



Bio for Dr. Laura Dengler Varga, DAOM

Dr. Laura Dengler Varga, DAOM has spent over thirty years in the health and medical field. While pursuing her Bachelors in Psychology at the University of Pennsylvania, she worked in research in the departments of psychology, psychiatry and neurology. This experience sparked an interest in research and the intersection of physiology, intellect and emotions. She continued to work in research at the University of California, San Diego primarily in Phase 1-4 pharmaceutical clinical trials in the departments of psychiatry, pulmonary medicine and gastroenterology. During this time she was also the lead author of a multi-center retrospective chart review of cerebrospinal fluid (CSF) values in Kawasaki Disease, a pediatric infectious disease, that puts children at risk for giant coronary artery aneurysms (CAAs) that are life-threatening dilations of the coronary arteries.

She continued to work in research while pursuing her Masters and Doctorate in Eastern and Integrative medicine by assisting in a study led by Dr. Richard Hammerschlag, PhD that examined the quality of reporting of research trials using STRICTA and CONSORT metrics. In addition, she assisted in a research project to investigate the impact of study design: standardized, semi-standardized or individualized treatment protocols on treatment outcomes.

In clinical practice she worked in the Department of Integrative Medicine at Duke University alongside M.D.s, nutritionists, yoga therapists and psychologists as well as the larger medical community. In private practice, she incorporated functional medicine testing of nutrients, toxins, gut health and food sensitivities. Despite her diverse background, there was always a subset of patients who were difficult to treat. Fortunately in 2022, she found two pivotal mentors: one western, Dr. Ritchie Shoemaker, MD and one eastern, Dr. Heiner Fruehauf, PhD who shed light on these mystery patients. Today her practice combines an integrative approach of evidenced based published western scientific testing and treatment protocols with eastern holistic clinical diagnostics and herbal protocols for Chronic Inflammatory Response Syndrome with Lyme and its many coinfections.

In addition to her private practice, she continues her research efforts: as a member of the Scientific Committee for the CIRS Research Foundation; as the lead author of a study to investigate the testing and treatment of tick borne diseases in an immunocompromised population; and in 2026 as the Principal Investigator of a prospective study to evaluate the addition of a novel treatment modality in the treatment of chronic infections in the central nervous system. In 2025 she presented at the CIRSx conference alongside Dr. Christian Navarro-Torres PhD and Dr. Peg Ditulio, DNP on Testing for CIRS-Lyme+coinfections and in 2024 she presented at the CIRS Summit on the Treatment of Lyme and coinfections.