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We Wish All of Our Patients and Their Families a Happy and Healthy New Year!

It is hard to believe that we opened our Vienna, VA office just one year ago on the second of January. We are excited by how warmly we have been received by our patients, friends, and physicians seeking out Dr. Levin's areas of expertise.

Our Staff: Many of you have met Caroline, who works in our office part time and has a fund of knowledge about Lyme Disease. Caroline covers as needed for Susan, our New Patient Coordinator and Trouble Shooter. Mila is our new Front Desk Lead, and Lisa -- who joined us in August of 2007 -- is our outstanding LPN. Lisa is patient, compassionate, thorough and almost never says NO! Anne, who plans to start nursing school this summer, helps with filing and miscellaneous office duties. We are so pleased to have a team that is so caring and responsive to your needs. We are all here to help you in anyway we can! Our growing practice is looking for a Physician Assistant to join Dr. Levin in 2008.

WHAT TO DO DURING THE FLU SEASON: ANTIBIOTICS DON'T HELP!

Dr. Levin used a preventative homeopathic program which is no longer available. He searched for but did not find a satisfactory replacement. Since flu shots contain Thimerosal – a toxic compound of Mercury - **WE DO NOT RECOMMEND FLU SHOTS**. We have "**Coryza Forte**" in the dispensary, one capsule 3 times a day during flu season to boost your immunity against most viruses. However, if you start to come down with the flu, **TRIPLE THE DOSE** and begin Dr. Levin's "**ACES**" Program immediately:

- "A" 100,000 units of Mycelized Vitamin A (7 days only)
 - "C" 1 heaping tsp Buffered Vitamin C (Perque or Allergy Research) 2-3 times a day
 - "E" 2000 units of Mycelized Vitamin E (Klaire)
 - "S" 200 micrograms Selenium (Methionine)
- Plus **Zinc Picolinate** 45-75 mg daily

Embellishments with "ACES":

- Alpha Lipoic Acid** 300 mg
- N-Acetyl-L-Cysteine (NAC)** 600 mg

You can shorten the course and severity of the illness with large doses of intravenous Vitamin C! Call us and we will discuss your symptoms with Dr. Levin.

Books and CDs are Available in Our Growing Dispensary:

[EXTRAORDINARY FOODS FOR THE EVERYDAY KITCHEN](#) and [FEAST WITHOUT YEAST](#), by Lori Kornblum and Bruce Semon, MD, PhD: Recipes which are yeast-free, sugar-free, wheat-free, milk-free, soy-free, Kosher – and easy!

We can now ship supplements 4 days per week.

[WHOLE BODY DENTISTRY](#), by Mark Breiner, DMD (includes a chapter on mercury by Dr. Levin)

Dr. Levin's lectures on: **Hypoglycemia, Candida, Asthma, Food Allergy/Addiction, Chelation Therapy and Estrogen** are all available on CD now!

NEW TESTING AT OUR OFFICE: LEARNING IS A NEVER ENDING PROCESS!

Dr. Levin is adding several new tests when current methods of testing fail to diagnosis a chronic illness:

1. A Broth Culture for Urine and/or Semen: This is a home test performed to determine bacteria and other organisms that do not always show up through routine cultures. This test may be beneficial for patients with recurrent Urinary Tract Infections (UTIs), Interstitial Cystitis, Prostatitis or couples having trouble conceiving. (With recurrent UTIs, both partners should be tested to avoid infecting each another.) As always, following instructions is essential for accurate results.

2. The Melisa Test for Lyme: This new test from Germany looks for lymphocyte response rather than antibodies. Performed only on a Monday or Tuesday, the Melisa Test is FedExed to Germany for analysis. The fee includes a consultation with the head of the laboratory. Thus, we arrange a consult convenient to Dr. Levin, the laboratory and you, the patient. Regrettably, Dr. Levin's time is not included in the laboratory fee.

3. Mycotoxins: Used for patients that appear to have

symptoms of ALS or MS, severe chronic fatigue, and MCS (Multiple Chemical Sensitivities), this is a special urine test for toxins from molds and/or fungi. Mycotoxins can be associated with Lyme Disease and provide another piece of the puzzle.

4. Thyroflex Test: This test helps determine hypothyroid issues affecting many of our current patients. Dr. Levin is the first physician on the East Coast to have the Thyroflex Test. To learn more, go to: www.thyroflex.com. The Thyroflex test is a simple and inexpensive way of quickly determining what is now called "The Silent Epidemic."

To learn more about these Tests, contact Lisa at the office.

DR. LEVIN HONORED!

Dr. Levin has been honored by A.M.I.C.A. of Roma, Italy to serve as an advisor to their Board on Heavy Metal Toxicology.

WHAT ELSE IS NEW? A NEW ADDITION TO OUR ANTI-AGING PROGRAM

Dr. Levin has been doing Bioidentical Hormone Replacement Therapy for many years. He was also the Principal investigator in a nationwide, multi-office FDA study on the use of Human Growth Hormone in Healthy Aging (2000-2001).

Now there is a new addition and alternative to Growth Hormone. It is called **Sermorelin**, aka, Growth Hormone

Releasing Hormone. It stimulates the body's own production of Growth Hormone without any side effects or dependency. It is an exciting new addition to our practice.

To learn more about this, contact Susan at the office.

Dr. Levin's Upcoming L.I.A.F. Lecture:

Saturday, April 12, 2008

As a Founding Member of the Medical Advisory Board of L.I.A.F., (The Lyme Induced Autism Foundation), Dr. Levin will be lecturing at the first East Coast meeting of L.I.A.F. at the Hilton Fort Lee George Washington Bridge Hotel in Fort Lee, NJ. Dr. Levin will be presenting information on “**Systemic and Resistant Candida**” at this one day seminar. This conference will educate attendees with an Intermingling of Traditional and Alternative therapies to provide Treatment strategies to begin the healing process.

This conference will cover topics that would be appropriate for children with Autism, Lyme disease and related infections, including adults with Lyme disease.

Go to: www.LymeInducedAutism.org to reserve for this exciting one day seminar!

If you have not already read the Interview with Dr. Levin on Lyme disease in [The Townsend Letter](#), you can find this article by going to www.TownsendLetter.com and search the October, 2007 issue. You will also find several other articles or letters that have appeared in the Townsend Letter by or about Dr. Levin by searching under his name.

Soon to be published in PHA (Public Health Alert) will be an in depth article by Dr. Levin on Systemic Yeast. Watch for this article!

Did you know? Dr. Levin treats many problems besides yours! PMS, Menopause, Andropause (the male version of sex hormone deficiency), Osteoporosis, Depression/Anxiety Neuroses, Asthma, Adult Diabetes, Chronic Yeast, High Cholesterol, ADHD, Multiple Chemical Sensitivities (MCS), Lyme Disease, Obesity (Dr. Levin was Vice President of the American Society of Bariatrics!), Hypertension, and Chronic Heart Disease. Dr. Levin's emphasis is to AVOID prescription drugs!

Just a reminder: Dr. Levin cannot answer individual questions by e-mail. Please request that the staff ask either Dr. Levin or our nurse, and then we will return your call. If the question is of a complex nature, Dr. Levin does make calls after hours. There is no charge for *brief* calls (less than 5 minutes). However, based on the complexity of the practice, there may be charges incurred based on the time spent on the phone and any further work that may be required of Dr. Levin after completion of the phone consultation.

What is Care Credit? Many of you have been asking about Care Credit which was brought to our attention by several patients. Care Credit is a credit card which you can apply for on line at www.CareCredit.com, providing credit lines for medical, dental and surgical procedures. Applying takes but a moment, and there is a link from our web site. You are provided with a line of credit that you may use, at your discretion, when planning your treatment program. It provides for 0% interest for 3 months if the charges are repaid in full or up to 5 years at 11.5% Interest.

There is an outstanding article that was written by Dan Cameron, MD – the newly installed President of ILADS. The article is entitled “**Consequences of Delaying Treatment of Lyme Disease.**” If you have not already read this article, we urge you to do so. We have the article available in our office and hope to have a copy ready to e-mail to you soon!

Many of you know Sherrie Holiday, our former Front Desk Administrator and coding specialist, who has moved on to join Care First. As a new service for our office, Sherrie is offering to help our patients obtain reimbursement from their insurance companies. Many of our patients are too ill to work through this tedious process or too frustrated by the insurance bureaucracy. Those patients that fight or have someone to fight for them have a greater measure of success. So, help is on the way! Sherrie's services will be offered separately and independently from Dr. Levin's practice. Sherrie's fee (payable directly to her) will be \$25.00 per hour plus 10% of the amount of claims that are collected through Sherrie's efforts on your behalf. Please contact us if you would like to speak with Sherrie about using her services.

Exciting News Effective 2008: We just learned that because patients travel far to see physicians all

over the country, insurance companies will soon cover Phone Consultations with a code for 15 minutes, 30 minutes and 60 minutes. We will update our invoices to include these codes once available.

The Oprah Effect: Oprah recently did a show about Going Green, one of Dr. Levin's many passions. Considering contaminated municipal water systems, polluted air inside buildings, and environmental chemicals/toxins, we offer and have offered for over 8 years, a small line of toxic-free skin care products, including: toothpaste, soap, shampoo and conditioner, mouthwash, moisturizers, cleansing pads, etc. This line represents Dr. Levin's on-going commitment to helping his patients support their immune system by using only toxic-free products on their bodies. Remember the skin is the largest organ of the body! To learn more, please contact our office.

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*The Blending of
Conventional and
Alternative Philosophies*

We're on the Web!

Visit us at:

WarrenMLevinMD.net

We respectfully request that you refrain from all perfumes, colognes and sprays when you visit our office. We have many patients who are severely chemically sensitive - please be considerate of them.

Should you wish to be removed from our e-mail list, please notify us and we will comply. We encourage you to pass this newsletter on to friends and family members.

One final note: Some of our patients have asked if Dr. Levin would be willing to lecture on various topics at schools, churches, synagogues or other places. The answer is yes! Dr. Levin would prefer to speak in the evening, so he could arrange his schedule accordingly. Saturday is also a possibility.

"If anything is sacred, the human body is sacred," -- Walt Whitman, "I Sing the Body Electric," 1855.