

Dear Patients,

In these unprecedented times, and with a lot of care and thought I have decided to temporarily close the clinic for patient care. Over the last few weeks I have felt confident in my ability to provide a safe space for my patients. Despite my effort to control safety and sterility of my space, I am unable to have that effect on the world around us. With daily changes to our social fabric and existence, and with efforts to slow down the progression of COVID-19, a temporary closure is an important action.

As of right now I have patients in my schedule starting from the 27th of this month, this is likely to change as we learn day by day about progression. I will reach out to adjust our scheduled time next week for those that have upcoming appointments. If you want to shift your appointments you can follow the link that confirmed your scheduled time. I am here for you to help you do that, just email me. Calling the office landline will be a less reliable way to reach me, so please email.

Despite not being present in the clinic for the next many days, I do want to be available to you via phone to consult on matters that I can advise you on. Please email me to set up a time for a phone consult and I will call you on the number you specify in your email.

It is with a heavy heart that I have closed doors as I know there are many patients that will need my services in the coming days. As a health care provider, it has been one of the toughest decisions and yet I understand that it is the right decision. The global WE need time, patience, and practice. These practices vary for each of us, for some it's movement, for others it is prayer or meditation, there are many.

As for right now, what can we do? We can connect in more than one way despite not being able to go about life as before. Please connect with your families, neighbors and friends in ways that feel safe, respectful and innovative. We live in a time when we are all very connected, and in fact this current pathogen is showing exactly how we all depend on each other. I want to thank everyone who has stayed home to care for themselves as we all adapt to this changing social environment.

In the interim I wanted to offer a few potentially helpful suggestions:

Self care to do, to support immune system and wellbeing.

1. Sleep- keeping a regular sleep schedule and one that is aligned with the rise and fall of the sun, is tremendous for your wellbeing and immune system. Simply put, this allowed our systems to repair and recharge properly and be ready for the next day.
2. Nutrition and Hydration- eat nourishing food that is easy and simple. During this time its important to eat a heavy vegetarian diet- focus on veggies that grow above ground and rely on simple proteins and limit sugars. Foods like congee, soups that are based on broth, and overall aromatic foods - leeks, onions, garlic, cilantro, parsley, dill etc,. Hydrate with water, broth, and tea. For tea you may choose steeping a few slices of ginger in water and drinking ginger brew throughout the day. I do this daily.
3. Outdoor time- spend as much time outside breathing fresh air, if you can get out into nature please do. Sunshine is great medicine right now. Use common sense from a stand point of weather and dress accordingly.

4. Movement is life. Choose movement any time that it is possible. I also suggest that you rev up your cardiovascular system for at least 15 minutes a day. Duration and intensity varies greatly depending on individual, but this is a good place to start. If you already exercise daily and it feels easy, keep doing that. By moving you help your lymph system to do its function and maintain flow.

5. Connection to others- be creative and continue supporting each other! This may help you and may help others even more than you know. Our mental health is not separate from our physical wellbeing.

Last month I have been asked by many of my patients how to strengthen their immune system and what actions to take when coming down with a cold/flu. Below is a list of some ways I take care of myself with common supplements and remedies. These are available at many supermarkets and herbal shops. Please consult with me or with your primary care physician if you choose to incorporate some of these changes into your healthcare:

-Vitamin C, Vitamin D (preferably through sun exposure), zinc, MyCommunity mushroom blend-comprehensive immune support or Stamet's7.

-If sore throat is mainly your presentation - taking propolis tincture has always been effective for me. You can also do a salt water gargle.

-If nasal congestion and runny nose is a concern- a hot foot bath may help ease the congestion. Drinking ginger tea (simply grate fresh ginger into hot cup of water, or simmer pieces of fresh ginger in hot water for 10 minutes and drink that throughout the day). Doing a sinus rinse helps your mucosal lining to calm and produce less mucus, therefore aiding in the reduction of congestion, runny nose and post nasal drip. Sinus rinse is something you can pick up at a drug store. Doing a steam for the sinuses is helpful as well when symptoms are mainly congestion- bring a pot of water to a simmer, add a few drops of essential oil like eucalyptus to the pot. Let it cool a few minutes with a towel over your head use the pot as a steam for your face.

-For coughing- dry cough - eat pears. Preferably prepare them similarly as to how you cook apples or apple sauce. Do not peel the pears, and don't add sugar, you may add some honey if you want, but pears themselves are what you are after.

It feels far too soon to have a concise reflection on the current events, but I have been observing some changes. Among everything, it all points me to a deeper understanding that we are more of a we and less of an I, and I deeply bow to this experience.

I deeply wish you all patience, wellness and a robust outlook.

With deep gratitude,

Maria