



UPROOTING LYME

Guide to Lyme Disease Testing

Updated March 2022

Patients and prospective patients with Nourishing Life Health Center should know that *we do not require nor do we necessarily recommend Lyme testing before we begin treating patients*, due 1) to the inaccuracies of the tests, and 2) to the fact that we treat people based on their entire holistic symptom picture and *one does not need to definitively have provable Lyme to benefit from working with our clinic.*

If you decide to go ahead with testing, there are different levels of doing so.

Level 1. Go to your regular doctor and request to be tested for Lyme. You must specifically request the Western Blot test and NOT the ELISA test (the ELISA test is almost useless). Ideally this will be covered by your health insurance plan.

When you receive the test results back, do not just accept the “positive” or “negative” results. Ask for a copy of your blood work and have the results read by a Lyme-literate medical professional.

If you have one of the Lyme Borreliosis-specific bands that are positive (that’s bands 18, 23, 31, 34, 37, 39, 83 and 94), you have been exposed to Lyme, even if your test is negative. We can also provide resources on reading labs yourself.

Even using these methods, the Western Blot can give false negative results in as often as 50% of cases.

Level 2. These levels of testing will not be covered by insurance.

Hillary Thing, MS, L.Ac
Uprooting Lyme / Nourishing Life Health Center
2821 Route 209, Kingston, NY 12401 (845) 687-6211
www.uprootinglyme.com

- A. Seek Igenex testing. Igenex is a Lyme-literate laboratory and will give more accurate results. However, you must work with a Lyme-literate MD (LLMD) who can order the test for you. Look for an LLMD in your area or one who can see patients via telehealth.

- B. Seek Vibrant Wellness testing. Vibrant Wellness is another Lyme-literate laboratory. You must work with a specific health professional in another state than New York State who can order this test.

Finally, if you receive a negative test result but are still sick, consider seeing us as a patient. You may be suffering from another stealth infection, such as Babesia, Bartonella, Anaplasmosis, or Mycotoxin illness. Each of these would require its own test to look for, and they may still be missed with specific testing, as is common with these types of infections.

Your issues could also be due to another cause. There are times when it may be impossible to determine whether someone's health problems are due to Lyme-borreliosis (or other) infection or not.

The good news is, from the holistic medical perspective you can still recover your health and your life through treatment that is based on your symptom presentation and the restoration of your energy. Call or email us to see what we can do for you.

Hillary Thing, MS, L.Ac
Uprooting Lyme / Nourishing Life Health Center
2821 Route 209, Kingston, NY 12401 (845) 687-6211
www.uprootinglyme.com