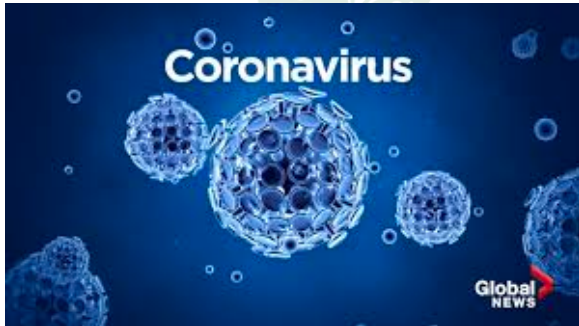




West Valley Naturopathic Center



I am certain many of you were wondering when I would be addressing the Corona Virus. As many of you, I have been paying very close attention to what has been transpiring around the world over the last 30 days. Initially, I decided to *not* post anything not due to a lack of concern, but more due to my understanding that this is simply another virus. Similar to the common cold virus and the flu virus. However, it is becoming very clear that the immune compromised, the elderly and the

very young are particularly vulnerable to this virus. Making it ALL of our responsibility to work together to limit the spread of this virus.

As more test kits become available and more tests are being performed we will see the number of cases of Corona Virus rise significantly. This will be no different then what we have seen in other countries. It is up to all of us to use the information that we have learned so far to limit the number of people being exposed, in particular our elderly population and the immune compromised.

As a Naturopathic Doctor I have many resources at my disposal to help to bolster the immune system against all types of infections and a number of options that are both anti-viral and immune stimulatory. Mother Nature has provided humans with many plants that are anti-viral and that support the immune system. The greatest part about plants is that they tend to be broad in their actions unlike medications which tend to only work for very specific viruses or bacteria.

To the Point:

What is WVNC doing to protect its patients?

- 1.). We take your health and safety very serious at WVNC. Anyone who is presenting with any sort of cold or flu symptoms will have a mask placed on them and will be placed in a designated treatment room for symptomatic patients. They will not be seated in common areas of the office. This is to minimize everyones exposure. *We also ask that if you have any cold or flu symptoms that you call ahead to make us aware so that we are best prepared for when you arrive into the office.*
- 2.). We are disinfecting all areas that any person who presents with symptoms immediately after they leave the designated room. We are also disinfecting all common areas multiple times throughout the day in addition to the nightly cleaning which occurs from the contracted cleaning crew.
- 3.). We do have a limited number of test kits available for testing for corona virus. Priority is being given to patients who are symptomatic and who have been traveling outside of the U.S. or have been in highly



West Valley Naturopathic Center

concentrated areas with other people from outside the country. Testing should be made more widely available next week.

4.). We offer phone consults as an alternative to a face-to-face visit if you prefer.

5.). We can ship any of your supplements to you, You will simply incur the shipping charges.

For any orders over \$200 shipping within the state of Arizona we will cover your shipping fees, until the end of April 2020.

What are the symptoms to look out for ?

Current symptoms reported for patients with COVID-19 have included mild to severe respiratory illness with fever, cough, and difficulty breathing. Complications include secondary bacterial pneumonia, respiratory failure and death. Symptoms usually will present within 2-14 days of exposure. The following are considered emergency warning signs for COVID-19 and require immediate medical attention:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse (wake up)
- Bluish lips or face

*This list is not inclusive and based on current symptoms as listed by the CDC



How do I protect myself and my family ?

1.). As much as everyone likes to poke fun, yes, washing your hands for a minimum of 20 seconds with soap. Hygiene always has been and will continue to be one of the best methods to prevent transmission of any virus be it the cold, the flu or Corona Virus. So, wash your hands!! If you cannot wash your hands then use hand sanitizer.

2.). Avoid touching your mouth, eyes and nose. If you do, go back to number one, wash your hands. A lot of us are not aware how much we touch these mucous membranes and then go about shaking hands etc. This also applies if you are out and about, grabbing a shopping cart etc. If you touch an object that someone has been touching, if available, wipe the surface down with a disinfecting wipe prior to you touching it. If not available, then if you do touch the surface or object do not touch your nose, eyes, mouth and be sure to wash your hands with soap as soon as available or hand sanitizer.



West Valley Naturopathic Center

- 3.). Limit or stop hand shakes, kissing and or hugging with others.
- 4.). Avoid large gatherings if possible. If not possible be certain to implement 1-3 of above. Highly recommend wearing a mask if you will be in a large gathering. The virus is transmitted on respiratory droplets through saliva (while talking), coughing or sneezing. The mask will simply act as a barrier to not allow these respiratory droplets to travel and expose others.

Ideally, this would be a 3M N95 mask. Currently there is a shortage of any type of facial mask. Consider using a bandana over your mouth and nose. Remember the idea is to prevent any respiratory droplets from coming out of your mouth and nose if you are sick or into them if you are caring for someone who is sick.

If you are going to be going to a large gathering of people or traveling I would highly recommend wearing a mask for your protection. If you are caring for someone who is sick please also add some form of eye protection and have the individual who is sick wear a mask or some sort of covering over their mouth and nose.



- 5.). Use a disinfectant on community surfaces. Unfortunately, much like with the masks, the demand for disinfectant products has overwhelmed the current supply. Below is a CDC approved and EPA registered household disinfectant that will work.

- 1.). Diluting your household bleach.

To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water
OR
- 4 teaspoons bleach per quart of water

- 2.). 70% alcohol solution

3.). There are a number of herbal extracts, including essential oils that have anti-microbial activity including against bacteria, fungi and viruses. However, we do not have specific information on how they will or will not work against the Corona Virus specifically.

- 4.). List of EPA approved disinfectants against corona virus.

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>



West Valley Naturopathic Center

How do I boost my immune system and what to take if I do start to have symptoms?

The following are my recommendations for prevention. We have limited quantity in stock and this will be a first come first serve basis.

Recommendation for Prevention:

1.) Vitamin D3 50,000iu per week, stimulates the immune system and is anti-viral

If you have NOT been taking vitamin D regularly and your levels are low then you will want to take 1 daily for 2 weeks then go to 1 per week of the 50,000iu.

2.) Bio A mulsion 6 drops 2 x per day, stimulates the immune system and is anti-viral

3.) NAC 2 caps 2 x per day, anti-viral, has demonstrated activity against other strains of Corona Virus

4.) Viral Tincture 2 droppers 3 x per day, anti-viral herbs and immune stimulation.

5.) ADP 2 caps 2 x per day

6.) Immune IV. Combination of high dose vitamin C with anti-viral and immune stimulating components

If you are going to be traveling or you know that you are at high risk for exposure to Corona Virus then come in for an immune IV as close to traveling as you can and then immediately upon returning for back to back IVs.

Due to the limitations and demands of supplies I am uncertain how long I will be able to offer this IV

Alternative IVs to the Immune IV: (Until 4/31/20 I will be offering 15% off of DIV or any number of passes for "10 pass" ozone therapy.)

- Direct IV Ozone (DIV)
 - An alternative to the Immune IV or in addition to is DIV, Direct IV Ozone. Ozone has been used for over 100 years and has been used predominantly outside of the US particularly in Europe. DIV is performed as a push which is ideal for those with small veins and is a faster treatment. The only limitation is the concentration that can be delivered.

- IO Pass IV Ozone
 - This is the strongest IV that I have. It is the strongest IV immune stimulant available and has been used in the treatment of cancer, viral infections, bacterial infections, fungal infections including patients diagnosed with Lyme disease. The IO pass delivers a much higher concentration of ozone and is thus a much stronger treatment.

7.). Vitamin C 3,000mg 3 x per day, if you get loose stools then drop the dose.

8). Hydration 96-120 oz per day with hydration packets, 1 packet per 40 oz.

9.). Exercise regularly, stimulates the immune system

10.). Limit sugar, alcohol and dairy as they will all suppress the immune system

11.). Get 8 hours of sleep and manage your stress

At the first sign of cold/flu symptoms:

1.). Get into the office ASAP for an **Immune IV** 2-3 days in a row to really kick up your immune system

2.) An alternative to the **Immune IV** or in addition to is **DIV**, Direct IV Ozone.

3.). **IO pass IV ozone**. This is the strongest IV that I have.

4.). Vitamin D₃ 100,000iu for 3 days, then back to 50,000iu per week

5.) Bio A mulsion 25 drops 2 x per day for 3 days, then back down to 6 drops 2 x per day

6.). NAC 4 caps 3 x per day

7.). Viral Tincture 2 droppers 6 x per day

8.) ADP 3 tabs 3 x per day

8.) Nebulization of garlic. 15 drops of our concentrated allicin into the nebulizer chamber. Nebulize 3 times per day. This provides a direct treatment to the respiratory tract including the lungs.

9.). Sauna daily if available with Rest, Rest and more rest

11.). Get tested ASAP for the corona virus. Quarantine yourself in your home until you get your results. If you are positive you will need to quarantine yourself for an additional 14 days per the current CDC guidelines.

Resources:

<https://www.maricopa.gov/5460/Coronavirus-Disease-2019>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>