

Pain, Fatigue... “Lyme”

HOW TO GET OUT OF THE MAZE

THANKS TO SAM DONTA, MD

PRESENTED BY

REX G. CARR, MD



Many Thanks to Dr. Sam Donta, who taught me how to use the best antibiotics to make so many people feel so much better, and finally feel well.

His patients tell me how very grateful they are to him for how very much he helped them.

I am very grateful for his guidance and support. He changed my life.

What he taught me was:

If I give patients a good dose of a good antibiotic, they will get terribly worse... do that enough times, and they will, ultimately, feel improved.

If they continue taking them, over years, eventually, they can feel well, taking nothing.

Sam got the recipe right!

Thank you, Sam.

Dr. Masters taught us:

“Absence of Proof is Not Proof of Absence”.

**“Anyone who has never made a mistake has never tried anything new”
--Albert Einstein**

**“You never fail until you stop trying”
--Albert Einstein**

**“The only source of knowledge is experience.”
--Albert Einstein**

For this lecture, I request that you picture in your mind... what the world look like if:

1. The Human Body had only a certain number of ways of expressing symptoms.

2. The Immune System Modulated the intensity of those symptoms.

3. Due to the persistence of one or more Borrelia infections, and the body's Immune Response to the presence of the infection(s), The Immune System is Up Regulated, and this Up Regulation is the ultimate reason for persistent pain... or fatigue, brain fog, cognitive deficits, behavioral symptoms, psychological symptoms and neurologic symptoms.

4. This type of infection is much, much more prevalent than we think. (My patients find that they cannot go anywhere without meeting at least someone with the same disabling group of symptoms.)

As part of this Up Regulation, the Immune System, quickly, reduces the blood levels of certain Vitamins and Minerals. (For example: B12, Vitamin D, Iron, and Magnesium. This causes other problems like hair loss, osteoporosis, anemia, and Hemachromatosis.)

Certain vitamins, minerals, and immune suppressing drugs, such as those used for Rheumatoid Arthritis, Psoriatic Arthritis, or Multiple Sclerosis Down Regulate the Immune System causing a reduction in symptoms by causing an inhibition of the Immune Response and its effectiveness. (This reduces the benefit of antibiotics and a false sense of improved wellness.)

Many factors will cause ups and downs in the intensity of symptoms.

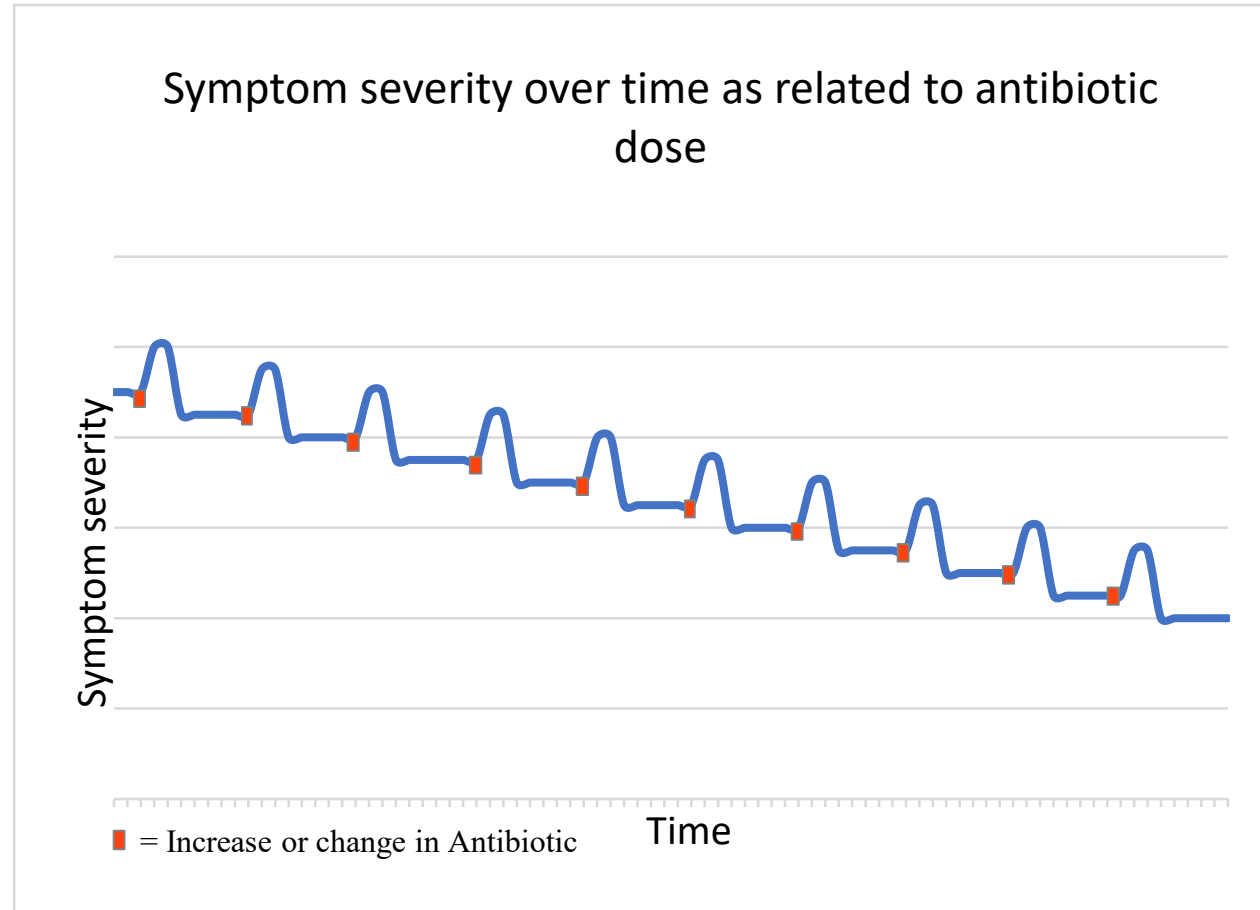
(Other infections or conditions, sinus infections, stress, physical activities, dietary changes, changes in supplements or medications.)

Many pharmaceutical companies sell antibiotic preparations that are NOT THERAPEUTIC and DO NOT WORK. (Resulting in many, many therapeutic failures.)

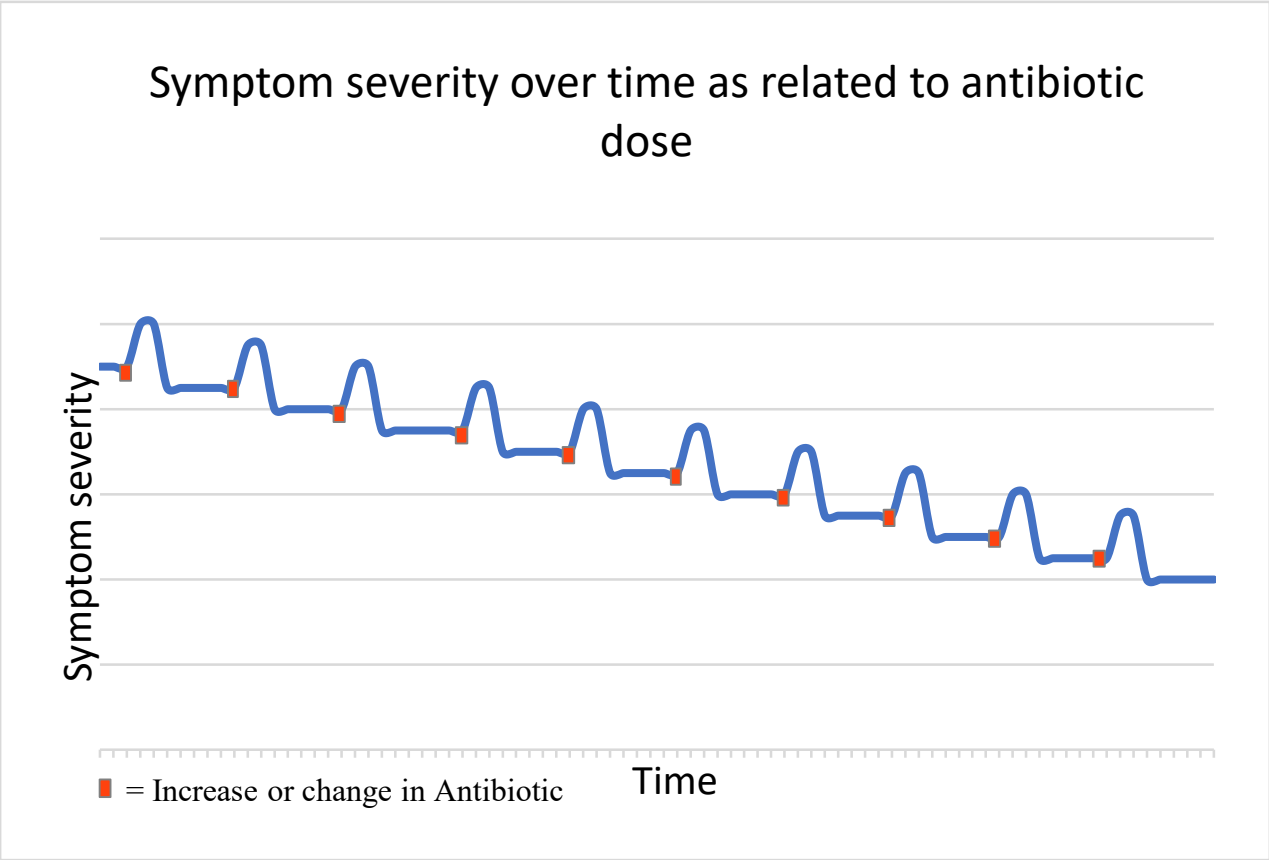
Patients that are so very sick and overwhelmed have a hard time noticing incremental improvements. (The company that developed Lyrica TM, for Fibromyalgia patients, had to redesign their symptom questionnaire to account for this.)

Irritable Bowel Syndrome is the result of Carbohydrates promoting constipation (by increasing intestinal yeast) and an undiagnosed Lactose Intolerance causing a Laxative effect.

What would happen if you reduced the bacterial load with effective antibiotics? Initially, you would get an increase in symptoms (a J-H reaction), then (over time) a reduction in symptoms, as there are less bacteria. Over time, there are less and less of the bacteria to stimulate the Immune Response, until finally the immune system is less stimulated (and less up regulated) than before the treatment, and therefore, the patient feels better than before the antibiotic was given, changed, or increased.



Everyone, with symptoms, responds to effective antibiotics in the way the graph shows. I start with lower doses and then we work up as their symptoms allow. IE. As the worsening abates and further worsening can be managed, I will make an incremental change.



I have done this with thousands of patients. Everyone, with symptoms, responds.

The purpose of testing for “Lyme Disease” is to determine whether antibiotics will help the patient’s condition.

Depending on your experience with the literature, we are up to between 5 and 23 Genospecies that can cause what looks like Lyme Disease in animals in North America. Some are now classified artificially as Relapsing Fevers, but just a variation on a spectrum of bacteria. We can never test for all the Genospecies out there. Every few years a new one reaches mainstream awareness as causing human illness. A recent broad survey of ticks in Serbia found 36 different Genospecies or strains within the s.l. complex of B.b.

(It does not make sense to think that the people in the US are privileged and just have a couple of strains that we need to worry about.)

It is best for the patient and society (financial and other costs to society) to give an antibiotic trial, and at the same time explore other possible additional diagnoses (rule out cancer). It is both cost effective and reduces morbidity (and mortality) to initiate an Antibiotic trial.

We Listen to What the Patient is Telling Us.

Doxycycline Monohydrate is so safe, it is given for years to treat acne.

What is most interesting...

The longer you give the antibiotics, the less intense the response...

Until... there is no longer a response and the patient feels well.

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Clarithromycin from Aurobindo or Citron Pharmaceuticals

with

Hydroxychloroquine from Prasco Pharmaceuticals (the Brand Plaquenil sold as a generic)

Tetracycline Compounded with the filler “LoxOral”

Eventually, with Amantadine Tablets from Upsher-Smith Labs

Doxycycline Monohydrate Capsules from Lupin Pharmaceuticals