

## **Lyme Disease**

Lyme Disease is an infectious disease that causes widespread inflammation and affects many different systems in the body. Lyme disease is caused by a germ—a spirochete called *Borrelia burgdorferi*—that is transmitted by the bite of an infected tick. The area of the bite is often affected by a circular “bull’s-eye” rash, but this may pass quickly or not be present at all. Symptoms of Lyme Disease vary widely, from joint aches and pains, flu-like complaints, systemic illness, numbness, tingling, weakness, and loss of ability to concentrate and remember information. The incidence of Lyme Disease is very difficult to report accurately because it often goes undiagnosed for long periods. The longer Lyme disease goes undiagnosed, the more difficult conclusive diagnosis becomes. Even careful medical testing can yield false negative results. Treatment usually involves use of antibiotics, often for extended periods.

At the Center for Integrative Manual Therapy (CenterIMT), treatment for Lyme disease involves a multi-system approach. This begins with a careful evaluation to determine what systems of the body have been compromised. A tool called myofascial mapping is used to pinpoint areas of restriction in the body. The results of this evaluation are explained to the client to determine how the skeleton, muscles, connective tissue, circulation, and the ability to process toxins have been affected. In addition, the integration, or ability of the body to process as an organized, effective unit, is assessed. Then an individualized treatment plan is written to specifically address the goals of the client. Clients are also given a home program to help work with their bodies to restore their quality of life. For more information about treatment of Lyme disease, please contact the Center for Integrative Manual Therapy at 770-716-8885.