

Best Ways to Stay Safe in Dealing with Covid 19

Because of my experience with treating patients who have been sick in the past I routinely follow basic precautions such as hand washing and frequent changes of linen and cleaning surfaces. In our office we are following the CDC guidelines in the hopes of keeping us all healthy. Since there are so many uncertainties with the current status of Covid 19 transmission I would like to institute a few basic protocols for all of us.

Viral onset. If you feel like you are coming down with a cold, have a fever or just have a little tickle in the back of the throat, please reschedule. Early cancellation is better but last minute is fine. If you have been exposed to someone who has tested positive for the coronavirus please do not come into the clinic for 14 days.

Hand washing. When you arrive, we both will engage in a good bout of hand washing. After the session, my washing is mandatory; yours is encouraged.

As more of the story unfolds it will be clearer how to proceed. If any of you have further concerns or ideas on how you can be more comfortable, please let me know.

Now, how do we proceed in the world? What can we do to help ourselves have the best chance of staying healthy?

1. **Eat nutritious food.** Fresh vegetables both raw and cooked. All the colors of the rainbow will insure you get a wide variety of nutrients. Think about making two different soups at one time then you can freeze part of

each batch and have some variety now and later. Eating fermented foods helps strengthen our digestion but also makes cofactors that strengthen our immune systems.

2. **Get some exercise.** The more fit you are the stronger your immune system will be. Exercise will also help you relax and sleep will be improved. Playing a sport or walking in nature can take your mind off the news about the coronavirus.
3. **Stay hydrated** by drinking filtered drinking water. When our throat and tissues dry out our bodies are more susceptible. If you don't have a water filter now is a great time to get one. I recommend the Multipure Drinking Water Filters. They have a lifetime warranty and you only change the cartridge once per year. Drinking warming herb teas are a traditional winter practice. Teas with cinnamon and ginger are particularly good. Cooked grains are filled with water and also help us stay hydrated.
4. **Get more rest.** With the recent Spring Forward time change you may be tempted to stay up later. Go to bed earlier. Get at least 8 hours of sleep, learn to nap.
5. If you can take herbs there are many immune stimulating formulas that I recommend. We need to strengthen both our innate and acquired immune systems. I take a special Echinacea formula twice a day. Astragalus is another fantastic herb for building the immune system and medicinal mushrooms like Shitake are also very powerful. There are also Chinese formulas like Yin Chao San and Gan Mao Ling that can help reverse the beginnings of an upper respiratory illness.
6. The Vitamins A, C, D, and Zinc will help strengthen our immune systems. The foods that contain these nutrients are grass fed butter, pasture raised chicken

and eggs, wild fish, grass-fed organ meats, oysters, pumpkin seeds, pine nuts and all the colorful fruits and vegetables.

7. **Dry skin brushing** stimulates the lymph system to clear out all the cellular trash. This is a simple technique using a natural bristle brush and gently brushing the skin. I can teach you this technique.
8. **Nasal rinsing** helps protect and cleanse the nasal tissue. You can use a simple salt water spray or neti pot. This should be done gently and not used during a cold.
9. **4-7-8 Breathing** is a great way to calm our minds. Many of you have already learned to use this technique and enjoy the benefits. Whether you meditate, pray tap or use artistic pursuits use tools to calm your mind and body in healthy ways.
10. The websites for WHO, Johns Hopkins and CDC give up to date information. I can also recommend a recent blog post from Elsia Song MD, a pediatrician that has all the scientific and practical information about Covid 19 as of March 5, 2020.

[World Health Organization website](#)

[Elsa Song MD Pediatrician health blog](#)

In Health,

Susan Wallace, L.Ac.

510-559-8700

www.SusanWallaceAcupuncture.com