



**January 2022**

**Reflections on COVID...**

**There's always gifts to be received!**

Due to the recent increase in COVID cases lately, concern has become higher and many of us are looking for some extra support and guidance. My hope is that sharing my experience and the gifts that came from it will be a point of light in the darkness. It was an interesting experience on so many levels....

The week before Christmas I tested positive for COVID. This offering is only meant to convey what I did to support my body – *it is in no way meant to be medical advice or me making any recommendations to you should you find yourself positive for COVID.*

My physical symptoms started with a headache, which swiftly moved into fever (peaking at 100.8F), body aches, diarrhea and lots of fatigue. After 3 days of fever, I thought I had turned the corner – alas, I was hopeful too soon. I developed an occasional deep cough and fatigue like I have never known. I was napping 2-3 times each day and had very limited energy for much more than reading or watching a show. At some point I lost my sense of smell, but not taste (which was interesting!!). I felt much better by Day 10, and human again by Day 12.



My husband came down with symptoms 3-4 days after I began my journey – he had similar fatigue but had nausea and symptoms that eventually moved into a sinus infection. From talking with many patients of mine who have had COVID, the virus presents differently in each person, even if the known vector of contagion was the same.



Here's a general list of what I did to support my body. If you'd like more specific information, let's talk!

- Took herbs, supplements, vitamins and medications religiously
- Thyme steams
- Hot Epsom salt baths
- Walked or sat outside in the sun as I could tolerate
- Slept whenever my body asked for it – even if my mind told me I should choose something else
- I ate (or didn't) according to whatever my body asked for – lots of citrus, broth, soups. Tons of water and not much food during those first days, then lots of salt for the next week. Lots of fresh grated ginger with lemon tea.
- Took CBD to help me sleep at night
- Cold compress to support fever
- Monitored my vitals at home (Temperature, Oxygen Saturation)
- Gave myself Wellness shots with B12, B5, Glutathione and Engystol (homeopathic to support the immune system) every 1-2 days.
- If fear or worry came up, I reminded myself that my body knows exactly what she's doing, so I can trust her.



Here are some things I ***DID NOT*** do...

- Go down a YouTube rabbit hole about anything COVID-related
- “Push” my body to get back to doing...well, anything! I erred on the side of “staying down” rather than re-engaging in exercise, work, being social by phone, etc.
- Use analgesics to suppress my fever
- Eat any dairy or sugar



What amazed me the most is the innate wisdom I experienced in my body. She spiked a low-grade fever, just enough to clear the virus (bacterial infections tend to warrant higher fevers). She kept me feeling tired enough that it was easy to choose complete rest – what was required to heal quickly and completely from this virus. She knew when to eat and when to fast.

During my first full week back at work, I cancelled all other “extra curricular” activities so I would have more time to simply rest. I continued with the wellness shots twice/week which have helped clear the remnants of fatigue and brain fog. I saw Rikki Gensheer (acupuncturist at Pura Vida) and she did a cupping treatment that opened up my lungs, followed by acupuncture which energized my whole being.



(Cupping Treatment)

I went to bed early (before 10p) and kept my exercise limited to walking and gentle yoga. And I continued taking all of my supplements until I felt completely better, plus an additional 3 days. I saw my chiropractor for an adjustment that opened up my sinuses completely and relieved the heaviness in my body that comes from laying around for a week.

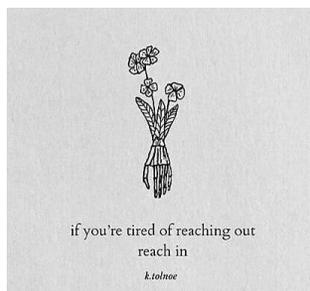
For everyone I’ve talked to who has gone through dealing with COVID infection, there was a moment where the mind goes to a dark place. There can be fear - stories we may have heard about things taking a bad turn, worry that we won’t fully recover, concern about being judged by others...the list goes on.

What I can tell you is that everything is going to be ok. No matter what.

And if the “darkness” comes, it’s a beautiful time to make the shadows conscious and allow yourself to face whatever it is, with love and compassion in your heart. Having COVID brought to light more layers of a personal situation I’ve been working with for years. On the other side of being with the grief that came up, I can say I’m feeling more hopeful about a resolution – what a gift!!! And miraculously, getting infected with COVID brought all of this to a head.



(Easier to see in hindsight, to be sure. But if we can hold the knowledge that whatever is here is in your highest potential – and the highest good of all – in each moment, it allows us to move through anything with more grace.)



Now that I am fully resuming my life, my biggest question is how do I maintain a slower pace? I was completely non-productive for the better part of 2 weeks and my world didn't collapse. (But doing nothing isn't my happy place either!) This realization has caused me to deeply ponder how full my typical daily life is and what is really necessary for me to feel fulfilled. I am also aware of the joy of having “white space” in my day so I can flow with what my needs are in that moment – make some food? Go for a walk? Read a novel? What would really nourish me right now?

I am also receiving the gift of natural immunity, so I have more ease when working with patients who are interested in avoiding, treating, or recovering from illness. (If you're interested in a review of the literature on natural immunity, check out this YouTube video <https://www.youtube.com/watch?v=9bamaEMftg4> which I found very interesting and as politically neutral as I have found. And, he has links to all of his references and articles, so you can do your own homework.

More than anything, I couldn't have gotten through this without the support of my community – friends who brought soup, walked our dogs, got groceries, brought magazines, and sent texts of encouragement. I also have a strong team of wellness providers that were there to support me with all of their gifts. And I have not let COVID dominate the landscape of my life for the past 2 years...or the last month!



A study from the British Medical Journal <https://www.bmj.com/content/375/bmj-2021-068094> that came out in December 2021 looks at the perception of the pandemic based on social media dashboards that follow laboratory testing metrics, hospital and intensive care admissions, rates of transmission and vaccine doses. The authors suggest that because of this portrayal in the media, people are believing that the pandemic will be over when the cases drop to zero, which is not what history has demonstrated (i.e. the “Spanish Flu” of 1918, the “Asian Flu” in 1957 or the “Hong Kong flu” of 1968). The authors share the following conclusion:

*“As an extraordinary period in which social life was upturned, the covid-19 pandemic will be over when we turn off our screens and decide that other issues are once again worthy of our attention. Unlike its beginning, the end of the pandemic will not be televised.”*

If you have been someone following the statistics closely, it might be time to consider turning your attention, energy and time to other things. Not to downplay that this is still a worldwide issue, but to cast a light on the media’s role on shaping our perceptions about our vulnerability to this virus.



Phew! This was a long one...the take-home message is this: **YOU ARE NOT ALONE.** There are resources that can support your body – before, during and after infection. And, your body is miraculous and designed to defend itself from this sort of assault. Listen, support, and get out of its way – it knows what it’s doing!

And don’t be afraid to reach out for help, especially to get fully back on your feet. I’m available for brief consults in person or via telehealth if you want to review your options, need support in illness recovery, or want to address the emotions that are up for many of us.

Drop by for a Wellness Shot during our shot clinics (Mon and Tues 11-2, Fri 3-5:30p) or call us and come in another time.



Eat nutrient dense food and keep sugar to a minimum. Have whatever you feel would be supportive if you do get COVID in your house and ready to go so you can start taking it immediately. I have put some articles below about various interventions and proven nutrients for prevention so you can read some of the science behind it all and decide what feels right to you. Contrary to what is shared in the media, there's SO MUCH we can do to support our body to prevent and support the body regarding COVID. (I am not suggesting you take anything specific but do get educated about your options.)

We will get through this by staying connected and finding common ground. We can learn from each other and we are definitely stronger together.

Sending each and every one of you so much light and love~  
Dr. Nicola

There are a LOT of articles about the therapeutic benefits of a wide variety of herbs, vitamins, supplements, and interventions. I have selected a sampling for you to get started – each link will take you to the article which also has links to similar articles if you want to go even deeper.

Please know this is not comprehensive nor meant to be offered as medical advice. If you do want to take anything to support your system, make sure you're getting a high quality product – this is not the place for “Buy 1, get 1 free” or going for the cheapest option. If you want a product you can trust at a reasonable price, I have a lot of options at the office that we can get for you, and ship anywhere. I individualize the herbal formulas based on what's going on in your whole person and make sure there are no contraindications.

### **References for use of supplements:**

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2. **Quercetin and Vitamin C: An Experimental, Synergistic Therapy for the Prevention and Treatment of SARS-CoV-2 Related Disease (COVID-19).** Ruben Manuel Luciano, Colunga Biancatelli, Max Berrill, John D Catravas, Paul E Marik. *Front Immunol*, Jun 19 2020, 19;11:1451. doi: 10.3389/fimmu.2020.01451



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6. **N-Acetylcysteine to Combat COVID-19: An Evidence Review.** Zhongcheng Shi, Carlos A Puyo, *Ther Clin Risk Manag*, Nov 2 2020; 16: 1047-1055. DOI: [10.2147/TCRM.S273700](https://doi.org/10.2147/TCRM.S273700)
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2. **Integrative medicine considerations for convalescence from mild-to-moderate COVID-19 disease.** Lise Alschuler, Ann Marie Chiasson, Victoria Maizes, et al., *Explore (NY)*, Dec 23 2020 ; S1550-8308 (20) 30417-1. DOI: [10.1016/j.explore.2020.12.005](https://doi.org/10.1016/j.explore.2020.12.005)
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2. Non-pharmacological remedies for upper respiratory diseases in the pandemic COVID-19 era. G Ciprandi, S E Aragona, *J Biol Regul Homeost Agents*, Nov-Dec 2020; 34(6 Suppl. 1): 41-49.



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#### **References for use of Ivermectin:**

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