



FAL RIVER HEALTH CENTER, LLC

Integrative Medicine

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Dear Patients & Colleagues,

During the past few months I have crafted in my mind and attempted to pen an email with updates about Covid-19, including a blueprint for negotiating life through the pandemic. My intent was to fact check and offer strategies to leverage your health and well-being. Each attempt was thwarted by world events as well as those in the practice and my personal life. Births, deaths, relocating the office, and a very busy work schedule.

A storyteller often begins a tale with "Once Upon A Time..." Many people tell their pandemic story by looking back to March 2020 and then forward into 2021, with hopes for calmer and brighter days. The uncharted paths personally, nationally, and globally can feel overwhelming. The unknown is uncomfortable; a feeling most people do not like to endure.

A quote to share...

"We can't solve problems by using the same kind of thinking we used when we created them." -Albert Einstein

As we enter 2021, I plan to explore and offer you creative ways to manifest a spacious and compassionate life. It has become increasingly clear to me that letting go of old expectations can allow micro moments of happiness every day.

FAL RIVER HEALTH CENTER, LLC UPDATES

I am happily resettled in the new office at 5 Fundy Rd, Falmouth, ME 04105. Although I continue to offer the majority of office visits through Telemedicine, Emily and I have had the joy to see some of you in person.

In November, I was invited to participate at a Webinar sponsored by the Maine Bank Association. I presented my Wellness Wheel Program; 455 people registered and the information was well received. Several patients asked to participate, but I was unable to provide open registration. In February, I will offer a 2-Hour Wellness Wheel Program for patients at FRHC. Program will be limited to 25 people so that ALL questions can be answered during the session. Information about dates, times, and registration will be in a forthcoming email.

PRIOR TO YOUR FIRST 2021 APPOINTMENT

- All patients, new & returning, must fill out 2021 patient forms.
- Required forms are attached to this email and available on our website at: <https://falriverhealthcenter.com/appointments/>
- Completed forms may be returned to us by USPS mail or fax at 207-781-7882. We cannot accept completed forms via email.

RECOMMENDED COVID-19 SUPPLEMENTS & HOMEOPATHY

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. • Consider Andrographis (Kold Kare) & Astragalus
Pedi doses: Contact office for age adjusted dosing.

I have been treating patients with Covid-19 since March using both acute & constitutional homeopathic prescriptions to support healing and recovery. There are several remedies that seem to be helpful during the acute phase. A constitutional prescription is often the first line of defense to lower susceptibility.

If you would like to have acute remedies on hand or discuss your constitutional remedy please call the office, 207-781-7880.

Consider having a home pulse oximeter to monitor oxygen saturation during acute illness. This is a more comprehensive monitoring system than following temperature readings alone.

WORK FROM HOME

WFH has become a landmark change in our society. It has afforded people the ability to supervise school aged children who are home full time or on a hybrid model, care for elderly relatives, amongst many other responsibilities. After 11 months of pandemic fatigue, many people have become stressed beyond their emotional and physical limits.

SUGGESTION: Create structure in your home that allows for any level of routine, including exercise, computer breaks, and healthy foods. Seek time to pursue a personal interest. Dance, sing, play music, and laugh. *Experiencing joy through micro moment of happiness lessens the burden of unknown worries.*

As we enter the colder winter months consider an air purifier for your work & sleep space. It reduces air born pollutants, including viruses. <https://www.blueair.com/us/air-purifiers>

SCHOOL AGED CHILDREN

This upcoming year will continue to be challenging for children, parents, teachers and schools. Try to be flexible and forgiving with everyone, including yourself. Children model our actions & attitudes. School attendance may change quickly based on Covid-19 cases in each district. Resilience will be a life line to attain & sustain the well-being of our local & global communities. I am looking into setting up a Roots & Shoots Program (Jane Goodall) through Fal River Health Center. Reach out if you want to help launch a program with your children.

<https://www.rootsandshoots.org/>

SUGGESTION: Create a weekly and daily to-do list. Break down tasks and communicate with teachers if your child is struggling. *Focus on the social emotional well-being of your child vs academic goals.*

MASKS

In Maine, masks have been mandated in most public buildings and encouraged to be worn during small social gatherings. For those choosing to comply with the regulation, options range from disposable paper masks to washable cloth masks. Regardless of which you choose, it is important to know how to wear the mask and clean it properly. Think of the mask as another layer of clothing that needs to be kept clean. https://canadaonlinehealth.com/store-face-mask/?utm_source=sendinblue&utm_campaign=Canada Online Health Happy Christmas!&utm_medium=email

VACCINES

The roll out of the Covid-19 vaccine has begun in Maine. There are many more questions than answers about the efficacy and projected herd immunity. Even amidst my esteemed homeopathic colleagues there are differing perspectives. With deep dedication, I am educating myself about the different vaccines, benefits, potential side effects and will continue to share this information with you. Many of the questions posed to me in the past few weeks are specific to an individual's medical history. It is important to understand how the vaccine works so that you are able to make the best decision possible for you & your family.

<https://ca.sports.yahoo.com/video/cornell-phd-candidate-explains-coronavirus-193951197.html?guccounter=1>

Maine LD 798, the mandated vaccination law for school aged children, becomes effective 09/2021. The pandemic has complicated how children attend school, but the law has not changed. For the children in the practice who need updated immunizations, I can advise on the specifics of the law and recommend a schedule based on a health history. I believe a well prescribed constitutional homeopathic medicine is a preventive strategy to support health & well-being.

Please remember we are an interconnected family and need to help each other by offering kindness and tolerance for those with different belief systems. I look forward to being a guiding light in this practice and an important part of your health care team!

Each of you has given me the courage & conviction to face the pandemic with hope that we will return to a more auspicious way of life in 2021.

Blessings,

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