



Taking Control and Staying Strong

At this point I have worked with about 30 people with COVID-19. They are for the most part doing very well and will return soon to normal life, or have already done so.

I am working virtually to stay safe, and to do my part with social distancing to help contain the virus. The people I work with are either looking for immune strengthening to avoid the virus, or they are hoping to prevent hospitalization. My goals are to keep people at home and treat them with herbal and homeopathic medicine to get them well, and keep them well.

I am working closely with both herbalists and homeopaths (and using my own background in herbalism and Ayurveda) to provide formulas that strengthen immunity as a preventative measure, as well as provide support if the person catches the virus. I am not going to make specific recommendations of herbs or other support medication to take here, as each individual comes with a unique background and particular medical history. I want to be sure when I recommend something that it is particular to your personal needs.



I am working on two fronts. If we can strengthen our immune systems we may be able to fight off or at least get very light cases of the virus, and if someone has gotten the virus we may be able to reduce its severity, while providing lung and other organ (particularly heart, liver and kidney) protection during the course of the illness. (See below for things you can do at home.)

For the most part, integrative medicine has been far ahead with its use of herbal and homeopathic tools. Of course, people with severe cases are ending up hospitalized, but I want you to know that most of the people I work with are getting well and doing just fine. I am dealing with people who have remained at home and managed to get through to the other side of things. Most of these people are getting better or have already put the virus behind them.

What's the Plan?

When people contact me regarding COVID-19, together we come up with a protocol that suits their individual needs, taking into account what stage they are in, current medications they may be taking, and so on. Herbal and homeopathic medicines are proven immune support tools, and, in my practice, with two exceptions, those getting

ahead of the virus by taking preventative herbs have not gotten sick. The truth about prevention is that it's hard to prove what doesn't happen. But as my grandmother would say, "It couldn't hurt."

When someone has the virus or suspects that they do, it's time to take aggressive measures. I believe that stomping hard in the beginning can often make things better faster with a reduction of symptoms and overall damage to the body.

If you have an underlying condition or are immune compromised and you are experiencing symptoms, or having real difficulty breathing, it's time to call the doctor. They will advise you whether to stay home and shelter in place or seek further care. If you are at home we can work from there with herbal and dietary protocols. Remember, most people get through COVID-19 just fine.

"This is a very efficient virus," says Dr. Anthony Fauci, and he is right. It seems to be very good at digging in once it gets settled. That's why it's so important to support your immune system before you get it, so that you can possibly avoid it, and to hit it aggressively once you do get it or even if you suspect that you may be getting it. My belief is to treat with the antiviral formulas as soon as you think you may have it.

What You Can Do Yourself

Another important form of treatment that anyone can do is lung exercise. It's for both those who are trying to prevent the virus and those who already have it. Western medicine and integrative medicine are in total agreement on this point. I would encourage you to listen to my free meditation, a breathwork-based lung strengthening guided meditation. I worked with Western doctors to design it. It was in my last newsletter but I provide it again here. Meditation and breath work are important in two ways: the breath strengthens your lungs and the meditation calms your mind and spirit and reconnects you to the larger spiritual world.

You will find it on my YouTube channel. Feel free to share:

<https://youtu.be/iZZLnncvvt8>

Also on YouTube is a breathing exercise from a doctor at Queens Hospital in London. Worth checking out:

<https://t.co/xo8AansUvo>

One of the best breath exercises is singing. Whether or not you have a good voice, singing raises your spirits and helps you to stretch your lungs as well. Find some good songs to sing along with and maybe even dance to. Dance is good exercise too.

As always, it is very important to do whatever exercise feels most comfortable to you. This can be as simple as briskly walking around your space, or your neighborhood. Try for at least 10 minutes a day so you are able to get your pulse rate up and to burn off some of the tension that occurs from being in isolation. I am doing stretching exercises every morning to keep myself limber, and on bad weather days just marching around my house singing. On nice days the neighborhood is a speed walking path. If you have access to gardening, it's a really good outlet both physically and emotionally. Nature is healing.

Eating right is really important at this time. The more colorful vegetables you can integrate into your diet, the more vibrant nutrition you will be receiving. Some of us find it hard to cook, or are alone, in which case I would suggest that people take green drinks or similar nutritional supplements that are easily available. They're not quite as good as the real vegetable or fruit, but a good substitute. I often buy the pre-made green drinks because this way I know that I'm getting bio-available nutrition without the need to cook as much. This is especially important for people who are cooking for one.

Another wonderful thing you can do in isolation is to just get in your car and take a ride around the neighborhood, or go to an area you have never explored. I like to see all of the trees that are blooming this spring as a reminder that life is returning and beautiful things are growing and changing.

In addition, this is a very important time to stay connected with everyone you love. I've been getting a lot of calls from people— some I haven't spoken to in years— and we've been catching up, realizing that our relationship is very important to our emotional and physical health. And it's fun to catch up, and gossip a bit.

Find a hobby you have dropped. I've started knitting again. I've been a knitter since I was nine years old, so I just bought myself a huge bunch of yarn and I'm working my way through it. Nothing wrong with getting a jump on all of those holiday and birthday presents.

Clean out your mental house. This is an opportunity to think about the things that you may have pushed off because you were too busy. Take some time each day and let yourself release, or forgive yourself, for things you may have done in the past that you regret. It's also a good time to release the negativity with others that you may have been holding onto. This can be done by taking action with a phone call, or by simply thinking about it emotionally to let it go. I can help with this process.

Remember, you are not powerless. I don't know how long this is going to go on. But we know it will end, and we will be able to return to our lives. I'm sheltering in place and only working with people via FaceTime or similar tools, or by phone. But every day I feel grateful to be alive, to feel the sun, and to be able to connect with others, even if it's by Zoom. We are blessed to be alive. Finding our joy each day may be a challenge, but it is a challenge worth taking.

I think that Western medicine will come up with a vaccine, and/or the virus will downgrade to the likes of a common cold (also a coronavirus). But we have to use the tools we have at our disposal now. I believe that we can take both proactive and reactive natural approaches to this virus, and in most cases we can succeed.

Please feel free to make an appointment so we can deal with any questions or thoughts about this. I'm trying very hard, through the literature and through my professional observation, to stay on top of this and provide the best advice, support, and recommendations that I can. I'm here for you for COVID-19 support, as well as non-virus issues you may be dealing with. As scary as things may be right now, this is not a time to ignore other health concerns for any reason.

You may contact me for:

- Phone or video appointments (15 minute increments)
- Body scans
- Mental and spiritual health support for this or other issues

This will be over. We will return to life that is more like the life we had before, or maybe better. We may awaken to the environmental marvels that are occurring without commerce as usual, and begin to take the world we live in more seriously and begin to heal her. Listen to the birds— they are very happy in this environment with less pollution and fewer noisy people around.

Be well, stay well.

Namaste,
Wendy