

PANDAS/PANS CME Course Resources

Thanks for taking the course and working with these special kids! Here are some helpful resources that I couldn't mention in the course due to CME requirements.

BOOKS

PANDAS/PANS:

Demystifying PANS/PANDAS by Dr. Nancy O'Hara

Super Sam! and the battle against PANS/PANDAS by Dr. Lindsey Wells

Brain Inflamed by Dr. Kenneth Bock

Healing Complex Children with Homeopathy by Dr. Angelica Lemke

Cookbook:

Low Histamine Cooking in Your Instant Pot by Dr. Becky Campbell

Structured Water Books:

Gerald Pollack's books, *The Fourth Phase of Water* and *Cells, Gels and the Engines of Life: A New, Unifying Approach to Cell Function, Water and the Cell* (co-written with Ivan Cameron and Denys Wheatley)

The Extracellular Matrix and Ground Regulation by Alfred Pischinger

Frequency:

Healing is Voltage by Jerry L. Tennant (poorly formatted but great info.)

RESEARCH ARTICLES

Association Between Aluminum Exposure From Vaccines Before Age 24 Months and Persistent Asthma at Age 24 to 59 Months

(See the provided article in Module 3)

Revisiting Excess Diagnoses of Illnesses and Conditions in Children Whose Parents Provided Informed Permission to Vaccinate Them

(See the provided article in Module 3)

Examining the Evidence That Ethylmercury Crosses the Blood-Brain Barrier

(See the provided article in Module 3)

VAERS Lazarus Report

(See the provided article in Module 3)

TESTING

IMMUNE/AUTOIMMUNE

Autoimmune Brain Panel:
[Moleculera Biosciences](#)

BBB/Brain autoantibodies:
[Cyrex Array 20 & Array 7X](#)
[Vibrant Neural Zoomer s100b](#)

Immunocompetence/Lymphocytes:
[Cyrex Lymphocyte MAP](#)

Neuroquant:
[Cortechs](#)

Food sensitivities:
[Vibrant Food Zoomers](#)

Sinunasal:
[MicroGenDX ENT Testing](#)
[MicrobiologyDx](#)

Periodontal Diagnostics:
[MicroGenDX PerioDX Kit](#)

INFECTION

Lyme Nosode for provocation:
[Professional Formulas](#)

T-cell pathogen testing:
[Armin Labs](#)
[InfectoLab](#)

Bartonella:
[Galaxy Diagnostics](#) - speciate.
[IGeneX](#) - speciate for 4 but test for more.
[Armin Labs](#)

Borrelia:
Culture-enhanced PCR - [IGeneX](#)
Available for Lyme Borrelia, Tick-Borne Relapsing Fever Borrelia, Bartonella, Babesia, Ehrlichia,
Anaplasma, and Rickettsia

Immunoblot - [IGeneX](#)

Available for Lyme Borrelia, Tick-Borne Relapsing Fever Borrelia, Bartonella, Babesia, Ehrlichia, Anaplasma, and Rickettsia

Borrelia species tested cover almost all known strains in US, European, and some Asian. Not able to speciate due to NY law. (I personally have found they detect species from midwest and west coast better than other labs.)

TBRF - [IGeneX](#)

They are able to speciate TBRF species.

T-cell - [Armin Labs](#) / [InfectoLab](#)

Armin Elispot detects T cell reactions against

- 3 strains of Borrelia (B. burgdorferi, B. afzelii, and B. garinii)
- 1 strain of Bartonella (B. henselae)
- 1 strain of Babesia (B. microti)

Infectolab Americas Elispot detects T cell reactions against:

- 1 strain of Borrelia (B. burgdorferi)
- 1 strain of Bartonella (B. henselae)
- 1 strain of Babesia (B. microti)

So a negative elispot test does not exclude having an active infection from any of the omitted strains of Borrelia, Bartonella, and Babesia.

Phage testing - [R.E.D. Labs](#)

SARS-Cov-2 T cell: [Armin Labs](#) / [InfectoLab](#)

ENVIRONMENT

Glyphosate urine test:

[RealTime Lab](#)

[Vibrant Wellness](#)

[Mosaic](#)

Atrazine and pesticide urine test:

[Vibrant Wellness](#)

Mycotoxin serum antibody:

[MyMycoLab](#)

Urine mycotoxin:

[RealTime Lab](#)

[Vibrant Wellness](#)

*For details on matching the appropriate mold/mycotoxin test to your patient, consider taking one of my mold trainings.

Toxic metal testing:

[Doctor's Data Urine Toxic Metals](#)

TREATMENT

Sources for herbal glycerites:

Patient access - [Hawaii Pharm](#)

Professional lines

- Herbal Vitality (No website. Email orders@herbalvitalityinc.com to set up an account and get the catalog.)
- [Heron Botanicals](#)

Postbiotics:

[Biome Basics](#)

[Thaenabiotic](#)

Histamine friendly probiotic:

[Probiota HistaminX](#) by Seeking Health

Custom probiotics for specific strains:

[Custom Probiotics](#)

Helminth therapy:

HDCs at <https://biomerestoration.com/>

Helminth Secretome Therapy

Not yet commercially available.

Exosomes:

[Kimera Labs](#)

"Homeopathic" Phage Therapy

Induced Native Phage Therapy (INPT)

<https://biologixcenter.com/our-method/induced-native-phage-therapy-inpt/>

Structured Water Devices:

[Spring Aqua unit](#)

[Analemma wand](#)

Mercury support surrounding oral exposures/amalgam removal:

Maitake (*Grifola frondosa*)

Extract:

https://fungi.com/products/maitake-extract?_pos=3&_sid=cbc5ef317&_ss=r

Capsules:

<https://fungi.com/collections/maitake-mushroom/products/maitake-capsules>

Nasal spray “hope hit”: Compounding pharmacy

Synapsin® - blend of ginseng extracts and nicotinamide riboside. Best to start with hydroxocobalamin rather than methylcobalamin.

Aromatherapy:

[Mountain Rose Herbs](#)

[Pranarōm](#)

[Snow Lotus](#)

[Young Living](#)

FURTHER TRAININGS

[International IV Nutritional Therapy](#)

[National Association of Environmental Medicine](#)

Mercury chelation and environmental medicine trainings

[The SIBO Mastery Program](#)

Dr. Nirala Jacobi

[Benzo Taper Program](#)

Dr. Nicole Cain

[Mast cell 360](#)

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