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A very controversial part of treating patients with Lyme Disease, Chronic Pain or Chronic Fatigue is the role that Vitamins, Mineral, and Herbs should play. It is my belief that it is very important to treat deficiencies in vitamins and minerals.

However, blood levels above that have the potential to inhibit the Jarisch Herxheimer response (the Immune Response and worsened Symptoms with Antibiotics) and therefore the immune response. It is true that they all help with the symptoms, but it is my belief the mechanism is by undoing what the body is trying to do, and inhibiting the immune response. It is my belief that the immune system and sympathetic responses are the basis for the symptoms.

It is also my belief that herbs are weak drugs and have unpredictable interactions with prescribed allopathic medications/antibiotics. Both of them can have a place if you want to quiet the immune response to reduce it's damage on the "host", but one must be aware of the price of doing so.

So, we try to minimize interventions that reduce the Immune Response. More and more clinical, research and experiences are supporting this opinion. I try to maximize the rate of "Killing" the Bacteria...to the degree that the patient can manage the process.

So, in general, I try and avoid Vitamins, Minerals, and Herbs....when it is safe to do so.