

LLMD = Lyme-Literate Medical Doctor

LLP = Lyme-Literate Practitioner

While many people use the term “LLMD” when discussing Lyme care, Lyme-literate support can come from a variety of healthcare professions. Some are medical doctors (MDs or DOs), while others may be naturopathic doctors, chiropractors, nurse practitioners, functional medicine providers, or other practitioners experienced in diagnosing and treating tick-borne illnesses.

One of the biggest lessons I learned on my journey was to think outside the box and get curious. Sometimes the answers and support we’re looking for come from practitioners we never would have considered at the beginning of our journey.

If you’re on a journey trying to get answers, this is something I wish someone had told me early on...

Standard testing from your primary care doctor for Lyme disease is unreliable.

Many conventional tests are up to 50% accurate at best... especially in chronic or late-stage cases.

So please don’t rule out Lyme or co-infections based on a single negative test.

(I tested negative 3x over 7 yrs)

My Favorite Trusted Labs

- [IGeneX](#)
- [Armin Labs](#)
- [Galaxy Diagnostics](#)

Want to test while you’re searching for a practitioner?

At-home testing options are available through Jivora Health, which uses Armin Labs.

- [Jivora Health](#)

Reasons Why You MUST work with a Lyme-literate practitioner.

- Primary care doctors and infectious disease specialists are **NOT** trained to:
- recognize complex Lyme cases
- interpret specialty labs
- understand co-infections

This often leads to frustration, misdiagnosis, and going in circles.

Let me save you the heartache:

Find someone who truly understands Lyme & all the things that go along with it.

Where to look for a Lyme-literate practitioner

- [ILADS](#) (International Lyme and Associated Diseases Society)
- [LymeDisease.org](#)
- [Global Lyme Alliance](#)
- Many states also have local Lyme support fb groups you can search for, which often share practitioner referrals and real patient experiences.

BUT... Important Truth:

Not every great doctor is on these lists... and not every doctor on these list is great.

- This is where your intuition and discernment matter.
- Start advocating for yourself now.

Get curious and search for these types of practitioners near you:

- Integrative / functional medicine doctors
- Naturopathic doctors
- Chiropractors trained in muscle testing (kinesiology)
- Other practitioners trained in muscle testing/kinesiology (not limited to chiropractors)

Muscle testing can identify these hidden infections... It's my favorite thing! This testing is usually included in an initial consultation & follow ups.

Be prepared for the reality

- Most Lyme-literate practitioners do not take insurance
- Initial visits are often 1–2 hours
- Cost can range from \$300–\$1,500+ (not including labs)
- Follow-ups vary, but if you're paying \$250+ for a short 30-minute visit, it may be worth exploring other options (in my opinion)
- Many people travel to get proper care

It's not an easy road...

BUT getting an accurate diagnosis is everything.

A resource for you

I've had many incredible practitioners on my weekly podcast, **Lyme and Beyond with Tanya**. Their stories, insights, and expertise may help you better understand your options and discover new paths forward on your healing journey.

[Listen Here](#)

You are not crazy.

You are not alone.

And you are allowed to keep searching until you find answers.

The right practitioner can change everything!

Don't settle until you find one who truly listens, understands, and knows how to help guide you forward.

Because You Matter

Lyme and Beyond with Tanya

lymeandbeyondwithtanya.com