



## FAL RIVER HEALTH CENTER, LLC

*Integrative Medicine*

**Linda S. Grigel MHP, PA-C**

5 Fundy Rd, Suite 10B, Falmouth, ME 04105

p: 207-781-7880 | f: 207-781-7882

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The pandemic was declared one year ago, March 11 2020, and has changed everyone's lives in unforetold ways.

As spring nears, all of us are enticed to be outdoors and connect with nature, friends/family, and the community. For many, the vaccine is a hope to restore this way of life.

Covid-19 variants are emerging worldwide including the United States. We are heading into a perfect storm -can the vaccine program stay ahead of the variants?

I am receiving many calls asking about the vaccines, "Are they safe, which one should I get, will I need boosters?" The questions are compelling and I am studying every bit of information I can to answer these questions with informed guidance.

The questions are complicated and the answers are not simple. CDC is delivering new guidelines daily. Please feel free to schedule an office visit if you want to discuss your individual questions & concerns in more depth.

***The vaccine roll out can be likened to flying a plane while the parts are still being built.***

What I can offer at this moment is the equivalent of an airplane oxygen mask regardless of your vaccine choice. A healthy lifestyle, constitutional homeopathy and specific supplements continue to be invaluable assets to your health & well -being.

Recommended supplements are discussed on our website, [www.falriverhealthcenter.com](http://www.falriverhealthcenter.com).

As of today, people cannot choose which vaccine they want. Perhaps that option will be available in the months to come as the Johnson & Johnson vaccine is more readily available.

Prior to vaccination, consider the following:

- Take your constitutional remedy
- Ledum 30c, single dose at the time of vaccine
- Glutathione
- NAC

- If you are on prescription medication that is processed through the liver, take a liver support, ie milk thistle

**Being in optimal health, “*eat well, sleep well, be well*”, before any vaccine can help assimilate the substrates. These are the cornerstones of emotional & physical resilience regardless of vaccination.**

At my upcoming Wellness Wheel workshop on March 23rd, I will be teaching specific strategies to create sustainable health & to navigate the pandemic.

There are limited spaces still available.

For more information & to register: [www.falriverhealthcenter.com/speaking-engagements/](http://www.falriverhealthcenter.com/speaking-engagements/)

Contact the office, 781-7880, if you have questions!

Be well,

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