



## Time to Reboot

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In the past couple of weeks (I've just looked at my calendar and actually checked), I have had a very late annual check up, had blood work done, gone to my eye doctor, settled some bank issues that needed in-person visits, gone on a day trip to the beach, had my hair cut and colored (sweet relief!), did a moderate juice cleanse, had an electrician in to fix a long-standing problem, and got my teeth cleaned for the first time in well over a year (second in joy only to the hairdresser).



We have all been made dizzy and confused by the rules and standards for mask wearing, vaccination, and distancing. I really enjoyed the Saturday Night Live segment with a faux Dr. Fauci explaining when and who and where to mask. We've been on quite a ride, and it's not over yet. But I do believe that we need to get back to regular maintenance now— in all ways.

### **Back to Basics**

Ok, so my COVID ten pounds was closer to 15, but I will need to wear those clothes in the foreseeable future (I've worn out 2 pair of yoga pants). I'm not quite ready yet to open my practice to in-person visits

but I am in the process of figuring out how I'm going to do that— a big step in itself. I'm getting back into an exercise routine that makes sense. I'm amazed at how out of shape I am, although logically I shouldn't be surprised. Time to do some gardening, swim, take walks, if you feel in the mood, maybe go bicycling, play a little golf or bocci if that's your thing— but get out there. The longer we don't move, the harder it is to get back on track. I know only two people that actually maintained or lost weight during the pandemic and they are two of the most disciplined people I know. But that's not most of us. Start slowly, be kind to yourself, but get out. Get moving.

I'm also concerned about serious health issues that people have ignored during the pandemic, particularly issues such as getting blood work for pre-existing conditions like diabetes, or for post-cancer treatment. I talk to people all the time who are putting off going to the doctor for chest pains or similar serious issues because they are afraid of catching COVID at the hospital or treatment center. These were very valid concerns at the beginning of the pandemic, and up until a few months ago I could understand and support these feelings. But hospitals, doctors and dentists are getting quite good at keeping people safe and providing needed treatment for conditions besides COVID. Medical practices are still required by OSHA to implement masking and distancing. This is a separate requirement from the CDC and I'm pretty certain that OSHA will take a while to lift these requirements.

Doctors I have talked with tell me that people with serious conditions are not coming in. I know there are many things that can be deferred, or dealt with via Telehealth. But there are many things that cannot. So whether you have a heart-related or lung-related condition, or an orthopedic issue, the time is now to address it. I'm not saying there will be another surge of the virus in the fall, but it wouldn't surprise me if there were.

Please note that I will stress issues with teeth and mouth, because an infection in your mouth can be a dangerous thing. Frankly, if you have any infection it is worth an office visit to get it checked out.

You all know that I practice alternative medicine and feel that in many cases Western medicine does not fit the bill, but for acute issues and issues that require monitoring or test-taking it's time to get in there and just do it.

## **Advocate for yourself**

If you don't feel comfortable in an environment, whether at work, home, or a social event, please use your own discretion about distancing and masking, and whether or not you want to go. We each have our limits and comfort levels. I've done only those things that I consider to be essential maintenance. I'm going to wait a while for many things. You may feel differently. But I am asking everyone that is within the reach of my communication to think about what their comfort level is and establish the standards that they feel are correct, and live by those. It will take history to show what was the right time, the right way, and the right place to handle all the issues regarding the pandemic.

But please, above all, don't ignore your medical needs— or that strange pain— any longer.

And oh, I took my car in for an oil change and tune up too. . .

Namaste,

Wendy