



DR. TANIA DEMPSEY

MCAS | LYME | COMPLEX DISEASES

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Employment History

AIM Center for Personalized Medicine
Founder

Purchase, NY
October 2011 - Present

WESTMED Medical Group
Attending, Internal Medicine

Rye, NY
November 2007 - August 2011

WESTMED Medical Group
Attending, Internal Medicine

White Plains, NY
December 2003 - April 2006

Mid-Westchester Medical Associates
Attending, Internal Medicine

White Plains, NY
August 1999 - November 2001

Internship and Residency

New York University School of Medicine/ Bellevue Hospital
Residency, Primary Care/Internal Medicine

New York, NY
July 1997 - June 1999

New York University School of Medicine/ Bellevue Hospital
Internship, Internal Medicine

New York, NY
July 1996 - June 1997

Education

The John Hopkins University School of Medicine
Doctor of Medicine

Baltimore, MD
May 1996

Cornell University

Ithaca, NY

B.S in Biological Sciences

May 1992

Honors: Cornell National Scholars (President, 1991-1992)

Quill and Dagger (Officer - Recruitment Chair)

Alpha Epsilon Delta Premedical Honor Society (Vice President)

Hospital Affiliation

Greenwich Hospital Community Physician

Greenwich, CT

2007 - Present

Research

CIBA-GEIGY Pharmaceuticals

Intern, Research and Development

Suffern, NY

Summers 1988-1992

Licensure

New York State

208499-1

Connecticut

43273

Certifications

Board Certified by the American Board of Internal Medicine

August 1999 - Present

Vanguard Endocrinology Certification

December 2011

**Board Certified by the American Board of Integrative and Holistic
Medicine**

March 2013

Ozone Certification by The American Academy of Ozonotherapy

March 2020

**Hyperbaric Ozone Certification - Institute for Complementary &
Alternative Medicine**

April 2021

Professional Organizations

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| Institute for Functional Medicine | <i>Member</i> |
| International Lyme and Associated Diseases Society (ILADS) | <i>Board Member</i> |
| International Lyme and Associated Diseases Society (ILADS - Education Committee) | <i>Board Member</i> |
| International Lyme and Associated Diseases Society (ILADS - Program Committee) | <i>Board Member</i> |
| International Association for IACFS/ME (Chronic Fatigue Syndrome / Myalgic Encephalomyelitis) | <i>Member</i> |
| The American Academy of Ozonotherapy | <i>Member</i> |
| International Society for the Study of Women's Sexual Health (ISSWSH) | <i>Member</i> |

Awards

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| Westchester Magazine: Top Doctors | 2018, 2019, 2020, 2021, 2022, 2023 |
| Castle Connolly Top Doctors New York Metro Area | 2017, 2018, 2019, 2020, 2021, 2022 |
| Exceptional Women in Medicine | 2020, 2021, 2022 |
| New York Magazine: Top Doctors | 2021, 2022 |
| Westchester Women in Business Award | 2021 |

Publications/Presentations

| | |
|--|---------------|
| The Holistic Approach to Cancer Prevention <i>Gilda's Club of Westchester</i> | October 2010 |
| Westchester Women's Bar Association <i>Our Bodies, Ourselves: Inside Focus on Critical Women's Health Issues of the Century</i> <i>Panelist / Presenter</i> | January 2011 |
| The Holistic Approach to Cancer Prevention for The Prostate Net <i>At BODIES... The Exhibit</i> | October 2011 |
| Take Control of Your Heart Health <i>Westchester Healthcare News</i> | February 2012 |
| Should You Take The New Weight Loss Pills? <i>Interview for Shape.com</i> | Spring 2012 |
| The Whole Foods Kosher Kitchen by Levana Kirschenbaum <i>Foreword</i> | June 2012 |

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| The Obesity Connection - Gluten and Beyond <i>Xymogen</i> | New York, NY July 2012 |
| Chronic Disease and Obesity: The Role of Food Sensitivities <i>Session at the Annual World Congress on Anti-Aging Medicine & Regenerative Biomedical Technologies</i> | Ft Lauderdale, FL April 2013 |
| A Single Bite: Living With and Healing From Gluten Related Disorders <i>The Gut, Brain and Autoimmune Disorders Symposium</i> | Los Angeles, CA August 2013 |
| Vanguard Methyl-Genomics <i>Xymogen, Breakthroughs in Methylation and Detoxification</i> | New Paltz, NY November 2013 |
| The Hidden Epidemics <i>Xymogen, Methylation Disorders, Food Sensitivities, and Histamine Intolerance</i> | New Paltz, NY May 2014 |
| Methyl-Genomics <i>Xymogen, From Methylation to Detoxification</i> | Greenwich, CT August 2014 |
| The Link Between Methylation and Histamine <i>The Leaky Gut Epidemic</i> | White Plains, NY October 2014 |
| Vanguard Methyl-Genomics <i>Advanced Strategies for Histamine and Methylation Disorders</i> | New Paltz, NY November 2014 |
| Anti-Aging Therapeutics Vol. XIV <i>Chapter 9: Chronic Disease and Obesity: The Role of Food Sensitivities</i> | March 2015 |
| Lyme and Hormone Summit <i>Lyme as a Major Methylation Disrupter: Using Methyl-Genomics Approach in the Treatment of Lyme Disease</i> | New York, NY May 2015 |
| Inflammation <i>Metagenics, The Role of Specialized Pro-Resolving Mediators (SPMs)</i> | White Plains, NY October 2015 |
| The Integrative Medicine Summit <i>Xymogen, It's Not Lyme...It's Bartonella</i> | Greenwich, CT May 2016 |
| Autoimmune Summit <i>The Other Face of Autoimmunity: Attack of the Mast Cells</i> | New York, NY March 2017 |
| The University of Bridgeport College of Naturopathic Medicine <i>It's Not Lyme...It's Bartonella</i> | Bridgeport, CT April 2017 |
| The Integrative Medicine Summit <i>It's Not Lyme... It's Bartonella</i> | New York, NY May 2017 |
| Mastermind Lecture Series <i>Are You Allergic to Yourself? The Interplay of Allergies, Histamine Toxicity, and Autoimmunity</i> | White Plains, NY October 2017 |
| International Congress on Natural Medicine Keynote: | Melbourne, Australia June 9-11, 2018 |
| 1. <i>Functional Endocrinology: The Past, Present and Future</i> | |
| 2. <i>Mast Cell Activation Syndrome - The Interplay of Allergies,</i> | |

- Histamine Toxicity, and Autoimmunity*
3. *Mast Cells and Hormones: The Intersection of MCAS and PCOS*
- ILADS 19th Annual Scientific Conference** **Chicago, IL**
November 2018
1. *Reversing the Synergistic Effects of Bartonella and Mast Cell*
 2. *Activation Syndrome on the Development of Autoimmune Neuropsychiatric Disease*
- Autoimmune and Lyme Summit** **New York, NY**
March 2019
- Understanding Pathogen-Induced Mast Cell Activation Syndrome*
- MCAS Workshop** **Boulder, CO**
April 2019
1. *Mast Cell Activation Syndrome and Neuropsychiatric Manifestations*
 2. *Mast Cells and Hormones: The Intersection of MCAS and PCOS Diagnosis*
 3. *Management of Food Intolerances in MCAS Patients*
- Symposium for Autoimmune Encephalopathy of Infectious Etiology: Assessing the Current State of Knowledge, Clinical Treatments and Research Directions** **Georgetown University, DC**
June 2019
1. *Mast Cell Activation Syndrome as an Initiator of Autoimmunity*
 2. *Biomarkers in Mast Cell Activation Syndrome and Treatment Options*
- ILADS Annual Conference** **Boston, MA**
November 2019
1. *Mast Cell Activation Syndrome: A New Paradigm for Understanding Autoimmune Encephalopathy and Polyneuropathy*
 2. *Bartonellosis and the Trifecta: MCAS, EDS, and Dysautonomia*
- Disjoined Navigating the Diagnosis and Management of Hypermobile Ehlers-Danlos Syndrome and Hypermobility Spectrum Disorders** May 2020
- Co-author of the book chapter "Urogynecology and Hypermobility"*
- ILADS Annual Conference** **Boston, MA**
September 2020
- Mast Cell Targeted Treatment in Patients with Tick-Borne Infections, MCAS, and COVID-19*
- Breast Implant Health Summit** October 2020
- Understanding Breast Implant Illness from the Perspective of Mast Cell Activation Syndrome*
- 5th Annual LYMEMIND Conference** November 2020
- Novel Treatments: Making Sense of Treatment Options*
- Integrative Healthcare Symposium (IHS)** February 2022
- Mast Cell Activation Syndrome: The Interplay Between Immunity and Neuroinflammation*
- The Forum for Integrative Medicine (TFIM)** March 2022

MCAS, Endocrine Disruption and the Epidemic of Metabolic Syndrome and Other Hormonal Disorders

Third Annual Workshop on Mast Cell Activation Disorder

Organizer and Presenter

Briarcliff Manor, NY

June 2022

1. *Mast Cell Activation Syndrome: Neuroinflammation and Cognitive Dysfunction*
2. *Diagnosis & Management of Vector-Borne Infectious Diseases in Mast Cell Activation and Related Disorders*
3. *in Mast Cell Activation and Related Disorders*
4. *Case Report: Immunologic Issues in Mast Cell Activation & Related Disorders*

ILADS Annual Conference

1. *MCAS and Vector Borne Infections: Root Cause vs Driver of the Pentad of Chronic Illness*
2. *Vector-borne Illness Fundamentals: Bartonella*

Orlando, FL

September 2022

Breast Implant Health Summit

Mast Cell Activation Syndrome and Chemical Intolerance: Root Causes or Drivers of Breast Implant Illness

October 2022

Touro University CME Program: Conversations on MCAD

Vector-Borne Infections in MCAS: Root Cause vs. Driver of Pentad of Chronic Illness

December 2022

New Frontier Series: The Infectious Disease and Autoimmunity Summit

Mast Cell Activation Syndrome (MCAS): The Interplay Between the Immune System, Autoimmunity, and Neuroinflammation

December 2022

Integrative Healthcare Symposium (IHS)

The Mast Cell Microbiome Connection and the Development of Autoimmunity

February 2023

Long COVID and Fatiguing Illness Recovery Program

Mast Cell Activation Syndrome in PCC and ME/CFS

May 2023

The Institute for Functional Medicine

Cell Activation Syndrome: Past, Present & Future

June 2023

Runga Micro Conference

Gut Health & Immune Regulation

Austin, TX

September 2023

ILADS Annual Conference

The Vector-Borne Infection - Mast Cell - Microbiome Connection and the Development of Autoimmunity

Boston, MA

October 2023

Trade Publications

Afrin, Lawrence B., Tania T. Dempsey, Lila S. Rosenthal & Shanda R. Dorff. (2018). Successful mast-cell-targeted treatment of chronic dyspareunia, vaginitis, and dysfunctional uterine bleeding. *Journal of Obstetrics and Gynaecology*, 39(5), 664-669. DOI: 10.1080/01443615.2018.1550475

Bateman L, Bested AC, Bonilla HF, et al. (2021) Myalgic Encephalomyelitis/Chronic Fatigue Syndrome: Essentials of Diagnosis and Management. *Mayo Clinic Proceedings*. 96(11), 2861-2878. DOI: 10.1016/j.mayocp.2021.07.004

Afrin, Lawrence, Mary Ackerley, Linda Bluestein, Joseph Brewer, Jill Blettner, Ariana Buchanan, Jill Cuni, William Davey, Tania Dempsey, Shanda Dorff, Martin Dubravec, Alena Guggenheim, Kimberly Hindman, Bruce Hoffman, David Kaufman, Stephanie Kratzer, Theodore Lee, Mindy Marantz, Andrew Maxwell, Gerhard Molderings. (2020). Diagnosis of mast cell activation syndrome: A global “consensus-2.” *Diagnosis (Berlin, Germany)*. DOI: 10.1515/dx-2020-0005

Shimasaki, C., Frye RE, Trifiletti R, et al. (2020) Evaluation of the Cunningham Panel™ in pediatric autoimmune neuropsychiatric disorder associated with streptococcal infection (PANDAS) and pediatric acute-onset neuropsychiatric syndrome (PANS): Changes in antineuronal antibody titers parallel changes in patient symptoms. *Journal of Neuroimmunology*, 339, 577138. DOI: 10.1016/j.jneuroim.2019.577138

Miller, C.S., Palmer, R.F., Dempsey, T.T. et al. (2021). Mast cell activation may explain many cases of chemical intolerance. *Environmental Science and Pollution Research*, 33(129). DOI: 10.1186/s12302-021-00570-3

Afrin, L. B., Dempsey, T. T., & Weinstock, L. B. (2022). Post-HPV-Vaccination Mast Cell Activation Syndrome: Possible Vaccine-Triggered Escalation of Undiagnosed Pre-Existing Mast Cell Disease? *Vaccines*, 10(1), 127. DOI: 10.3390/vaccines100101

Afrin, L.B., Dempsey, T.T., & Molderings, G.J. (2023). Learned cautions regarding antibody testing in mast cell activation syndrome. *Diagnosis (Berlin, Germany)*, 10(4), 424–431. DOI: 10.1515/dx-2023-0032

Palmer, RF., Dempsey, T.T., Afrin, LB. (2023). Chemical Intolerance and Mast Cell Activation: A Suspicious Synchronicity. *Journal of Xenobiotics*. 13(4):704-718. DOI: 10.3390/jox13040045

Press

Television

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| Fox 5 NY Ernie Anastos <i>Are You Allergic To Yourself? MCAS Segment</i> | September 2017 |
| Fox & Friends <i>School Board Eliminates Class Rankings</i> | June 2018 |
| News 12 <i>Westchester Lyme Disease Special News 12</i> | June 2018 |
| People TV: <i>Meet The Teenage Girl Allergic to Everything C Suite TV Covid</i> | December 2018 |
| Fox 61: <i>Top 5 Lyme Disease Myths</i> | April 2019 |
| Indus News: <i>Dangers of Processed Foods Special</i> | September 2019 |
| Westchester <i>Coronavirus Special Series</i> | March 2020 |
| News 12 Westchester <i>Coronavirus answer Q & A LIVE Fox 61: Why Bartonella is the new Lyme</i> | March 2020 |
| RT News: <i>Covid and Kids Safety</i> | August 2020 |
| RT America: <i>Covid Long Haulers</i> | August 2020 |
| To The Point <i>Long Haulers What is Long Covid?</i> | October 2020 |
| CTV News: <i>CTV Morning Live: MCAS is a complex multi-system inflammatory condition</i> | September 2020 |
| PCTV Health IQ <i>Thyroid Disease</i> | |

Radio & Podcasts

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| The Rob Taub Show AM970: <i>Why Bartonella is the New Lyme</i> | November 2017 |
| Late Night Health Radio: <i>Why Bartonella is the New Lyme</i> | November 2017 |
| Natural Health 365: <i>Why Bartonella is the New Lyme</i> | November 2017 |
| Fabulous, Fearless You: <i>Why Bartonella is the new Lyme</i> | November 2017 |
| Dr. Michael Ruscio: <i>Could MCAS Be The Cause Of Your Symptoms?</i> | October 2018 |
| Metagenics: <i>The Role of Mast Cells in Female Hormonal Disorders</i> | November 2018 |
| Dr. Ronald Hoffman Intelligence Medicine: <i>Histamine Intolerance Special with Dr. Dempsey</i> | May 2019 |
| Dr. Michael Ruscio: <i>MCAS & Tick-Borne Illness</i> | May 2019 |
| Lyme Ninja Radio: <i>MCAS & Lyme Better Health Guy Podcast: Bartonella & MCAS</i> | February 2020 |
| Small Steps to Cleaner Living with Dr. Tania Dempsey Living with Lyme: <i>Mast Cell Activation Syndrome (MCAS)</i> | April 202- |
| Love & Guts: <i>The Link Between COVID-19 and MCAS</i> | November 2020 |
| Better Health Guy Podcast: <i>Episode #152 MCAS and Implants</i> | September 2021 |
| The POTScast: <i>E21 Mast Cells Causing Mayhem with Doctor of Naturopathy Beth O'Hara</i> | October 2021 |
| The POTScast: <i>E40 Misbehaving Mast Cells with Dr. Lawrence Afrin</i> | February 2022 |
| Dr. Ronald Hoffman Intelligence Medicine: <i>A New Way of Understanding Patients with a Wide Array of Elusive Symptoms, Part 1 and 2</i> | April 2022 |
| RUN-DMC / Gez Medinger (Youtube.com): <i>Why Women Get Long Covid Worse (or at the very least, different)</i> | April 2022 |
| Dr. Jill: <i>MCAS PotPourri</i> | April 2022 |

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| The Smartest Doctor in the Room Podcast: <i>Mast Cell Activation Syndrome- Making the Difficult Diagnosis with Dr. Tania Dempsey</i> | May 2022 |
| Reversing Mast Cell Activation And Histamine Intolerance Summit: <i>Chemical Sensitivities in MCAS</i> | October 2022 |
| Project Lyme Webinar w/ Dr. Neil Nathan- Complex Chronic Illness Lyme Disease & Mold Toxicity | October 2022 |
| Dr. Lotte Science with Soul: <i>MCAS, Lyme & Dysautonomia</i> | November 2022 |
| Metagenic Institute Podcast: <i>The role of MCAS in the gut, brain and beyond with Tania Dempsey</i> | January 2023 |
| Overcoming Long Haul & Chronic Fatigue Syndrome Summit | February 2023 |
| The Primafoodie Podcast: <i>The Rise of Autoimmune Disorders with Dr. Tania Dempsey</i> | February 2023 |
| The POTScast: E115 Mast Cell Matters: <i>Intro to MCAS with Dr. Tania Dempsey</i> | February 2023 |
| The POTScast: E122 Mast Cell Matters: <i>Diagnosis and Treatment of MCAS with Dr. Tania Dempsey</i> | March 2023 |
| Menopause Reimagined with Andrea Donsky: <i>Histamines and Perimenopause and Menopause with Dr. Tania Dempsey</i> | April 2023 |
| Dr. Weitz's Blog, Rational Wellness Podcast: <i>Mast Cell Activation Syndrome with Dr. Tania Dempsey 303</i> | April 2023 |
| The POTScast: <i>E129 MCAS Diagnostic Criteria "Consensus-2" with Dr. Lawrence Afrin as part of the Mast Cell Matters series</i> | April 2023 |
| The POTScast: <i>E135 Gastrointestinal Manifestations of MCAS with Dr. Leonard Weinstock as part of the Mast Cell Matters series</i> | May 2023 |
| The POTScast: <i>E142 Unravelling Medical Complexities with Dr. Ilene Ruhoy and Dr. David Kaufman</i> | May 2023 |
| The POTScast: <i>E147 Gynecological Issues & Pregnancy in MCAS with Dr. Shanda Dorff</i> | June 2023 |
| Dr. Hoffman Podcast: <i>Treating Complicated Chronic Disorders</i> | July 2023 |
| LDN Research Trust: <i>Dr Tania Dempsey Shares Her Experience of LDN</i> | August 2023 |

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| iCareBetter: <i>Mast cell activation syndrome and complex chronic diseases with Tania Dempsey</i> | August 2023 |
| The POTScast: <i>E159 Cardiac manifestations of MCAS with Dr. Andrew Maxwell as part of the Mast Cell Matters series</i> | September 2023 |
| Mast Cell 360: <i>Are Your Hormones Triggering Your MXAS? Or Vice Versa?</i> | October 2023 |
| The POTScast: <i>E165 Documentary on The Triad with Dr. Leonard Weinstock and Dr. Tania Dempsey as part of the Mast Cell Matters series</i> | October 2023 |
| Mast Cell Matters: <i>Triad Documentary</i> | January 2024 |
| The Bendy Bodies Podcast: <i>Making a MCAS Documentary with Drs. Weinstock, Dempsey, Bluestein, Afrin, Kinsella & Jill Brook, MA</i> | January 2024 |

Editorial Feature Profiles

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| WAG Magazine: <i>Paging Dr. Dempsey</i> | July 2017 |
| Westchester Magazine: <i>2021 Women in Business Award</i> | August 2021 |

Consumer Health

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| FoxNews: <i>Can Crossfit really cause kidney damage?</i> | April 2017 |
| Huffington Post: <i>How to Avoid Burnout</i> | April 2017 |
| Prevention: <i>3 Science Backed Reasons Not To Take a Multivitamin</i> | April 2017 |
| Harpers Bazaar: <i>Do You Need a Weekly Vitamin Shot?</i> | May 2017 |
| Women's Health: <i>Why I got tested for Alzheimer's</i> | May 2017 |
| New York Post: <i>Eating Protein isn't the only healthy habit that can kill you</i> | August 2017 |

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| News: <i>These Healthy Habits Might Actually Kill You</i> | August 2017 |
| PopSugar: <i>Why You Always Get Sick When You Travel</i> | September 2017 |
| Newsweek: <i>22-Year Old Gymnast With Bizarre Disorder Could Be Killed By Own Tears</i> | January 2018 |
| Well & Good: <i>Are Your Cold Hands & Feet Signs of a more serious condition?</i> | February 2018 |
| Family Circle Magazine: <i>8 Headache Cures</i> | May 2018 |
| Health: <i>My Upset Stomach Turned Out To Be A Coffee Intolerance</i> | June 2018 |
| Bustle: <i>What is Cold Intolerance?</i> | December 2018 |
| Eat This Not That: <i>FODMAP Food List</i> | April 2019 |
| Well and Good: <i>Beat Summer Heat by Snacking On These Ayurvedic Cooling Foods</i> | May 2019 |
| US News and World Report: <i>What to do if you get stung by a bee</i> | August 2019 |
| Readers Digest: <i>Dangerous Signs You're Overheating</i> | September 2019 |
| Fox Business <i>Women's workplace attire ditches pantsuit over a shifting job economy</i> | October 2019 |
| Insider: <i>6 Horrifying Things That Can Happen to your body when you eat sushi Women's</i> | March 2020 |
| Fox Business: <i>Is the coronavirus antibody test key to reopening the economy?</i> | April 2020 |
| WSJ: <i>As Child Covid Cases Rise, Doctors Watch for Potential Long-Term Effects Parade</i> | August 2020 |
| Hello Giggles: <i>Doctors explain how to safely create a pandemic pod this winter</i> | November 2020 |
| Serendipity Magazine: <i>A Better Blood Test</i> | April 2023 |

InStyle Magazine: May 2023
What is clean beauty?

Salon: August 2023
Dogs have a Lyme disease vaccine, so why don't humans

First for Women: October 2023
Mold Has Been Shown To Trigger Tiredness + Mood Swings — And Fall Is Peak Mold Season

Vitals:
How Stress Impacts Migraines
(<https://www.vitals.com/education/well-informed/taking-control-of-migraines/stress-and-migraines>)

SHAPE:
Should You Take the New Weight Loss Pills?

Martha Stewart Weddings:
5 Ways to Keep The Flu From Ruining Your Wedding

Fox Business:
Everything you need to know about e-cigarettes

Magazine:
Is there a connection between histamine intolerance and diet?

Celebrity Health/ Lyme Disease

People Magazine: December 2018
Meet The Teenage Girl Who is Allergic To Almost Everything

Healthline: February 2020
Shania Twain's Vocal Cord Damage One Example of Lyme Disease Effects

Global Lyme Alliance: June 2022
Ask a Lyme Doctor: Q&A with Dr. Tania Dempsey

Hollywood Life: October 2023
Why Justin Bieber is smart to quarantine after battling chronic lyme disease, doctor explains: exclusive interview

Medical Outlets

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| Physicians: <i>Lyme Disease Symptoms</i> | June 2017 |
| Pro Health: <i>Is it safe to donate blood if you've been diagnosed with lyme disease?</i> | April 2020 |
| RawlsMD: <i>The Lyme & POTS Connection</i> | March 2022 |
| Medscape: <i>Immunoassay May Help Identify Pediatric Lyme Arthritis</i> | |
| Charleston: <i>Chronic Infections & MCAS Charleston</i> | |

Published Media Articles

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| Observer: <i>Why You Need to Ignore the Latest Flawed Study Demonizing Coconut Oil</i> | June 2017 |
| Observer: <i>Are Pink Pineapples Safe to Eat?</i> | July 2017 |
| Observer: <i>WSJ Says Saunas Don't Help You Detox. Studies Disagree</i> | November 2017 |
| LoHud: <i>Westchester doctor on school: Don't make our children future 'long-haulers' Opini</i> | August 2020 |