



Dear patients, colleagues, friends:

As we have been contacted by many to offer some guidance and suggestions for Coronavirus prevention and treatment, we've decided to share the best of our knowledge and experience to help us all emerge healthier and stronger out of these challenging times.

First of all, please follow the hygiene prevention guidelines as communicated by many official sources. My intention here is to complement those by the suggestions on how to strengthen our immune systems and how to use homeopathic remedies as prophylaxis and in case we fall ill.

As medical science has known for centuries, for illness to occur not only the presence of pathogen is needed; the illness will develop only in a host susceptible to the pathogen. Our bodies and minds, their natural defense and overall balanced functioning are crucial at the time of a potential infection.

For those of you who are already on a homeopathic constitutional remedy, your best homeopathic prevention is your constitutional remedy that will keep you in a balanced state of mind and body and boost your defenses. For those who haven't got one and would like to receive it, you can contact me or other homeopathic practitioners for an interview and prescription.

As far as a homeopathic "genus epidemicus" is concerned, that is: a remedy known in homeopathy to address a particular epidemic outburst in general, we have received news from homeopathic practitioners from around the world that two remedies have been successfully used as prevention: Arsenicum album and Bryonia alba. For those of you who have studied with us or have basic knowledge of homeopathy, you will recognize immediately that Arsenium relates clearly to the mental symptoms of fear of contagion and anxiety while Bryonia covers the symptoms of dry cough and desire to be left alone (just to mention some of these remedies' aspects). Therefore, if you are already experiencing high anxiety and high level of fear, Arsenicum would definitely be the first to go remedy. Gelsimium, Eupatorium perfoliatum and Baptisia, well known homeopathic remedies for flu haven't been seen as the genus epidemicus in this case but might work for a particular situation, depending on the symptoms.

In the case of falling sick with Coronavirus, a series of remedies are indicated. Lachesis muta if there is a heavy tongue sensation and slurred speech, Lac caninum if the strongest aspect is the sense of isolation and abandonment, and Arsenicum album or Camphora in cases of sudden collapse.

To offer more information about the homeopathic prevention and treatment, Bill and I are organizing a webinar this Sunday, March 15, from 4 to 6 pm EST where we'll dedicate one hour to the presentation and another hour to your questions and discussion. Please, reserve that time on your calendars if you are interested and we'll shortly send you a link to register.

To reinforce our immune system and overall wellbeing, on physical, emotional and mental level, there is so much we can do right now:

- Make sure you drink a lot of liquids. Staying hydrated is essential! At least 8 glasses of water a day. Lots of teas, especially ginger tea, lemon and raw honey; Coronavirus has trouble staying and propagating above 80F.
- Find time to relax and recharge. Walking, yoga, exercise, meditation, yoga nidra, relaxation – all these are essential practices to prevent your body and mind from going into the disease prone stress mode. Remember: it's not only your body; it's the mind and emotions, too!
- Eat a lot of fresh vegetables and fruits, whenever possible organic.
- Probiotics at least 2-3 times a week, prebiotics in the form of garlic, onion, dandelion leaves, leeks, Jerusalem artichoke, asparagus, oats etc. Maintaining a healthy microbiome builds a strong defense front against illness!
- Remember to take some of the immune boosting supplements and foods: raw honey (especially Manuka honey), ginger, spirulina, wheatgrass, rishi mushrooms, astragalus.
- Superfoods are so easy to include in your diet: chia and hemp seeds, goji berries, blueberries, broccoli, dark chocolate, quinoa, nuts and seeds, olive and coconut oil, fermented foods, wild Alaskan salmon or krill, just to mention some.
- Supplement with omega-3 oils from wild Alaskan salmon or krill, and vitamin C 3000 to 5000 mg a day.

These are challenging times but also an opportunity to boost our health and overall wellbeing, bring ourselves to a balance in life and strengthen ourselves. Let's concentrate on that with our minds and hearts. And even if the disease happens, we'll embrace it as an opportunity to heal and emerge stronger.

Stay tuned for our next email with the link to register for

**WEBINAR
HOMEOPATHIC PREVENTION AND TREATMENT IN CORONAVIRUS TIMES
4-6 PM EST, SUNDAY, MARCH 15, 2020**

Yours in health and well-being,

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