medical Doctorate and Family Practice Residency at the University of Michigan; Homeopathic Studies (4 years) at the Hahnemann Institute, and extensive independent study in both Holistic and Complementary Medicine. He is Board Certified in the new specialty of Holistic Medicine.

Meet Cynthia Quattro

Cynthia Quattro, PA, LAc, is a holistic medical clinician who has blended the best of western conventional medicine, nutritional medicine, and chinese medicine into her medical practice. Her emphasis is using diagnostic laboratory testing to assess nutritional status and underlying health conditions to treat each patient individually. Her current practice for the past ten years at the Pacific Center for Integral Health includes treatments for chronic medical conditions, immune disorders, hormone dysregulation, detoxification and wellness enhancement programs.

She is licensed nationally as a physician assistant and a licensed acupuncturist. Her expertise stems partially from her extensive working relationships with holistic physicians across the country including Dr. Ronald Hoffman former president of ACAM, Dr. Richard Kunin current president of Orthomolecular Health Medicine Society where she is currently a board member, and most recently with Dr. Randy Baker at the Pacific Center for Integral Health. Her passion for chinese medicine began in 1987 when she attended the American College of Traditional Chinese Medicine in San Francisco and pursued advanced studies during a six-month internship in Sichuan, China. She incorporates acupuncture and chinese herbal therapy as a treatment modality as well as specializes in organ system balancing and tonification including medical qi gong as part of her patient centered approach to health care.

Presentation

Lyme Disease is sometimes called the Hidden Epidemic and the Great Imitator. Until a couple of years ago Dr. Baker believed it was uncommon in our area. Two patients with chronic fatigue and joint pains insisted he test them for Lyme. When both tested positive, he began to realize Lyme was far from uncommon in his area. Since then, his associate, Cindy Quattro, and he have diagnosed many patient with Lyme Disease. Most of these people were previously diagnosed with conditions like Chronic Fatigue Syndrome, Fibromyalgia, Arthritis and Multiple Sclerosis and had not suspected the underlying cause was Lyme Disease.

Lyme Disease is caused by *Borrelia burgdorferi*, a bacteria transmitted by the deer tick. A recent study found that 17.8% of deer ticks in Nisene Marks carry this bacteria. Some researchers feel that Lyme may also be transmitted by mosquitoes, fleas, and mites, but this is not widely accepted. There is also good evidence that Lyme may be sexually transmitted, passed to babies in utero, and passed via blood transfusions. No one knows how many Americans are infected, but estimates range from 2 million to as high as 20 million.

Acute Lyme Disease is characterized by a classic rash with a bullseye pattern surrounding the site of a tick bite. However, only about half of patients with Lyme develop this rash, and about one third of patients with confirmed Lyme do not recall a tick bite. Other acute

symptoms include fever and a flu-like illness.

After this, Lyme Disease progresses to a chronic phase. Characteristic symptoms include fatigue, migratory joint pains and swelling (especially large joints), muscle aches, temporomandibular joint pain, jawbone and tooth infections, heart arrhythmias and insomnia. Lyme also can cause a wide variety of neurological symptoms, including Bell's Palsy, poor memory and concentration, fluctuating vision, tingling and numbness. Brain MRIs of Lyme patients can be indistinguishable from the MRI appearance of Multiple Sclerosis. A respected colleague, Dietrich Klinghardt, MD, Ph.D., has found that about half of patients diagnosed with MS actually have Lyme Disease. Some patients diagnosed with ALS have been found to have Lyme.

Both the diagnosis and treatment of Lyme Disease are very controversial. The test that most doctors rely on to screen for Lyme, the ELISA, is positive in less than half of patients with Lyme. Thus, many patients who suffer from Lyme are told they don't have it on the basis of this inaccurate test. A much more sensitive test is the Western Blot but some patients with Lyme may have negative tests. Experts differ in opinions as to how to interpret test results and what constitutes a positive test. Some labs are much more accurate and reliable than others. IGeneX Lab in Palo Alto is one of the best labs for Lyme testing.

The standard treatment for Lyme Disease is antibiotics. Acute Lyme usually responds well to a brief course of antibiotics, but chronic Lyme requires high doses of antibiotics for many months. It is sometimes necessary to give antibiotics intravenously. It can be difficult to eradicate the disease even with intensive treatment, and serious side effects are common.

Fortunately there are many helpful complementary and alternative therapies for Lyme which Dr Baker will discuss. Links to useful websites about Lyme can be found in the online version of this column at drrandy.org.

Lyme disease is a growing epidemic that causes fatigue, muscle and joint pains, and a wide variety of neurological symptoms. It is often overlooked or misdiagnosed.

If one is fortunate enough to be diagnosed and treated within a few weeks of being exposed to the Lyme bacteria, it will usually respond to three weeks of doxycycline, an antibiotic. However, most cases of Lyme are not diagnosed until years after exposure. The standard treatment recommendation is antibiotics for four weeks, but many Lyme

specialists feel that antibiotics for at least six months, and sometimes even for years, are necessary. Often these are powerful antibiotics that must be given by intravenous or intramuscular injection and they can cause significant side effects. Of greater concern, many patients are not cured despite this intensive treatment.

Lyme disease is best treated with a holistic approach. Usually Lyme patients have immune stressors, such as tick-transmitted coinfections such as babesia and ehrlichia, intestinal imbalances such as parasites, yeast and bacterial dysbiosis, and chronic bacterial, viral and fungal infections (such as dental infections and sinusitis). Many Lyme patients also have toxicity from mercury and other heavy metals.

Immune suppression is common in Lyme patients. Dr. Raphael Stricker has found that most Lyme patients have low activity of a subset of natural killer cells. Immune function can be boosted via proper nutrition, herbs and supplements such as transfer factor and medicinal mushrooms. Intravenous vitamins, acupuncture, homeopathy and mind-body techniques can also boost immunity.

Many practitioners have found herbs to be as effective as antibiotics in treating Lyme. Cat's Claw has been getting lots of publicity based on a recent research study suggesting that a special variety free of tetracyclic oxindole alkaloids works better than antibiotics. Artemesia, long used in Chinese medicine, and garlic are also helpful. Practitioners are also finding success with colloidal silver, given orally and intravenously.

Bee venom therapy is another powerful weapon against Lyme. Bee venom contains mellitin, a chemical that inhibits the growth of the Lyme bacteria at a concentration lower than any known drug. Bee venom is also a powerful anti-inflammatory agent which can ameliorate painful joints and muscles common in Lyme patients. Some Lyme patients experience tremendous long-lasting relief after as little as two injections.

Homeopathy can be another powerful therapy for Lyme. Patients who took antibiotics for years with only limited improvement have had their symptoms totally resolved by using classical homeopathy.

Many practitioners are also finding hyperbaric oxygen therapy to be a useful adjunct in treating Lyme. This is not yet readily available in all areas.

One challenge to Lyme treatment is Herxheimer, or "die-off" reactions, which are a flare of symptoms such as fatigue, headaches and joint pains as a result of toxins produced as

the Lyme bacteria die. Supporting the liver and other organs of detoxification with herbs, homeopathics, acupuncture and nutrients can ameliorate these symptoms.

Having Lyme Disease can be very stressful. Stress reduction, psychosocial support and mind-body therapies are also an important part of a holistic approach to treatment. Useful links to more information are available at www.drrandy.org.

Note to Members and Non-paid Attendees

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