



Holistic Child Psychiatry, LLC
Holistic Adult Psychiatry

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To my patients and other interested in a rational way of managing the Covid 19 situation:

With the current Covid 19 panic and hysteria, many people are uncertain as to the best things they can do to protect both themselves and their loved ones as well as the general community. We still are in the beginning stages of understanding this illness, including the best practices to treat it, who is at most risk or how long the situation will last. Although the CDC is indicating that people over the age of 60 and those with pre-existing health conditions such as cancer, heart disease, diabetes, immunocompromised, and pulmonary conditions are at highest risk. For the vast majority of people (thought to be about 80% of the population) the illness may be no worse than a cold or flu, and it is highly likely that the majority of the population will never get infected.

At the current time, the State of Emergency in Maryland has closed the schools, restaurants and bars, gatherings of people of more than 10 , and restrictions on travel as well as encouraging people to remain at home if at all possible, as well as additional restrictions that are changing minute-to-minute. Holistic Child/Adult Psychiatry is still open to care for you. As this facility is very small and generally sees only 1-3 patients at the same time, none of whom are acutely infectious, and is implementing universal precautions, patients have the option of coming personally to the office OR having appointments virtually via teleconference. Please let the office know your preference; supplements can be picked up via the basket in the waiting room or can be shipped to you.

- The CDC believes these symptoms appear in a few days after being exposed to someone with the disease or as long as 14 days after exposure:
- Fever
- Cough
- Shortness for breath
- For some people the symptoms are like having a cold; for others they are quite severe or even life threatening. In either case it is important to check with your child's healthcare provider (or yours) and follow instructions about staying home or away from public spaces to prevent the spread of the virus.
- It is NOT a runny nose, sneezing, watery eyes, sinus pressure and just upper respiratory symptoms.

Testing for Covid 19 is still very limited in the U.S. and has been primarily restricted to people with fever and lower respiratory symptoms (cough or shortness of breath) who have had close contact with: 1) a person with confirmed COVID-19; or 2) history of travel from affected geographic areas with 4 days of symptoms; OR anyone with severe acute lower respiratory illness that requires hospitalization and does not have another diagnosis like influenza, even without any known source of exposure.

Recommendations for Maintaining Mental and Physical Health in this age of Covid 19:

- 1) Practice Good Hygiene Practices: Frequent hand-washing, best with soap and water for at least 20 seconds (sing Happy Birthday twice); this is better than hand sanitizer or alcohol based products. Alternatives include using Colloidal Silver (can be used on surfaces and skin) or bleach (mainly surfaces). DO NOT touch your face with your hands or other objects. Clean frequently touched areas (door knobs, light switches, doorbells, credit cards, shared objects, etc)
- 2) Practice Social Distancing - avoid being within 6 feet of other people; cover your sneezes — best with a tissue or handkerchief but can also sneeze into your elbow; stay at home as much as possible and avoid social gatherings of more than 10 people. Social distancing does not have to mean social isolation. Stay in touch with friends and family through phone, text, FaceTime, etc. Share your concerns about our current situation but also try to support your mind in not becoming stuck in fear by also discussing other things. Talk about other aspects in your life, future plans, or even the latest episode of your favorite TV show. Avoid getting stuck on Video games.
- 3) Lifestyle Practices:
 - a) Nutrition - avoid sugar and excess refined carbohydrates. Eat at least 4-6 servings of fruits and vegetables daily, high quality proteins, nuts, beans and healthy fats. — as much fresh as possible. Eat lots of anti-viral foods, such as garlic, green tea, pomegranates fermented foods, ginger, oregano and thyme, raw apple cider vinegar, bone broth. Keep well hydrated — drink at least ½ of your body weight in ounces. Avoid smoking.
 - b) Exercise - do something to move daily — either inside using exercise equipment, exercise videos, yoga, or go for a walk or run outside.
 - c) Sleep - Critical for immune health, get at a minimum of 7-8 hours nightly for adults and 8-10 hours for children and adolescents at a reasonable time (ideally in bed by 10 PM for the best support of your immune and detox systems)
 - d) Stress Management - deep breathing techniques; meditation; Yoga, Tai Chi or QiGong; Muscle relaxation; visualizations, positive affirmations, maintain as normal a schedule as possible; limit television or access to information about Covid 19 - constant watching of updates increases anxiety . Talk calmly to your children (and yourself and other loved ones) about the facts and ways to keep safe but do not panic!!!

Supplements and other possible ways of improving the immune system:

-Astragalus root: 2 caps daily for prevention; increase to 2 caps 3-4 times per day with symptoms.

- Vitamin A: 10,000 IU/day or 2 ounces of liver for prevention; increase with symptoms
- Vitamin C: 1000-5000 mg daily as prevention; increase to 1,000 mg per hour x 6 hours per day with first symptoms (reduce dose slightly if you develop loose bowels); Liposomal Vitamin C is absorbed better and should have less negative GI effects.
- Vitamin D: 2000IU-5000IU or higher per day (goal: blood level \geq 50 ng/mL) with added K2 1,000 mcg/day
- Zinc Picolinate: 25 mg/day plus 2 mg of copper (unless you have copper excess, then go without) OR Zinc lozenges: Allow lozenge to dissolve slowly, bathing the throat in zinc
- B Complex: 1/day or as on bottle
- [Palmitoylphosphoethanolamine \(PEA\)](#): 600 mg daily for prevention; increase to 600 mg 3 times daily at first sign.
- Real Mushrooms: 5 Defenders (Turkey Tail, Reishi, Maitake, Shitake, Chaga) providing >20% beta-D-glucans: or Cordyceps 1 caps daily for prevention; increase to 2 caps twice a day with symptoms
- N-acetylcysteine (NAC): 600 mg daily as prevention; increase to 600 mg bid (note that the research on NAC for this use is limited to animal studies) or Liposomal Glutathione (if you tolerate it) 500 mg daily
- Elderberry for prevention (except for those with autoimmune conditions), discontinue w/symptoms, L-Lysine 500 mg 3 times daily or Olive Leaf Extract have been known to help with other viruses
- Omega 3 (EPA/DHA): 2500 mg daily or SPMs
- Probiotics
- Oregano oil — stops replication and kills coronaviruses in cell cultures (we lack human studies). But small doses of oregano oil are generally well tolerated (we often use it for gut health) for short periods of time.

In addition, it is possible that Frequency Specific Microcurrent may have benefits in both preventing and reducing the symptoms of pain/physical discomfort, respiratory symptoms, the immune system and other body systems (heart, liver, kidneys, capillaries) this virus seems to affect. I will soon have FSM protocols to hopefully address the situation.

If there are questions about this, I am available at (410) 260-0344, or you can email me or message me via the Patient Portal.

Sincerely,

Phyllis Heffner, MD, FAPA, IFMCP
Institute for Functional Medicine Certified Practitioner