



Functional Nutrition Working Group

Newsletter

November 2023

The mission of the Functional Nutrition Working Group is to educate our profession and aid in lobbying efforts in order to be a resource in enhancing their ability to gain knowledge in the field of functional nutrition and provide their patients with effective holistic healthcare.



Lyme Disease

- The most common vector-borne disease in the U.S.
- Caused by *Borrelia burgdorferi*
- Spirochete naturally but can morph into different forms
- Can develop a biofilm and secrete inflammatory toxic byproducts

Signs & Symptoms

- Most recognizable is the "Bull's Eye Rash"
- Flu-like symptoms including: joint pain, brain fog, swollen lymph nodes, fatigue, muscle aches, and headache
- Can progress in stages including: arthritis, cardiovascular, and neurological involvement
- Refer the patient to their PCP for acute symptoms

Testing

- Western Blot/Immunoblot
- ELISA
- Other Labs: Complement (C3a/C4a), C6 peptide, CD-57
- Timing is crucial and cannot only rely on lab tests to confirm
- Be cautious of false readings, some viruses like EBV can cause IgM false positives

Blood Chemistry

- H or L WBCs
- Insulin Resistance
- H Acute Phase Reactants
- Electrolyte imbalances
- L vitamin D
- H complement proteins
- H liver enzymes
- Altered kidney function

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[On-Demand Lunch & Learns Available](#)

[Infection/Infectious Diseases](#)
[The Blood Sugar/Back Pain Connection](#)

[Hormonal Imbalances](#)
[Heart Disease/ASCVD](#)
[+ More Coming !!](#)

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