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The Blending of Traditional and Alternative Philosophies

Warren M. Levin, MD (H) has been treating Lyme disease since the mid 90's. Since 1998 he has practiced in Ridgefield, CT and Wilton, CT. According to the Wilton Bulletin, 54% of the Families in Wilton have Lyme disease! Please realize that is only the percent of Families in which the diagnosis has been recognized and reported to the Health Department. How many other individuals have had the symptoms including Chronic Fatigue, Fibromyalgia, Chronic Headaches, Arthritis, Muscle Pain, Cognitive impairment, Neurological Symptoms etc., but have not been to a doctor, or were not tested for Lyme disease or had a false negative test?

Dr. Levin, himself, has had Lyme disease twice, but successfully treated it early on both occasions. This makes 3 important points:

- 1) Early treatment is short and effective.
- 2) Unlike most other infections, long term immunity is not guaranteed after recovery or immunization.
- 3) It is impossible (outside of a very few research facilities) to differentiate a new infection from a recurrence of an old one that has been "hiding" or "dormant" in the body after treatment which has been stopped too soon. Knowing when to stop is often more difficult than making the diagnosis.

Dr. Levin works with each patient on an individual basis. He sees only 5-6 patients a day. Generally he will spend 1 -- 2 hours or more with patients on the first visit depending on the complexity of the case, how long they have had Lyme, how they have been treated for it, and what improvement has been made and what their current status is. The next step generally involves extensive lab work and a complete Physical Exam.

Tests must be done for 4 other infections that can be transmitted simultaneously with the Lyme organism: Babesia, Bartonella, Ehrlichia and Mycoplasma. Many cases of "persistent Lyme" turn out to be one of these "co-infections" that require different antibiotic therapy.

When all tests are done and returned we schedule a second extended visit to go over the results of all the tests and lay out a map for proper treatment to begin. One of the additional areas that Dr. Levin works with is the Neurotoxins that can remain behind after the Lyme is gone. See website: www.chronicneurotoxins.com. Thus, the VCS test that Dr. Shoemaker has developed is routinely followed by our patients. In addition, in order to use the therapy with Cholestyramine Dr. Levin worked for 6 months with a compounding pharmacy to develop a toxic free Cholestyramine with Xylitol instead of Aspartame or Sugar. Another major problem that is frequently ignored is overgrowth of the yeast organisms know as Candida. They are virtually certain to be present with the

prolonged use of antibiotics as is typical in the treatment of Lyme disease, and can be a major contributor to the symptoms in such patients. Prophylactic use of “probiotic organisms” and yeast suppressant herbs or antifungal prescriptions should be part of routine care.

In addition to antibiotic therapy, Dr. Levin uses an intensive nutritional program to help the body’s innate defense mechanisms. Vitamins, minerals, herbs, oils and other nutrients are given orally and by injection when indicated to shift the balance of power in the body’s favor. Herbal products are now being recognized as adjuncts and – in some instances – alternatives to antibiotic therapy.

Dr. Levin’s approach is a totally individualized approach with each and every patient that he sees. He considers himself to be a partner who works closely with each patient. His philosophy is to work with many options, helping to educate the patient, but the ultimate decisions as to treatment rest with the patient.

As you all too well know, there is no certifying Board or Agency that qualifies “Lyme literate Doctors.” [LLD’s] However, Dr. Levin is a current member of ILADS and has attended many meetings on Lyme and other Tick Borne Diseases [TBD’s] over the last four years.

Dr. Levin is on a first name basis with many of the East Coast leaders of the organization – Burrascano, Jones, Horowitz, Liegner, Fallon, Raxlen and Shoemaker and he can call any of them in unusual situations. He is not afraid to say “I don’t know.”

Dr. Levin Graduated from Jefferson Medical College, and opened the first Alternative Medical Center in NYC in 1974. He is recognized by his colleagues as the Dean of Alternative Medicine in the East. He was a founding member of ACAM, the Chelation organization and is a Diplomat and Fellow of the American Board of Environmental Medicine, as well as a Fellow of the American College of Nutrition. His 30 years of experience in the field of Alternative Medicine and his ground breaking work in the field of chronic yeast and the connection to parasites that go undiagnosed and untreated made him a recognized authority in Integrative Medicine. He is one of very few Alternative Physicians to be listed in the Marquis

Who’s Who in American Medicine and Healthcare and Who’s Who in America.

He is excited about bringing his years of expertise in the field of Integrative and Environmental Medicine coupled with his experience in treating Lyme disease from the Northeast to Virginia.