Intro to LymeBytes! and 10 Surprising Truths About VBDs Transcript

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Podcast Introduction

This is Doctor Talks, real talk from real doctors on the issues that matter to you most. Hi, and welcome to Lime Bites, Rebuilding Immunity, Reversing Inflammation, and Redefining Recovery.

I'm your host, Dr. Mariah Hinchey, a licensed naturopathic physician specializing in the treatment of complex, chronic infection-driven inflammatory illnesses like Lyme and other vector-borne diseases, Pans Pandas, Long COVID, Mycotoxin Illness, and many more.

This podcast is my mission in action to educate both patients and practitioners on the truth about Lyme and other vector borne infections. Too many are suffering needlessly from misdiagnosis, improper testing, and outdated treatments.

The 10 Truths of Lyme Disease

I've lived it myself, and I've seen it devastate family members and thousands of patients. But I'm here to tell you full recovery is possible and the suffering doesn't have to continue.

On this podcast, we'll explore real science, clinical wisdom, and practical protocols rooted in functional lifestyle and naturopathic medicine. This is the podcast for those ready to reclaim their health and uncover the root causes of illness that are keeping you sick.

In this first episode, I want to lay a foundation by sharing something I call the 10 truths of Lyme disease. Truths every patient and practitioner must know at minimum to stop the misdiagnosis and mistreatment that's become far too common in Lyme and other vector-borne diseases.

So let's dive in. Number one, Lyme is a clinical diagnosis. Laboratory testing is deeply flawed. The ELISA and Western blot miss up to half of the cases, especially in early, immunocompromised, or chronic presentations.

You cannot rule out Lyme with a negative test. you must rely on clinical diagnosis. That includes pattern recognition, a detailed history, and response to treatment.

Number two, Lyme and other vector-borne infections can trigger abrupt neuropsychiatric illness. Infections like Borrelia, Bartonella, Babesia, and Mycoplasma can trigger inflammation in the brain leading to mood disorders, rage, OCD, psychosis, anxiety, panic attacks, and depression, especially in our children.

It should be a huge red flag if there is an abrupt change in personality, behavior, or cognitive abilities in any child or adult for that matter. And an infection should absolutely be ruled out.

Primary psychiatric illness or dementia Alzheimer's do not present abruptly. They come on slow over time. So if there is an abrupt acute presentation, it is usually infection-driven.

Also, if there are other systemic symptoms, so symptoms in other parts of the body, they typically aren't going to present with primary neuropsychiatric illness either.

Number three, there is a connection between Borrelia and other vector-borne diseases and cancer. Chronic immune activation, stealth infections, and persistent inflammation can create a pro-oncogenic environment.

So what that means is when you have chronic inflammation, immune suppression, and for example, a decrease in the specific cells called natural killer cells that circulate and scavenge for cancer and resolve it before it comes the problem, you obviously are going to have an increased risk of cancer under these conditions.

Borrelia DNA has been found in tumor tissues, particularly breast cancer. Number four, the EM rash, known as erythema migrans or the bullseye rash, is not a reliable indicator of Lyme disease.

This EM rash is absent in more than 50% of cases of Lyme disease, and when it is present, it often does not look like the textbook bullseye at all. This leads to misdiagnosis and false reassurance.

Now I want to make it clear, even though the absence of the EM rash does not mean absence of Lyme disease, its presence is 100% diagnostic of Lyme disease, no matter what your test says.

So if your test says that you're negative, but you do have an EM rash, that is the diagnosis for Lyme disease. and don't take no for an answer on that.

Go to a different physician. Number five, there's a high incidence of Lyme and other vector borne infections in children's with PANS pandas. These infections are common triggers for sudden onset OCD, tics, anxiety, and other neuropsychiatric symptoms.

Every child with PANS Pandas deserves a full vector-borne disease workup. Number six, symptom pattern recognition is the cornerstone of accurate diagnosis of vector-borne diseases.

Lyme mimics every major chronic condition out there from MS, fibromyalgia, IBS, IBD, rheumatoid arthritis, and even interstitial cystitis. And symptoms tend to migrate, flare, and resist conventional treatment.

Number seven, there's a major overlap between MCAS and Lyme as well as other vector-borne infections. Mass cell activation is not just coexisting. It's often a result of this chronic infection.

Histamine intolerance, flushing, pots, hives, and food sensitivities may point towards an undiagnosed vector-borne illness. Number eight. Microtoxin illness drastically worsens outcomes.

Mold exposure weakens immune function, disrupts detoxification pathways, and creates a toxic burden that prevents healing. It also ignites a lot of the same inflammatory cytokines that Lyme and Vectorborne diseases use to manipulate and break down the body.

You cannot successfully treat Lyme without addressing mold and vice versa. Number nine, the spike protein from COVID-19, whether it be vaccination induced or wild, can cause reactivation of dormant infections.

Long COVID patients are now experiencing reactivated Lyme, Epstein-Barr, Thetamegalia virus, human herpes viruses, herpes simplex viruses, and many more.

The post-viral terrain is vulnerable to opportunistic infections. Number 10. Your mindset shapes your immune function. Chronic stress, trauma, and negative thinking suppress immunity, impair vagus nerve tone, and lock the limbic system into dysfunction.

Emotional and nervous system regulation are non-negotiables in a successful recovery of Lyme and other vector-borne illnesses. Now, I want to talk to you about a bonus truth, number 11. And this one really gets me fired up, so I'm going to try to contain myself.

One dose of doxycycline after a tick bite is not prevention. It literally prevents nothing. I'm going to say it again. One dose of doxycycline or any other antibiotic after a tick bite will not prevent the transmission of any bacteria into the body.

This standard of care recommendation is based on a single flawed study from 2001. This study had a dangerously short follow-up period and no accounting for the presence of co-infections.

This study relied on the presence of an EM rash as the diagnostic criteria for Lyme disease. And what if we learned just 10 minutes ago that less than 50% of the cases of Borrelia or Lyme disease had an EM rash?

What to Expect from Lime Bites

So how can we use that in a study as diagnostic criteria? One dose of an antibiotic does not prevent Lyme, Ehrlichia, Anaplasma, Babesia, Bartonella, Mycoplasma, Rickettsia, or any other tick-borne disease.

In fact, it may suppress initial symptoms leading to a false sense of security while infections become chronic and harder to treat. Equally problematic is a 14-day course of doxycycline for acute Lyme disease.

This is inadequate. Borrelia has a slow four-week replication cycle and forms immune-evasive biofilms and cysts. you need a minimum of four to six weeks of doxycycline or another adequate antibiotic to cover at least one full life cycle of Borrelia.

Anything less risks creating chronic illness and further destabilizing the gut microbiome and therefore immune system balance and function. Please stop doing this.

It is time to update the standard of care based on what we now know. not outdated, insufficient, and industry-biased studies. Thank you for listening to The 10 Truths.

Now I'd like to tell you what to expect from this Lime Bites podcast. So here on Lime Bites, we're not just raising awareness. We are diving deep. This podcast will cover everything you need to understand, diagnose, and treat complex, chronic, infection-driven illnesses.

We'll explore the pathophysiology of Lyme and related infections, how they manipulate your immune system, hijack inflammatory pathways, and disrupt every major organ system.

We'll talk about clinical diagnosis, accurate testing, and why so many cases are missed. We'll walk through the misdiagnoses, everything from fibromyalgia and MS to psychiatric conditions to autoimmune disease, and show you how vector-borne illnesses often lie at the root.

We'll explore the power of lifestyle medicine to restore immune balance and interrupt the disease progression. you'll learn about the gut-immune connection, the microbiome, and how chronic inflammation and cytokine storms can be quieted.

Episodes will include interviews with top experts in the functional, naturopathic, and integrative medicine fields, as well as solo teaching episodes that function as focus lectures from me, Dr.

Mariah Hinchy. Whether you're a patient, practitioner, or parent, this show will give you the tools, language, and evidence you need to reclaim your health, the health of your patients, or the health of a loved one.

The time for guessing and gaslighting, it's over. These conditions are real. They are common and they are treatable. So if you or someone you love is suffering from a complex chronic illness, or if you're a practitioner ready to learn the truth and change lives, this podcast is for you.

Be sure to subscribe wherever you get your podcasts and don't miss the Lime Bite Symposium.

Symposium Announcement and Closing

The Lime Bite Symposium is an intimate, transformational gathering happening November 14th and 15th at the Pompano Beach Marriott in sunny Fort Lauderdale, Florida.

Meet the top experts in functional, naturopathic, and integrative medicine and learn how to restore immune resilience and finally heal. visit limebites.com for details and to register.

That's L-Y-N-E-B-Y-T-E-S.com. Thank you for listening to Lime Bites. If you or someone you know is suffering from Lyme or another vector-borne disease, please share this episode so they can get the help they need to finally heal,

because together we all heal stronger.

We'll see you next time. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

Each day is a new opportunity to make choices that empower your well-being. For more insights and strategies, subscribe to our podcast and visit our website, www.doctortalks.com.

Stay connected, stay healthy, and join us next time on Doctor Talks, real talks from real doctors on the issues that matter to you most.