

Dr. Andrea Ferretti and The Holistic Practice Team COVID-19 Update As at Monday, March 22, 2020

On Friday, March 13, Practices and Strategies were put into place to ensure the safety of each and every patient's health and these practices and strategies continue to be employed and upgraded.

Based upon recommendations provided by CCO and OCA and following the Ministry of Health recommendations. . .

The Holistic Practice Clinic will remain open with modifications to the scheduling of patients, the delivery of supplements, and all health safety strategies in place.

The Holistic Practice is committed to the safety and well being of all of patients and clients. Ozone is utilized in the building when it is empty to ensure the eradication of all micro-organisms (viral, bacterial, mold, fungus, etc.); air purifiers which eradicate any micro-organisms (viral, bacterial, mold, fungus, etc.) in the air are utilized during clinic hours; all surfaces are disinfected before and after each patient is provided care; and scheduling has been modified to ensure there are no more than 10 people (staff and patients/clients) in the clinic at any given time.

<https://inspiredliving.com/airpurifiers/ozone.htm>

The Holistic Practice is committed to ensuring that each patient has access to strategies which are safe practices and ensure the maximum effectiveness when utilized:

Clarity on Coronavirus-19

From the Stanford Hospital: The new Coronavirus may not show sign of infection for some days. Taiwan experts provide a simple self-check that one can do every morning.

Take a deep breath and hold your breath for more than 10 seconds. If you complete it successfully without coughing, without discomfort, stiffness or tightness, etc., it demonstrates there is no fibrosis in the lungs and basically indicates no infection. In this critical time, please self-check every morning in an environment with clean air.

Excellent advice by Japanese doctors treating COVID-19 cases:

Ensure your mouth & throat are moist, never dry. Take a few sips of water every 15 minutes at least. Why? Even if the virus gets into your mouth, drinking water or other liquids will wash them down through your throat and into the stomach. Once there, your stomach acid will kill all the virus. If you don't drink enough water more regularly, the virus can enter your windpipe and into the lungs.

CORONAVIRUS vs COLD, FLU – Signs, Symptoms AND STRATEGIES:

1. If you have a runny nose and sputum, it is likely you have a common cold.
2. Coronavirus pneumonia is a dry cough with NO runny nose.
3. This new virus is not heat-resistant and will be killed by a temperature of just 26/27 degrees. It hates the sun. When possible, get outside in the fresh air and sunshine.
4. If someone with it sneezes, it takes about 10 feet before it drops to the ground and is no longer airborne.
5. If it drops on a metal surface it will live for at least 12 hours - so if you come into contact with any metal surface - wash your hands as soon as you can with an anti-microbial soap.
6. On fabric it can survive for 6-12 hours; Normal laundry detergent will kill it.
7. Drinking **warm** water is effective for all viruses. Try not to drink liquids with ice.
8. Wash your hands frequently as the virus can only live on your hands for 5-10 minutes, but - a lot can happen during that time - you can unwittingly rub your eyes, touch your face, etc.
9. You should also gargle as a prevention. A simple solution of salt in warm water will suffice.
10. Can't emphasize enough - drink plenty of water!

THE SYMPTOMATOLOGY:

1. It will first infect the throat, so you'll have a sore throat lasting 3/4 days. Do the deep breath and holding self-test every morning in a clean environment – see above. If lung capacity seems to be diminishing, contact your doctor.
2. The virus then blends into a nasal fluid that enters the trachea and then the lungs, causing pneumonia. This takes about 5/6 days further.
3. If pneumonia develops, it will come with high fever and difficulty in breathing.
4. The nasal congestion is not like the normal kind. You feel like you're drowning. It's imperative you then seek immediate medical attention.

TREATMENT showing success:

https://www.youtube.com/watch?v=9CF_W0XX_Kw&feature=youtu.be

The recommendation of Vitamin C and Zinc (combined in **Physica's Alkalize C** supplement and available at The Holistic Practice) is made every fall to patients. It is one of the best strategies for supporting the immune system from November to March.

OTHER CONSIDERATIONS:

Top Ways To Naturally Boost Your Immunity

Keeping your immune system healthy and strong requires a holistic approach and an understanding of balance. Stress will always challenge your immune system, but there are things that are sometimes not thought of as stressors: exercise can help boost your immune system, but too much exercise can harm it. Sunshine is healthy, but a burn is not. Taking a natural antiviral supplement cyclically is good, but if you take it indefinitely, it can actually start to kill off the *good* bacteria too. Keep this concept in mind as for the rest of this information.

Sunshine / Vitamin D

The sun's UV rays are nature's antibacterial, antiviral, and antifungal healers. Exposure to daylight has benefits that include setting your circadian rhythm (which is key to a

good night's sleep), it boosts mood, it regulates hormones, and provides fat-soluble vitamin D.

Getting enough daily sun can be difficult, especially during virus-prone seasons like winter. Although you should still try to expose your face to the sun even during the weaker UV months, supplementing a high-quality vitamin D can be a great way to bridge the gap between fall and spring.

Supplementation depends slightly on the individual's needs and the strength of the supplement itself. For our recommended Vitamin D supplement: **Physica's Solray-D Liposome** – general recommendations are 2 to 3 sprays daily from November to March and 1 spray daily for the remainder of the year.

Boost Your Immune System Naturally: Quality Sleep

Sleep is the backbone of a robust immune system because it provides your body the opportunity to rest and digest. High-stress lifestyles of modern-day require rest to enable the body to continue to operate optimally and feel energized. Poor sleep triggers poor lifestyle choices (like too much sugar and caffeine), which can also lower immunity.

The key to sleep isn't quantity so much as quality. Quality sleep starts the morning of, with exposure to the morning light. This helps set your circadian rhythm for a day of hormonal health. Other critical aspects of cultivating quality sleep include:

- Avoiding artificial blue light after sundown
- Avoiding caffeine after midday
- Having a regular sleep/ wake time
- Turning off wi-fi and electronics at night
- Avoiding alcohol before bed
- Avoiding big meals 3 hours before bed
- Avoiding exercise 3 hours before bed (ideally, training in the morning or early afternoon)

Hands to Face Awareness

Washing your hands to prevent catching a virus is similar to looking left, and right before crossing the road to avoid getting hit by a car, it's common sense and will prevent the majority of infections. Your face (eyes, nose, and mouth) are the most significant gateway into your body. Keeping your hands away from your face is key to keeping bacterial and viral pathogens out of your system.

Although hand washing is vital, you want to **avoid** using antibacterial soaps or agents of any kind. These antibacterial properties kill not only harmful bacteria but also the good. Your skin microbiome is a line of defense against infection and keeping it intact is very important to immune resilience. When you do not have access to soap and water, try to utilize a natural hand sanitizer made with essential oils that are anti-microbial (anti-viral, anti-bacterial, anti-fungal, etc.) and that will not stress your immune system and will not be harsh on your skin. At The Holistic Practice, our resident aromatherapist has made available hand natural hand sanitizer that fits the criteria for maximum effectiveness without risk to your system.

Effective and natural ways to kill these pathogenic micro-organisms without harming the good bacteria of your microbiome, include:

- **Worm Seed Oil:** Wormseed oil is loaded with limonene and terpinenes. This oil is widely used to treat parasitic infections, as well as inflammation of the joints and of the skin. Wormseed has calming properties that relieve anxiety, nervousness, and depression.
- **Wintergreen Oil:** comes from a creeping shrub and contains a unique chemical component called methyl salicylate that treats bacterial infections, colds, sore throat, headaches, skin conditions, and tooth decay.
- **Basil Oil:** due to its high linalool content, basil oil (that comes from the basil plant) is well known for its calming yet fortifying properties. It helps relieve respiratory tract ailments, soothes headaches, and relieves digestive upset.
- **Spearmint Oil:** Spearmint is commonly used to help relieve symptoms of indigestion, nausea, vomiting, and gas, but this perennial plant also has a wide

range of benefits, including fighting bacterial infections, promotes balanced blood sugar, helps balance women's hormones, and improving memory.

- **Leptotaenia Oil:** also known as desert parsley, this oil has been used by traditional Native American cultures due to its potent antiviral properties. It is particularly beneficial for respiratory tract and urinary tract infections, and to treat coughs, colds, asthma, hay fever, bronchitis, pneumonia, influenza, and tuberculosis.

Utilize oils made from certified organic, therapeutic grade oils for external use only. They can be applied topically to the skin (avoiding eyes) and can be diluted in a carrier oil (like coconut oil). They can also be heavily diluted in a spray bottle with water, and used as a cleaning agent or to spray topically on wounds, abrasions, cuts, and bruises.

Boost Your Immune System Naturally With Colloidal Silver

Colloidal silver is one of the most well scientifically supported natural antiviral, antibacterial, and antifungal agents with immune-boosting properties. Research suggests that it attaches to proteins on the cell walls of bacteria, damaging their cell membranes. Pathogens are water-soluble, but a fat-soluble layer surrounds healthy cells and good bacteria. Colloidal silver, therefore, selectively targets pathogens since it cannot penetrate the fat-soluble layer of your healthy cells and microbes.

Colloidal silver is making waves in the world of natural healing, for its ability to target even the most drug-resistant superbugs. It has been tested against 650 common and exotic infections and diseases, with positive results including the notoriously difficult infections like MRSA.

Colloidal silver can be used both internally and externally. When used internally, colloidal silver is a great preventative solution to illness during high-viral seasons, or while traveling. It can be taken undiluted, 2-3x per day. Topically, colloidal silver is a fantastic antibacterial and antiviral agent. It can be applied on cuts and scrapes to disinfect. Colloidal silver works to eradicate and soothe various skin ailments used topically, including eczema, rashes, insect bites, ringworm, and herpes. It can also be put into a spray bottle and used as a disinfectant spray for hands or surfaces.

Available at The Holistic Practice: **Nano Colloidal (Hydrasonic – Zetapotentiated) Gold & Silver with 528 & 639 Frequencies (20 ppm Nano Silver; 5 ppm Nano Gold).**

Boost Your Immune System Naturally With Sweat

Sweating is an effective way to ‘sweat out’ not only pathogens, but also their toxins. Raising your core body temperature to the point of breaking a sweat simulates a fever, a natural response to pathogenic infections.

Be mindful that if your immune system is already compromised, you may be better off resting. Sweat-inducing activities do challenge the body, which can be *too* stressful if indeed your body is already fighting off a primary virus or bacterial infection.

If you’re not sure whether or not you should be exercising, try opting for a sauna instead. Sauna shares the majority of the same benefits as exercise but is generally a more relaxing experience for the body and mind. See: www.therasage.com for the many health benefits of sauna.

Cycle In A Natural Supplement with Anti-Viral Properties

Although antibiotics may have a place when utilized mindfully, many times, a natural supplement could have yielded just as effective or more effective results without the harmful effects of a prescription pharmaceutical drug. Many herbs have potent antiviral, bacterial, and fungal properties without the host of side effects and microbiome destruction that come with antibiotic drugs.

Many powerful herbs are listed in the articles example of a powerful supplement with antiviral and immune-boosting properties that contains a combination of ingredients that help fight off the harmful microbes and also support the good ones. Leptotaenia (desert parsley) oil works as a bronchial, intestinal and urinary antiseptic and is one of nature’s most potent infection fighters. Pau D’ Arco is almost like a backup immune system—so if your primary system is compromised, it can help keep the “bad guys” at bay until you recover.

You want to avoid taking natural antiviral/ bacterial/ fungal supplements for an extended period because they can eventually start to lower immunity. To get the most out of

them, consider cycling them up to two months, and then taking a 2-4 week break. Then, take as needed for maintenance. If you do have an infection, it is best to continue their use for two full weeks after all symptoms and signs of infection have been eliminated. Continuing post-illness helps strengthen the body and minimize the chance of the return of a low-grade infection. Dr. Ferretti can provide individualized recommendations concerning the use of any supplementation through Functional Bio-Analysis testing.

Don't Live In Fear and Manage Your Stress Levels

Living with even low levels of underlying chronic fear and stress, in general, will drastically lower your immune system capabilities. The physiology of flight/fight changes your immune system focus from being “on guard, targeting, and eradicating pathogenic micro-organisms (viruses, bacterial, fungus, parasites, etc.) and things like cancer cells” to a prepared state for “wound healing” – because it is designed to help you successfully recover from running from or fighting “the tiger”.

Mental stress and anxiety are both concepts that reside in mind; they are a projection into the future about what may or may not happen. This fear served a purpose for our ancestors who needed a finely tuned fear meter, to be aware of predators in the wild. For them, these bouts of stress were relatively isolated– if something worth fearing reared its head, they would be pumped with stress hormones, deal with the situation, and then return to homeostasis, growth and repair.

Today, we live lives that are incredibly safe and comfortable in comparison, but we have cultivated underlying low levels of chronic stress. By telling ourselves stories about the future, many people end up living in constant fight-or-flight. The body cannot distinguish between real or perceived threat, and it reacts by releasing stress hormones like cortisol to keep you alert and ready to run or fight “the tiger”. The problem is that these stress hormones also suppress your immune system’s ability to rest and regenerate by running it down with a “prepared state for wound healing”.

If you want to boost your resilience for times of higher risk when it comes to contracting a virus, it is imperative that you not be operating in immune system mode for “wound healing” that comes with constant flight/fight physiology. This resilience requires the cultivation of daily relaxation habits, like having a mindfulness practice, meditation, gentle yoga, walking in nature, and breathwork. **Chiropractic care has been demonstrated to bolster the immune system: spinal adjustments interrupt a flight/fight**

state by sending impulses to the vestibular nucleus in the cerebellum which results in a shift from flight/fight physiology into homeostasis, growth and repair state – by upregulating your immune system from “wound healing” to “on guard, target, and eradicating pathogens”.

Living in fear takes what might be and makes it very real for your body. Being aware that life can be a challenging venture, where viruses *do* exist, and so do accidents, and many other things that are beyond our control – at The Holistic Practice we strive to assist you in developing through education and strategies a fundamental knowing that your body is incredibly resilient, capable, and durable, especially when you support it with healthy habits and mindful living.

To schedule a phone appointment or make changes to your appointment please contact the clinic via phone (905) 628-2389 or via e-mail: office@theholisticpractice.com