

Fal River Health Center, LLC
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Dear Patients & Colleagues,

In these unsettling times, I am reaching out to the Fal River Health Center community to allay fears about the Covid-19 pandemic and create a place of collective health. Together, we have the ability to leverage our physical and emotional well-being.

We have been through two very troubling weeks from both a local and world health perspective. Fear tends to fill the space when information is scarce. People often turn to internet sources; please be aware that you may be reading misinformation!

I am working diligently to be a sound resource. I am receiving numerous emails from reliable medical sources, including Medscape, CDC, BOLIM, & NCCPA. I am following homeopathic forums that discuss epidemics and remedies that are effectively treating Covid-19, worldwide. The office is stocked with the most recent recommendations and I will continue to monitor all treatment options both in the allopathic & integrative medical models.

UPDATES REGARDING COVID-19 WILL BE POSTED ON OUR WEBSITE:

www.falriverhealthcenter.com

RECOMMENDED IMMUNE SUPPORT SUPPLEMENTS

Immune Support, Adult Dose, ages 10+:

- Vitamin C 1,000mg
- Vitamin D, 2,000IU- 5,000IU depending on your health status
- Zinc 10-15mg
- Elderberry, (Anthos Immune), 1-3 tsp / day

- If you are being treated with Aqualaurin, you can use it as a nasal/oral spray and hand sanitizer. 1/8 tsp per 3- 4 ounces of water
- Healthy nutrition = stay hydrated! Cut down on sugar, refined foods and alcohol
- Attempt to have 8 hours or restorative sleep hygiene/ night.
- Mindfulness strategies to find a sense of calm & spend time outside in nature.

Immune Support, Ages 5-10 Years:

- Vitamin C 500-1,000mg
- Vitamin D3 800-1,200IU
- Elderberry, Antho-immune ½ - 1 tsp
- Zinc 5-15mg

Immune Support, Ages 1-5 Years:

- Vitamin C 250-500mg
- Vitamin D3 800IU
- Elderberry, Antho-immune ¼ - ½ tsp

Immune Support, Ages 6Mo-1 Year:

- Vitamin C 50-250mg
- Vitamin D3 400-800IUs

PROACTIVE STRATEGIES:

- Staying calm and being outside in the sunshine will improve your immunity.
- Yes, you need to wash your hands for 20 seconds and follow CDC recommendations. Sing happy birthday x2; scrub between your fingers and over your fingernails. When you have finished, bring your hands to your forehead or heart, take a deep breath and exhale as if you are blowing out a birthday candle. Make a wish for calm, wellbeing, and world health.
- Consider wearing a silicone wedding ring that is easily cleaned. (Enso, Groove Life, QALO).
- If you are currently being treated with a constitutional remedy, consider taking one additional dose of the 30c potency.

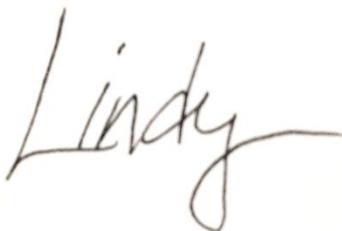
- Limit time spent in large, confined areas. Be resourceful with your children- play games, be present, and provide reassurance. Change is difficult for children as well as adults. Love strengthens our immune health.
- Encourage children to limit playdates and visits to playgrounds where there is hugging/ kissing with friends.
- If you are ill, please consider staying at home; an important strategy in containment.

FAL RIVER HEALTH CENTER – What We Are Doing

- Homeopathy can be extremely helpful in supporting the vital energy/ immune system. I will open extended hours to accommodate appointments as needed.
- The office is being cleared of books, magazines, and loose objects so we can clean more effectively.
- All toys, except the barn, are being temporarily moved out of my office. Please limit what you bring into the office.
- Follow up appointments for constitutional treatment can be changed to a phone consult.
- If you are acutely ill, please contact the office before coming in for an appointment. Penalty for late notice cancellations due to illness will be waived through April 15th; this date may be extended.

We are all journeying into uncharted waters together. Please know that you are not alone; be in touch if you have individual questions.

Sending blessings for worldwide health,

A handwritten signature in cursive script that reads "Lindy". The signature is written in black ink and has a fluid, connected style.

Lindy