

Some of the Healthcare Providers who work with people with lyme disease as primary or supportive providers in New York state. These were either recommended by people with chronic LD (or are providers I have gone to marked with a **). This is a partial list.

Ithaca area: Deanna Berman, N.D. 607-351-7808 **; Ithaca Community Acupuncture (sliding scale of \$15 to 35) 607-319-5454 **; Will Fudeman, acupuncturist/traditional Chinese medicine (TCM) & counselor 607-272-8390 **; Jenn Motolo, acupuncturist/TCM (spoke at 1st panel on LD in Ithaca 2014); Bettina N.D. 607-267-0526; Sybil Coburn (Dryden) – chiropractor & acupuncture; Donna Havens (trained in a flower essence approach to treating LD symptoms) 607-539-6626; Anne Lee, aromatherapy: “raindrop treatment” approach to help with LD 607-257-4305, 227-5241.

- 7Song, herbalist at Ithaca Free Clinic (haven’t heard from anyone about his LD work so far), 607-330-1254; spoke at 1st Ithaca LD panel.

Farther afield: Stram Center for Integrative Medicine, Delmar, NY (Albany area) & Vt. 518-689-2244 (Dr. Stram was on Ithaca’s 1st panel on LD & believes chronic LD can only be healed with a varied holistic approach.);

- Dr. Richard Horowitz, M.D. (Hudson Valley region)

- Dr. Daniel Newman, M.D., N.D. & TCM, Vancouver, British Columbia: www.rising-health.com, 360-696-3800

- Dr. Nicola McFadzean, N.D., CA: her practice is focused on LD: www.restormedicine.com, 619-546-4065

For Referrals to Lyme Literate Doctors in Your Area: Call the Telephone Hotline: **610-388-7333** or email: lymepa@lymepa.org (courtesy of the LD Association of SE Pennsylvania, Inc.) They also offer a very good 29 page booklet, “Lyme Disease & Associated Diseases: a plain language introduction to tick-borne diseases”.

Local Lyme Support Group (cooperative & free), Ithaca area. Participants share about their experiences and what they’ve learned so far. Contact Danny Tourance, 607-272-6621.

Other Resources/Sources: (not meant to be exhaustive/all inclusive)

- One source of the tick insecticide Permethrin to apply to outside of your outdoor clothing: www.californiapetpharmacy.com (800-777-3879).

- Clothing already treated with permethrin: Insect Shield; L.L.Bean

- Instructions for making your own simple Tick Trap found online (dry ice available from Purity Ice Cream...)

Incorrect Info about Ticks & LD with comments:

- Most people who get LD get a bulls-eye rash. *Most actually don’t. LD symptoms may not show up for years.*

- If you get bitten by a deer tick (or other LD-bearing tick), one dose of antibiotic (i.e. doxycycline) will prevent you from getting LD. *You cannot depend on this at all. Dr. Stram recommended 6 weeks of doxycycline (100 mg. 3 times a day with food). Many of us do not use antibiotics each time we get bitten, and some of us take other remedies, like lymphatic & immune stimulating, and spirochete killing herbs for many weeks. One healthcare provider recommends taking homeopathic Ledum palustre 1M potency one time right after getting bitten (this is not necessarily a preventive, but may be helpful).*

- A tick has to be in you for at least 24 or 36 or 48 hours to transmit LD. *Evidence indicates that LD may be transmitted only in a couple hours or very short time. And if you squeeze the tick (like trying to remove it with your fingers), the potentially disease-containing gut material can enter the bloodstream immediately.*

– If you get LD (i.e. you have symptoms), taking 2 to 3 weeks of doxycycline or certain other antibiotics will