

**Fal River Health Center, LLC**  
**Linda S. Grigel MHP, PA-C, CCH**  
**202 US RT 1, Suite 203, Falmouth, ME 04105**  
**Ph 207-781-7880 | Fax 207-781-7882**

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**Share Kindness & Practice Good Will for the Global Community**

Please do all that you can to stay healthy & follow the stay at home policy. Consider #mask4all. The next two weeks may be a challenging time based on predictions for new cases in Maine. We are in the beginning stages – it is going to be a long epidemic. We are all part of the cure!

We are in the midst of a **perfect storm**. Covid-19 has a high reproductive rate and may continue until general herd immunity is naturally attained.

I remain healthy and am holding a beacon of light by sorting through medical articles/emails and attending international homeopathic Zoom calls to offer sound advice. Although some remedies can be used for acute illness, my strong recommendation is individual treatment and a constitutional prescription.

The office is open; I am 100% telemedicine with extended accessibility. We are mailing remedies or arranging remedy pick-up times from a secure area outside of our office.

*If you are concerned re: finances, please call and we can arrange for a sliding scale payment.*

**FACT CHECK**

- More carriers than those tested. High rate of false negative, ~30 – 40%
- Incubation 6.4 days but can be up to 24 days
- Asymptomatic viral carriers
- Viral shedding may be worse in asymptomatic patients
- Virus can be shed for up to one month
- Recovered patients may be virus carriers; data inclusive
- Duration of illness can last up to 32 days
- Unknown if we are seeing reinfection or biphasic mode
- To the best of my knowledge, Covid-19 can remain in aerosol ~3 hours, cardboard ~24 hours, plastic & stainless steel ~72 hours. Studies did not include fabric. *"So far, evidence suggests that it's harder to catch the virus from a soft surface (such as fabric) than it is from frequently touched hard surfaces like elevator buttons or door handles"*.
- Homeopathy was used effectively during the Spanish Flu, 1918.

## FACE MASKS

- Based on the information from the CDC, masks may be helpful in slowing the person to person transmission. As the weather gets warmer, more people will be outside, including the littles. Please consider wearing a mask.
- I encourage people to be outside in nature for the positive health benefits and at the same time we need to do all that we can to flatten the curve.
- Resources to fabricate your own for masks are available online. If you have questions, please call the office, 207-781-7880.

## SUPPLEMENT UPDATE for Adults

- Vitamin D3 ~ 4- 5000 IU
- Vitamin C ~ 3,000 mg / day
- Vitamin A 3500 – 10,000 mg /day
- Zinc ~ 20-45 mg / day
- Quercetin ~ 1000/ mg / day

IF YOU ARE TAKING **ELDERBERRY** FOR IMMUNE SUPPORT, **STOP** IF YOU BECOME ACUTELY ILL. The most recent literature states it may contribute to cytokine inflammation, which can worsen the course of the Covid-19 illness.

## HOMEOPATHY

- Since last email, the amount of cases that I am treating has tripled. Everyone has improved. From my clinical experience, the earlier you are treated, the quicker response toward health.
- A constitutional remedy is usually prescribed first, followed by remedies that treat the complexity of symptoms. Through a single illness, a person may need several different remedies.
- The current remedies you may want to have on hand: Bryonia 30C, Gelsemium 30C, Phosphorous 30C, Phos Acid 30C, Croton Tiglium 30C. They may be in kits or can be purchased through the office.

## LINKS FOR HEALTH AND WELL BEING

- Andrew Weil Center for Integrative Medicine & - Covid-19, Integrative Medicine, and Safer Cleaning at Home from the Learning Disability Association of America.
- [https://integrativemedicine.arizona.edu/covid\\_19.html](https://integrativemedicine.arizona.edu/covid_19.html)
- [https://www.youtube.com/watch?v=vT4QXxRaP\\_c&feature=youtu.be](https://www.youtube.com/watch?v=vT4QXxRaP_c&feature=youtu.be)

## LINKS FOR YOUR CHILDREN

- <http://www.retreeus.org/resources/curriculum-guides/at-home-learning-resources/> programs for those interested in tree pollinators

## MY GOOD WILL STORIES

- I went out for a bike ride and my continental tire blew; it sounded like a gun shot was fired. People came out of their homes but no one could come close enough to help me. Rescued by a patient who lived very close and drove me home!
- A patient has included blessings through her mala beads.
- Relatives of a family are shamans and people in religious groups send prayers.

Why do I tell these stories to you? We are all on a level playing field, feeling the hits of the curve balls that are coming day – day. We are the Fal River Health Center community and beyond, taking care of each other. **We are all beacons of light.**

Blessings for safety, global health & well-being.

A handwritten signature in cursive script that reads "Lindy". The signature is written in black ink on a light-colored background.

Lindy