



March 21, 2020

Dear Patient / Friend:

Hope this finds you and your loved ones safe and healthy! With the spread of the Covid-19 virus, we are living in unprecedented times. So I wanted to reach out to you and share some of my thoughts and some policies that I am implementing at Healing Touch Chiropractic & Acupuncture to create a safe environment for care.

Until further notice, the office will remain open for care. Overall, traffic through the office has been sparse. Typically there are only two people present at a time, myself and the person seeking care. So the office is not highly trafficked and the likelihood of catching something is minimal. Rest assured that common surfaces are being disinfected regularly. I have been wearing a face mask when I treat patients in order to protect both parties. I also take care to minimize my exposure when out in the community. I have begun wearing a mask when out in public places. Further I am asking people who have fallen ill to remain at home for several weeks after their illness has resolved. In the meantime please feel free to reach out by phone with your healthcare concerns and questions. I have also temporarily suspended my 24 hour cancellation policy in order to be sensitive to the circumstances we are living in.

With all the media coverage of the Coronavirus it's easy to become fearful of what the future holds. So as individuals, what can we do for ourselves to help mitigate the situation? Instead of falling into helplessness and hopelessness, empower yourself by being pro-active. Your best defense is a resilient immune system. In addition to the standard precautions (proper hand-washing, social-distancing etc), now more than ever it is necessary to take good care of yourself. Slow down. Don't burn the candle at both ends. Get enough rest and good quality sleep. Nourish yourself well. Beyond that it is key to supplement your diet with appropriate nutrients. I have included an attachment from Dr. Micozzi with information on how to boost the immune system with a variety of good choices. Please feel free to try his recipe "Immune Armor". Also know that I carry some of these and other supports at the office.

Further, Dr. Peter D'Adamo ND has been painstakingly compiling research on substances that have specific anti-viral activity. It turns out that garlic, cinnamon, green tea, skullcap, stinging nettle, resveratrol and lactoferrin (among others) have anti-viral activity against coronaviruses. So it might be a good time to supplement with those. For anyone interested in looking at Dr. D'Adamo's compilation of the data, please contact me at the office at (603)436-9009 or by email at healingtouchchi@gmail.com.

Yet another way to support your immune system is through acupuncture treatments. "Acupuncture therapy can treat a wide range of health conditions, including immune deficiency, by stimulating and balancing the immune system. Acupuncture can strengthen a weakened immune system by increasing red and white cell counts, T-cell count and enhancing humoral and cellular immunity in patients with immune-related illness." (<https://www.amcollege.edu/blog/acupuncture-can-strengthen-the-immune-system>). According to the World Health Organization and the United Nations, acupuncture is considered an appropriate treatment for conditions such as colds & flu, bronchitis, asthma, sore throats, stress, insomnia and sinus infections among many other complaints. It works by balancing and bolstering the body's qi (energy) and in particular the body's Wei qi (immune energy). In addition, the acupuncture can be directed to create a calming rejuvenative de-stress treatment which could be very beneficial at this time to strengthen your resiliency to stressors. (Our office is also providing energy healing de-stress treatments over the phone for those who are homebound).

Chiropractic spinal manipulation has also been shown to improve immune function and address similar issues. The spine is the gateway to the nervous system which controls and coordinates the functioning of the whole body including the lungs, the sinuses, the mucous membranes, the tonsils and the neuroendocrine system. On a cellular level, adjustments of the spine have been shown to increase neutrophil activity (Proceedings of the 1989 International Conference on Spinal Manipulation, Arlington, VA. FCER, pp160-163) and phagocytic activity (JMPT, 1991, 14 (7) pp 399-408). Since, as the saying goes that prevention is worth a pound of cure, taking the time to have at the minimum a seasonal tune-up to balance your system and to maintain your health, would be well worth the investment.

So as you can see, there is much that can be done.

Finally, some thoughts after much reflection on the current state of affairs. Often times dire circumstances bring out the best in us. What I am realizing is that we are all one world and that we are in this together. I feel like the hardship is bringing out our humanity. We are being given an

opportunity now to pause, reset and refocus. It is giving us a chance to re-determine what is important to each of us and to live from a place of higher values with added meaning to our lives. So let's create beautiful lives and a beautiful world!

Please know that throughout this, I am here for you to serve your healthcare needs. Please feel free to reach out with questions or concerns or to schedule an appointment.

With heartfelt thanks for our journey together thus far! Wishing you all the best always and looking forward to seeing you soon!

Sincerely,

Dr. Tatiana Iwaszczko DC LAc MAOM



Dr. Micozzi's Pandemic Protection Playbook:

How to Become "Immune Ready" in Every Season

It's the No. 1 question on everyone's mind right now: "What should I be doing to protect myself and my family?"

And while I wholeheartedly agree with the common sense advice everyone has heard to wash your hands frequently and thoroughly with soap and water, there are additional steps you can take to reduce your chances of getting sick.

It all comes down to supporting your immune system.

With that in mind, I've prepared five simple, effective steps based on what the science has to say about immune health. So without further ado, here is my sensible, science-backed "immune-ready" preparedness plan.

STEP 1

Start with one of nature's most versatile immune boosters: ELDERBERRY

Hippocrates called elderberry "nature's medicine chest," and thanks to modern research, we are beginning to understand why this may be.

There are dozens of published studies on elderberry's immune-boosting power. Most of them are in vitro, meaning they've been done on cells in petri dishes. So there's still more research to do in humans.

However, these initial stages of research are critically important. And promising. Take a look at the highlights:

- In vitro testing reveals Elderberry kills **13 common pathogens**, including MRSA, *E. coli*, *Pseudomonas*, a coronavirus similar to COVID-19 called HCoV-NL63, plus *three* strains of Strep bacteria...
- Additional in vitro tests reveal it blocked both the A and B strains of influenza from attaching to healthy cells—*plus* it stopped the deadly H1N1 swine flu *and* H5N1 avian flu...
- And, a 2015 randomized clinical trial of 420 patients revealed that a tea containing a combination of **elderberry** and the herb **echinacea** fought the influenza virus **BETTER** than the prescription drug Tamiflu—without the side effects.

Plus, one intriguing in vitro study suggests elderberry fights immune invaders in three ways:

- 1.) **Blocking** them from attaching to healthy cells...
 - 2.) **Stopping** them from replicating and spreading...
- and
- 3.) **Preventing** them from damaging the "host cells" where they're trying to move in

But this might be the most interesting part...

Elderberry works directly in the gut—which is the cornerstone of your immune system—to strengthen your body's natural defenses.

According to groundbreaking animal research, we can thank the **polyphenols** in elderberry for this unique defense.

In the study, these potent antioxidants **blocked immune invaders** and helped **protect** the mice from infection.

This is so important because as much as 80% of your body's immune system is found in your gut. Anything you can do to strengthen this defensive checkpoint is well worth the effort.

One thing to note, though, is that raw parts of the elderberry plant can be poisonous and cause stomach problems—so I recommend taking it only as a prepared supplement from a trusted manufacturer.

The good news is, elderberry supplement preparations tend to be affordable and easy to find on the shelves of most drugstores in the U.S.

You can also buy an extract and infuse it into a hot drink I call “**Immune Armor**.”

To make Immune Armor, you will need:

- 1 cup of water
- About an inch of fresh Ginger Root, washed and chopped
- 1 Tbsp Lemon Juice
- 1-2 cloves Garlic
- 1 Tsp Turmeric
- Liquid Elderberry extract
- 1 Tsp Honey, or more (to taste)

Bring your water to a low boil. Add ginger and garlic to the pot and simmer for about 15 minutes, until you can smell the garlic and ginger in the air.

Scoop out or strain the ginger and garlic. Squeeze in your lemon juice and add turmeric.

Pour your tea into a mug and add the elderberry extract according to the supplement dose on the label. Stir in the honey, and drink up.

STEP 2

Restock your immune system's most powerful ally: VITAMIN D3

It seems every time I sit back down to my computer, another study pops up about the importance of **vitamin D**. And its role in immune health is no exception. In fact, vitamin D may be most underrated immunity supercharger on Planet Earth.

Research shows this nutrient plays a critical role in helping the body quickly mount an attack against invaders, increasing your resistance to—and speeding recovery from—everything from colds and flu to cancer and lung disease.

In fact, data from more than 10,000 people confirmed this immune-boosting vitamin protects against **acute respiratory infections**.

One important note: I always recommend supplementing with **vitamin D3**—not D2. The D3 form of the nutrient is more easily absorbed by the body.

In fact, recent findings show that D3 immediately gets to work with the probiotics (or “good” bacteria) in your GI microbiome—before it even enters your bloodstream. And again, the healthier your gut bacteria, the better your overall health.

To bolster your immune system and maintain good health, I advise **10,000 IU of vitamin D3 daily**—which is the same amount as **250 micrograms**.

STEP 5

Practice these 5 easy habits to reduce your chances of getting sick...

You already know the first habit—

- 1) **KEEP YOUR HANDS CLEAN.** Everyone knows by now that washing them with **soap and water for 20 seconds** is the best way to do that.

And of course, alcohol-based hand sanitizer is useful whenever you don't have access to soap and water... But as we've seen, it can be hard to get during an outbreak.

So if you need another alternative, I have one for you:

- 2) **USE SALINE.** Researchers in Japan found that plain saline—that's right, *saltwater*—has been found to deactivate the flu virus after just **30 seconds** of rubbing it on your hands. By comparison, alcohol-based sanitizer took **four full minutes** to deactivate the virus.

And...

- 3) **STEP AWAY FROM THE HAND DRYER!** Science reveals it is NOT more hygienic! In fact, I call these contraptions "high-tech noisemakers." And they do little more than shoot "high-velocity germs" **directly onto you.**

Bacterial counts in the air are nearly **30 TIMES HIGHER** around jet dryers vs. paper towels. Go for the paper towels and dry your hands completely—because viruses *love* wet hands.

By now you've also already heard the advice to stop touching your face...but:

- 4) **DON'T FORGET TO WASH YOUR FACE, TOO!** I advise filling your sink or a small basin with lukewarm water and add some sea salt. Then, submerge your face, up to your ears, in the sink. Blink several times and then blow air out through your nostrils.

One more measure I advise everyone to take, effective immediately:

- 5) **CARRY YOUR OWN PEN!** There's no telling how many people signed their name with the pen you borrow at the bank, the restaurant, and the department store. Use your own and leave their germs behind!

And of course, last but not least...**Don't panic.**

It's true there's no guarantee doing any of these things can fully protect you from getting the coronavirus, flu, or any other infectious disease.

But by following these simple, science-backed recommendations, you'll be taking smart steps to reduce your risk.

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