

FREE

HEALTHY LIVING HEALTHY PLANET

# natural awakenings

HEALING  
WATERS  
Baths for  
Well-Being

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FIGHTERS**  
Essential Oils for  
Challenging Times

Power Up Your  
**IMMUNE  
SYSTEM**  
Autoimmune  
Breakthroughs

**MINDFUL  
WALKING**  
Meditative Steps  
for Well-Being

August 2020 | Acadiana Edition | [www.NAacadiana.com](http://www.NAacadiana.com)

## **publisher's letter**



A lot has happened since our last publishers' letter, and we'd like to take this time to share our perspective on how much our lives have changed and what we can do as a community to reduce the spread of COVID-19.

When the first cases of COVID-19 were found in January, we both wondered how this disease would affect our family's health and future. Sadly, we've lost a few family members through this pandemic. Now it's the beginning of August, and we can both say we didn't expect anything that has come our way these past four months.

Although we could focus on how difficult the spread of COVID-19 has made our lives, we'd like to express how grateful we are to be apart of this wonderful community. The future may seem uncertain, but we believe every setback molds us into stronger people. Remember, we are all experiencing this pandemic together, and we must acknowledge the power we have to keep everyone safe and healthy. The closing of schools, recreational areas, restrictions on social gatherings, and masks mandates didn't come as a surprise, but as a warning of the severity of this virus in our community.

It's important to know that COVID-19 and the spread of this disease is something that we all can have a part in preventing and protecting our families against. Prevention is one of the main ways we can combat COVID-19. Wearing masks, socially distancing ourselves, and washing our hands can save a life and the lives of family members. These actions not only benefit you, but also the people around you. It's not about politics, it's about love and caring for the people who have cared for you.

Our senior year was interrupted because of the pandemic, but it showed us how much our community and family members care about each other. Being a part of the class of 2020 has given us a unique perspective on everything going on as well. We'd like to personally thank our family members, teachers, and classmates for overcoming the challenges brought on by COVID-19. Although our senior prom was an event we couldn't partake in, we are especially thankful for being able to have a safe and socially distant graduation.

We are especially thankful for being able to take these memorable highschool experiences with us for the rest of our lives. In the end, the safety of others should be our main priority when it comes to opening schools. We know all administrative staff and educators will make decisions with the best intentions, whether that be virtual or in-person. Individuals in the educational system and medical field are the true heroes through this pandemic. If you know of a teacher, administrative employee or healthcare professional, let them know their efforts are greatly appreciated. These people are taking care of our loved ones, so it's important they feel loved as well.

There's no better way to show our appreciation for those in the healthcare field than by keeping ourselves healthy and protecting others. Today, many hospitals in Louisiana are almost filled to capacity with COVID-19 patients. We are fortunate enough to have medical staff, technology, and medication to treat these patients, but we must not exhaust our healthcare system. The same can be said for our schools and educators. Teachers are the backbone of many of our communities, and educators are constantly adapting and finding innovative ways to engage students in learning.

On another note, I think we've developed a greater sense of awareness for the people around us, although we can no longer be physically close to each other. We've had to find alternative ways to show that we appreciate those around us. We've also had time to reflect on how COVID-19 has affected the lives of our loved ones and ourselves. We're all in this together and we must keep this sense of community as we move past this challenge.

Namaste: we honor the spirit in you, which is also in us

*Lillyanna & Lydia*

Lillyanna and Lydia Castille, Assistant Publishers

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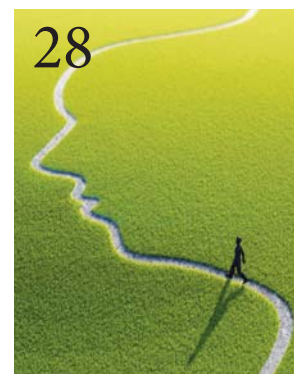
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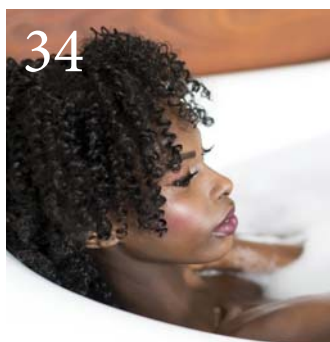
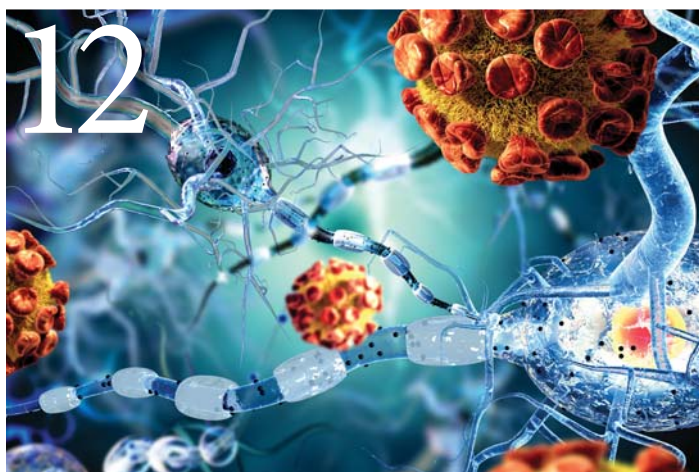


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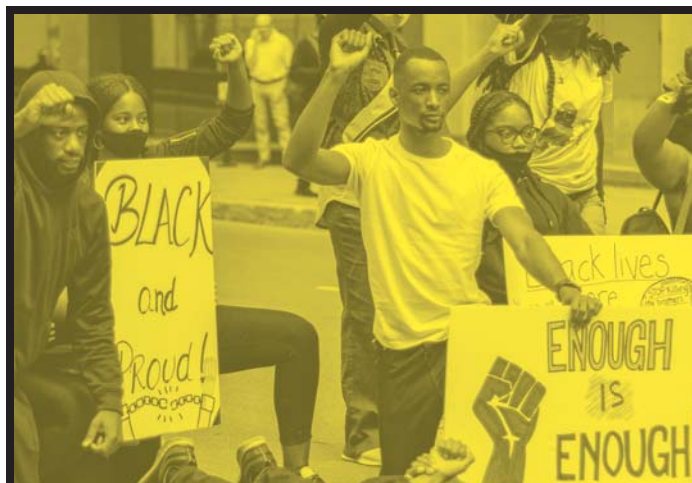
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### HEALTH BENEFITS

- Helps reduce infections
- Can help reduce cancer
- Alkalizes the body
- All natural

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## Mood Enhancer

Mood Enhancer is the perfect supplement to help with anxiety, stress, and depression. It works to maintain a healthy memory and sharp mind. It combines guaranteed-potency "smart herbs" ginkgo biloba and gotu kola, along with the brain-boosting omega-3 nutrition of DHA, the phospholipid nourishment of phosphatidylserine and phosphatidylcholine, the antioxidant protection of alpha lipoic acid and natural vitamin E, and more.....\$30.00



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## HEALTH BENEFITS

- Helps LOSE WEIGHT QUICKLY
- Can help reduce body fat
- May reduce appetite
- All natural

.....\$45.00

# WheTea Ab Fat Burner



WheTea is an organic blend of wheatgrass and green tea. With natural EGCG antioxidants from green and white teas. EGCG has been shown to be 100 times more powerful than vitamin C and 25 times more powerful than vitamin E. WheTea also contains 130 percent of the daily value for vitamin C and a variety of catechin polyphenols and flavonoids. If you are looking for a potent pure tea for weight loss, you'll love WheTea. ....\$20.00

# Raspberry Ketone Drops

Research indicates that raspberry ketones appear to support weight management in two ways: first, by decreasing the absorption of dietary fat; and second, by supporting epinephrine-induced lipolysis (the breakdown of fat). Appetite Control and Fat Loss Formula.



# Garcinia Cambogia



Garcinia Cambogia is a natural fat-buster because of the unique properties of a compound known as hydroxycitric acid (HCA) found in the rind of the fruit. HCA blocks the activity of liver enzymes that convert sugar and carbs into fat, making their calories available as glycogen to fuel your muscles when you exercise. Garcinia cambogia also helps address stress-related appetite issues by supporting healthy serotonin and cortisol levels. ....\$35.00

# pH 9.5 Drops

“Cancer can not grow in an alkaline body.” – Dr. Otto Warburg, Nobel Peace Prize Winner for cancer and alkalinity. Keep your pH levels under control with pH 9.5 Drops. The typical American diet is loaded with acid-forming foods that can take a toll on your overall health and vitality. We all know that drinking 8 glasses of water a day is a healthy habit, but with a pH rating of 9.5, these drops turn ordinary distilled water into a genuine health elixir. Simply fill your water bottle with one drop per ounce of water and sip throughout the day. It's an excellent and easy choice for anyone concerned about his or her body's acid/alkaline balance. ....\$30.00



# Organic Frozen Wheatgrass Juice

Wheatgrass juice is potent raw, living food. The grass itself comes from the common wheat plant (species triticum aestivum) when it is young, vibrant and full of rich green chlorophyll. When the grass is squeezed, a dark green liquid is expressed and this is called wheatgrass juice.



Wheatgrass is harvested for juicing when the grass reaches its nutritional peak. This is just before the jointing stage, when the plant is between 7 and 11 inches tall. At this point, it has accumulated energy which will soon power a massive growth spurt. It is this energy that is captured in the juice.

- 1 fl. oz. of wheatgrass juice is equivalent to 2½ pounds of the choicest vegetables
- wheatgrass is mineral rich and contains 92 minerals needed by the body
- it is a complete protein containing 20+ amino acids and has higher protein densities than any other food source
- the magic is in the enzymes with more than 30 found in the juice
- the juice is 70% chlorophyll and since the chlorophyll molecule is virtually identical to hemoglobin (red blood cells that carry oxygen), wheatgrass juice will oxygenate your body.....\$30.00

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## health briefs

### Hug a Mate for a Happy Relationship

The more a couple shares affectionate hugs, kisses and cuddles, the more satisfied they are in the marriage, a new study from the State University of New York at Binghamton shows. It tested 184 heterosexual couples on the effects of non-sexual intimate touching like holding hands or cuddling while watching TV rather than actions intended to lead to sex. The more affection the couples routinely experienced, the more they felt satisfied with their partners' touch, even if they had "avoidant attachment styles" and ordinarily were more reserved with physical displays of affection. "Interestingly, there's some evidence that holding your partner's hand while you're arguing de-escalates the argument and makes it more productive," says lead author Samantha Wagner.



### Eat More Fiber for a Longer Life

Eating the right kind of fiber lowers the risk of death from multiple causes, reports a new study in *The American Journal of Clinical Nutrition*. Researchers from the University of Toronto followed more than 92,924 Japanese people 45 to 74 years old for nearly 20 years and found men that ate higher levels of dietary fiber had a 23 percent reduced risk of death compared to those that ate the least dietary fiber; the figure was 18 percent for women. The more dietary fiber people ate, the less likely they were to die from cardiovascular or respiratory diseases and injuries; it also protected against cancer mortality in men, but not women. Fiber from fruits, beans and vegetables, but not from cereals, was linked to lower mortality.

### Avoid Toxic Chemicals to Prevent Celiac Disease

Children and young adults diagnosed with celiac disease have been found with elevated blood levels of toxic chemicals found in pesticides, nonstick cookware and fire retardants, reports a new study from the New York University Grossman School of Medicine published in *Environmental Research*. Researchers analyzed levels of toxic chemicals in the blood of 30 children and young adults ages 3 to 21 after being diagnosed with celiac disease. They compared those results to those of 60 other young people of similar age, sex and race.

Girls with higher than normal exposure to pesticides known as dichlorodiphenyldichloroethylenes were at least eight times more likely to have celiac disease. If they had elevated levels of perfluoroalkyls (nonstick chemicals found in products like Teflon), they were five to nine times more likely to have the disease. Boys were twice as likely to receive a celiac diagnosis if they had elevated blood levels of polybrominated diphenyl ethers (fire-retardant chemicals).

## Increase Focus by Reducing Saturated Fat



Eating a meal heavy in saturated fat can hinder the ability to concentrate, even five hours later, a new study from the Ohio State University College of Medicine shows. Researchers tested 51 women on computer games that measured attention spans and response times, and then fed

them a 930-calorie meal that mimicked the fare of fast-food restaurants. For half the subjects, their meal was cooked in saturated fat, and for the others it was cooked with sunflower oil that is high in unsaturated fat. Five hours later, the women that ate the saturated fat meal had erratic and slower response times on the 10-minute concentration tests and they were less able to maintain their attention.

## Dirt Can Help Heal Wounds

Dirt has specific healing properties for wounds, new research from the University of British Columbia has found. The study published in *Blood Advances* reported that the presence of soil in wounds helps activate a blood protein known as coagulation factor XII that kicks off a rapid chain reaction helping trigger the formation of a plug, sealing the wound and limiting blood loss. "Excessive bleeding is responsible for up to 40 percent of mortality in trauma patients. In extreme cases and in remote areas without access to health care and wound-sealing products like sponges and sealants, sterilized soil could potentially be used to stem deadly bleeding following injuries," says senior author Dr. Christian Kastrup. The study was done with sterilized dirt; unsterilized dirt poses a risk of



## "Inflammation is the Spark that ignites most disease"

1,2,3

## Pain and Inflammation Enzyme



Chronic pain and inflammation can make even the simplest everyday tasks a challenge. If you suffer chronic pain from a serious health condition or inflammation from over-exertion and physical exhaustion, Liteon Natural's Pain and Inflammation Enzyme Blend can help. This unique anti-inflammatory and pain relief formula will strengthen your body's natural response to pain and inflammation. This supplement packs the power of natural bioflavonoids, herbs, and enzymes.....\$30.00

1. Christine G.; Alice P.; Kristina D. (2004). The Fires Within. TIME Magazine, February 23, 2004 Vol. 163 No. 8.
2. Rakoff-Nahoum, S. (2006). Why Cancer and Inflammation. YALE Journal of Biology and Medicine 79 (2006), pp.123-130.
3. Shacter E., Weitzman S. (2002). Chronic Inflammation and Cancer. www.cancernetwork.com, January 31, 2002.



## Dig Business

### Dinosaur Bone Ownership Resolved

In 2018, the U.S. Ninth Circuit Court of Appeals ruled that fossils belonged to mineral rights owners, threatening to put a damper on scientific fossil hunting by paleontologists, but the Montana Supreme Court has now decided that fossils should not be deemed minerals, thereby restoring ownership of two dinosaurs buried together to the landowners, as had been customary in the past. A year after buying their property, Mary Anne and Lige Murray, along with a private fossil hunter, found an impressive array of specimens, including a complete *Tyrannosaurus rex* skeleton. Scientists like David Polly, an Indiana University paleontologist and past president of the Society of Vertebrate Paleontology, had warned that tying fossils to mineral rights would make it harder to get permission to excavate them and put the ownership of fossils already on display into doubt. They also feared that distinctive fossils would be purchased by private collectors, denying access to the public and researchers.

## Pretty Kitty

### Some Animals Garner Lion's Share of Conservation Donations



Sarah Papworth, a conservation biologist at the University of London, and artist Rory McCann designed a menagerie of imaginary beasts to find out which animals people were most willing to support. "Donations are really key to a lot of institutions," says

Diogo Verissimo, a conservation biologist with the nonprofit San Diego Zoo Global. "Without them, many of the largest conservation organizations would struggle to survive." It is common knowledge that people favor those they find adorable—tigers over turtles, for instance—but no one knows exactly which physical and nonphysical features motivate donors. From all the different body shapes, sizes, colors, eye positions and furriness, hundreds of past conservation donors ranked the imaginary species. Animals that were larger and more colorful were most likely to solicit donations, as reported in *Conservation Letters*. But it turns out that cuteness is not the only thing that matters, because the formula doesn't account for the impact of popular culture. A study in Poland found that proboscis monkeys, once labeled the world's ugliest primate, received a surge in donations through crowdfunding after starring in popular memes poking fun at their appearance. Maybe there really is no such thing as bad publicity.

## Elbow Room

### Nature Needs More Space

All over the world, plants and animals are increasingly threatened by human activities and habitat encroachment. A 2019 study published in *Science News* estimates that 1 million species face extinction within decades. The natural world makes the planet livable by cleaning the air, filtering water, cycling carbon dioxide and pollinating crops. To impede biodiversity loss, governments are working to set aside more space for natural habitats. The UN Convention on Biodiversity ([Tinyurl.com/Post2020GlobalFramework](https://www.tinyurl.com/Post2020GlobalFramework)), which is now under consideration, seeks to designate 30 percent of land and sea as protected by 2030 and 50 percent by 2050 in order to revive ecosystems and safeguard the diversity of species on Earth. Humans have altered more than three-quarters of Earth's surface, and of the 14 terrestrial biomes, such as tropical rainforest, tundra or desert, eight retain less than 10 percent of undeveloped wilderness, according to a 2016 study in *Current Biology*. Many species have already vanished.



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## Bug Bites

Bumblebees Chew

Leaves to Hasten  
Pollen Production

When trying to establish colonies in early spring, bees rely on flower

pollen as a protein source for raising their young. Consuelo De Moraes, a chemical ecologist and entomologist at Eidgenössische Technische Hochschule Zurich, in Switzerland, reported in *Science* that at least three species of bumblebees use their mouth parts to snip little confetti bits out of plant foliage, and that the biting gets more widespread when there's a pollen shortage. Experiments show that mustard and tomato plants nibbled by *Bombus terrestris* bees bloomed earlier than unbitten plants by days or weeks. In a caged-bee test, bumblebees trapped with non-blooming plants were more likely to poke holes in foliage after three days without pollen than a bee group buzzing among plentiful flowers. When researchers switched the bees' situations, those trapped without blooms started nibbling leaves, too. Professor of Biology Dave Goulson, at the University of Sussex, in England, says, "I can imagine that hungry bees unable to find flowers might try biting leaves in desperation."

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# Manglier Tea boosts your immune system



**Manglier Tea DROPS**

Place Drops in Water and Drink



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Steep Tea Leave in Hot Water to Make a Tea

## Manglier Tea how does it work?

It clears viral and bacterial infections. Native Americans first discovered the medicinal properties of this plant in the 1800s. Creole and cajun communities used it before the onset of drug prescriptions and antibiotics. It is natural medicine that can be readily found in south Louisiana.

The active ingredient of Manglier Tea is Baccharis Oxide. Baccharis Oxide is a Triterpenoid. Baccharis oxide (the active ingredient in Manglier Tea) is a very powerful triterpenoid (highly multifunctional compound) with very strong antiviral capability. The many general traditional medicinal uses of Baccharis include the treatment of bacterial/fungal infections. This plant works to increase the body's immune response and fight infections. This is why Manglier Tea has a 200+ history in creole, native american, and cajun cultures for use during cold, flu, and respiratory related infections.

The Baccharis genus has been heavily studied as medicinal plants in hopes of discovering new bioactive components in the search for promising drugs. The Baccharis genus is an important source of natural medicinal products and is well recognized in ethnopharmacology, pharmacology and phytochemistry. Pharmacological studies are mainly based on the anti-inflammatory, antioxidant, antimicrobial and antifungal properties.

Rory Mccam

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## eco tip

### Virus Fighters

#### Essential Oils for Challenging Times

In these coronavirus days, an essential oil mixture with legendary origins in the Bubonic Plague offers soothing scents for the homebound and might add some viral protection.

The mixture of five oils: eucalyptus, clove, cinnamon, lemon and rosemary, is known as Thieves. As the story goes, in the 1500s, as the Black Death decimated Europe, when four unemployed spice merchants that turned to robbing the bodies and homes of the dead were captured and threatened with being burned alive, they confessed to the judge their secret to avoiding infection—the spice blend that they rubbed on their hands, ears, feet and temples.

They were all hanged, but their formula survives as Thieves, and is today one of the most popular essential oil blends in the market, sold under that name and also as Five Guards, Health Shield and Fighting Five. Although shown to sharply reduce three kinds of airborne bacteria in 10 minutes, its antiviral properties have not been extensively studied. Its components, however, have proven antimicrobial, antiseptic and antiviral properties:

- **Eucalyptus**, long used for respiratory infections, has been proven effective against a number of viruses, particularly the swine flu and herpes type 1 viruses.
- **Clove** has exhibited strong antiviral activity against such viruses as the adenovirus type 3 respiratory virus, poliovirus and coxsackievirus.
- **Cinnamon leaf** shows antiviral activity and can prevent pneumonia due to influenza.
- **Lemon** oil has antibacterial and antifungal properties, and is often used in cleaning products.
- **Rosemary** eases stress and has antiviral, antimicrobial and antidepressant qualities.



PR Image Food52/Getty Images/Shutterstock.com

Thieves can be purchased in natural health stores or online. For a homemade blend, Jennifer Lane, an aromatherapist, registered nurse and founder of *LovingEssentialOils.com*, recommends combining these essential oils:

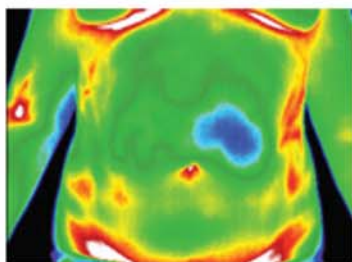
- ✓ 35 drops lemon
- ✓ 20 drops cinnamon leaf
- ✓ 15 drops clove bud
- ✓ 15 drops eucalyptus
- ✓ 10 drops rosemary

Adding five drops of the blend, along with water in a diffuser, can waft the scent throughout a room and diminish airborne odors and germs. For respiratory support, put a few drops into a cup of steaming, but not boiling, water, drape a towel around the cup and face, and breathe in the fumes. Add it to a carrier oil like jojoba oil or coconut oil at a 1:30 ratio (such as one-half ounce Thieves to 15 ounces jojoba) and rub it on pulse points in the wrist and neck. But do not ingest the blend. If a child under 10 is in the house, don't diffuse it or use it topically on them, because rosemary and eucalyptus can be unsafe for a child, advises Christina Anthis, author of *The Beginner's Guide to Essential Oils: Everything You Need to Know to Get Started*.

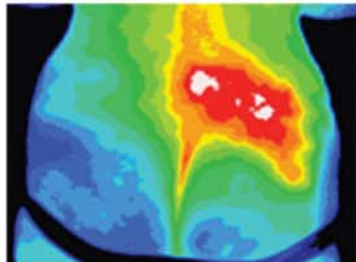
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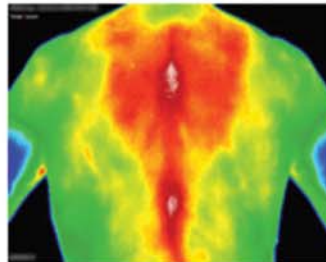
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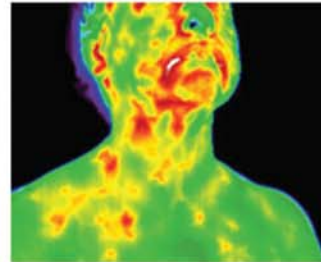
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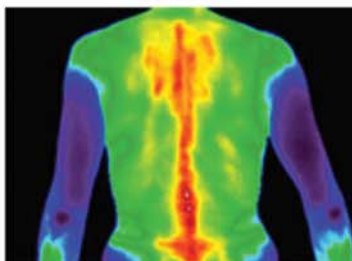
Shingles



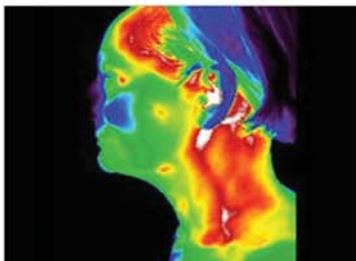
Lung Cancer



Periodontal Disease



Spinal Inflammation



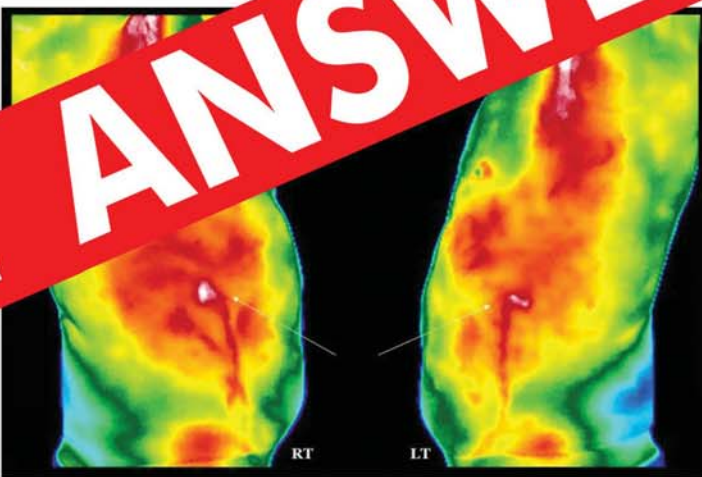
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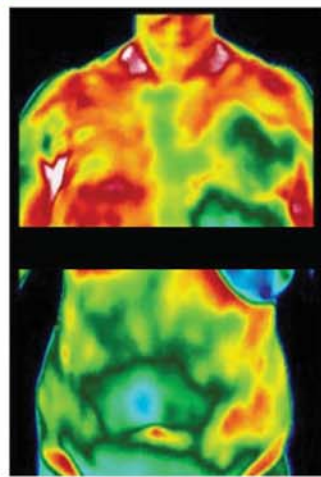
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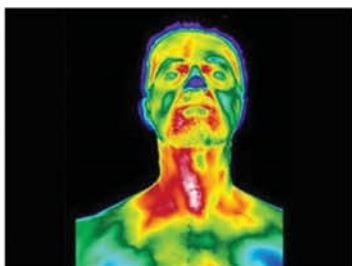
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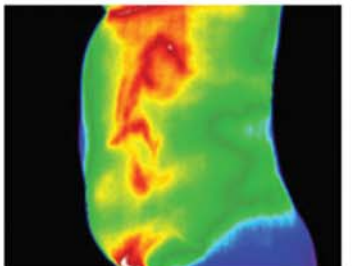
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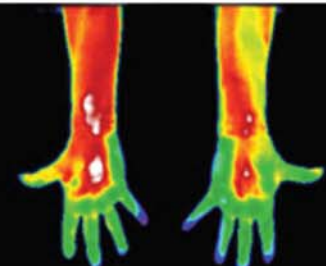
Breast Cancer



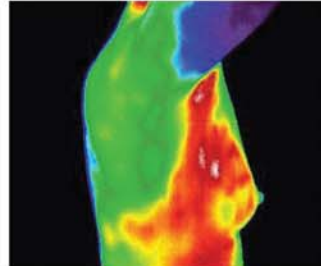
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Digestive Disorders



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Lymphatic Congestion

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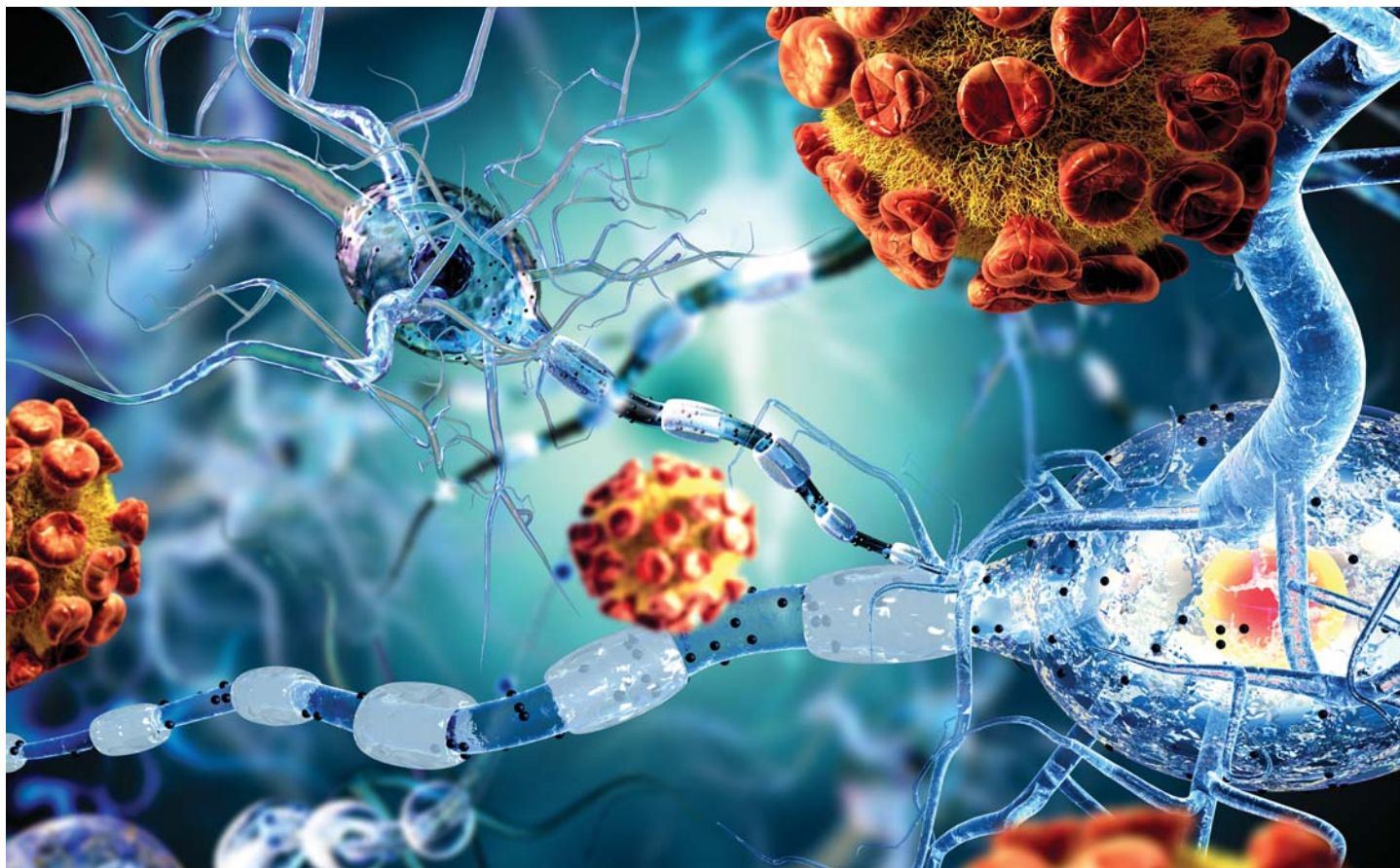
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- identify the originating source of neuropathic dysfunction
- support the existence of a suspected condition
- aid in accurate diagnosis and treatment

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# Healing the Immune System

## Autoimmune Breakthroughs Offer New Hope

by April Thompson

Some 23 million Americans suffer from one or more autoimmune diseases—a category comprised of more than 80 conditions, including fibromyalgia, Hashimoto’s disease, psoriasis, rheumatoid arthritis and Type 1 diabetes. These pernicious disorders are notoriously difficult to diagnose, even harder to treat and can be debilitating, diminishing the quality of life for sufferers.

Another commonality is the increased prevalence of autoimmune disease in women versus men; in the case of lupus, for example, a nine-fold difference. Some early indicators are that this may be related to a “gene dosage effect”, as men with XXY chromosomes have the same risk of developing lupus as other women, and women with XXX chromosomes (known in medical parlance as “super-women”) have an even higher risk of autoimmune disease, according to Judith James,

chair of the Arthritis & Clinical Immunology Program at the Oklahoma Medical Research Foundation, in Oklahoma City.

Yet there is hope on the horizon, as scientific discoveries unlock important insights about the manifestation and progression of autoimmune diseases leading to new treatments and prevention tips. Evidence is also mounting around the role of diet and lifestyle in autoimmune conditions, giving patients new avenues for taking charge of their health instead of simply waiting for a cure.

Autoimmune diseases are chronic and can affect almost any part of the body, including the heart, brain, muscles, skin, eyes, joints, lungs, kidneys, glands, digestive tract and blood vessels. Each disease carries its own set of symptoms, but inflammation is nearly always present, and are all connected by how the immune system attacks

the body’s healthy tissues. “Those shared characteristics hold the potential for shared treatments, and ultimately potentially common cures,” says Jane Buckner, president of the Benaroya Research Institute (BRI), at Virginia Mason, in Seattle, which works to advance the prediction, prevention, reversal and cure of immune system diseases.

“I’m excited about our progress toward prevention. We are working to understand those tipping points in transitioning into disease that help us understand who is at highest risk, and helps give very directed therapies,” says James.

### Self-Healing from Autoimmunity

By her early 20s, Mickey Trescott, of Willamette Valley, Oregon, was bedridden and had lost her job to autoimmune

disease. At one point, doctors thought it was multiple sclerosis (MS); she was dizzy, numb, falling over and slurring her speech. Eventually, she was diagnosed with both Hashimoto's and celiac diseases, affecting the thyroid and small intestine, respectively. Trescott, a nutritionist, chef and author of *The Autoimmune Paleo Cookbook*, had been vegan for 10 years, but had a feeling that her body needed something different.

She found an early version of what would become known as the autoimmune protocol (AIP), and in following its guidelines, began to find relief. Trescott connected with other women and started a private Facebook group to share information on what was improving their condition from which the AIP community sprung. AIP, an elimination diet that seeks to reset the immune system by cutting out inflammation-causing foods and treating leaky gut, has much in common with the paleo diet and promotes vitamin- and nutrient-rich foods. However, every individual comes out of the AIP process with a customized diet.

For Trescott, "Gluten is a forever-no, and I am also allergic to dairy and sensitive to a lot of nightshade vegetables, like tomatoes and peppers." It took three years to recover most of her functioning, and although she had been a personal chef, it was still challenging to determine a new approach to eating that didn't include the grains and legumes that had been staples of her diet.

Trescott is still on medications, including the same thyroid support she's relied on from the start. "There is a misconception that the AIP is an alternative to conventional medicine. We really pride ourselves on using all the tools in our toolbox, including surgery, medication and lifestyle changes," she says.

Anecdotal successes like Trescott's have led researchers to pursue funding to test the AIP's efficacy. In a pilot study of 18 individuals with an average sick time of 19 years that didn't respond to traditional medication, 73 percent were in clinical remission at the end of the trial, having followed the AIP. "It was a small sample size, but the results are promising," says Trescott.



### Physician, Healed Thyself

Like many physicians, Terry Wahls focused on treating her patients with drugs or surgical procedures—until the Iowa City doctor was diagnosed with MS in 2000. Within three years, despite conventional medical treatments, her back and stomach muscles had weakened to the point where she needed a tilt-recline wheelchair, and by the summer of 2007, she could no longer sit up.

Though Wahls had been a vegetarian on a low-fat diet for 20 years, she went back to eating meat and gave up all dairy, wheat and grains, but still wasn't improving. Delving back into the science of her condition, Wahls realized that mitochondrial support was key, and the speed of her decline slowed while taking a cocktail of vitamins to support its functioning.

It wasn't until she took a comprehensive approach to optimize everything she could take in through her food rather than relying on supplements that she saw radical results: Her brain fog, fatigue and pain went away and she biked around the block for the first time in six years. "Taking in nutrients in the form of food rather than supplements, you get related compounds and thousands of others in biologically anticipated ratios," explains Wahls. "I still do take some supplements, but the magic is the food."

Those key ingredients, says Wahls, include magnesium, zinc, selenium, sulfur, amino acids, cholesterol, omega-6 and omega-3s, fats, carnitine and creatine. Her rule of thumb for daily intake is three cups of leafy green vegetables; three cups of

sulfuric vegetables like cabbage, mushrooms and onions; and three cups of deeply pigmented vegetables, plus sources of protein for meat eaters and vegetarians.

While her work was initially not accepted, today she has funding from the National MS Society and her research has been published in numerous peer-reviewed journals. "Basic science is now showing that the microbiome has a huge impact on the immune system activity and the brain; the food we eat can turn gene expression on and off," says Wahls, who hasn't taken any drugs for her autoimmune condition since 2008.

Buckner cautions against patients trying to manage disease with lifestyle changes alone, without giving available allopathic treatments a fair try. "People do better if they are treated early and aggressively. They are reliant on fewer medications down the road and don't have permanent damage if they seek treatment early."

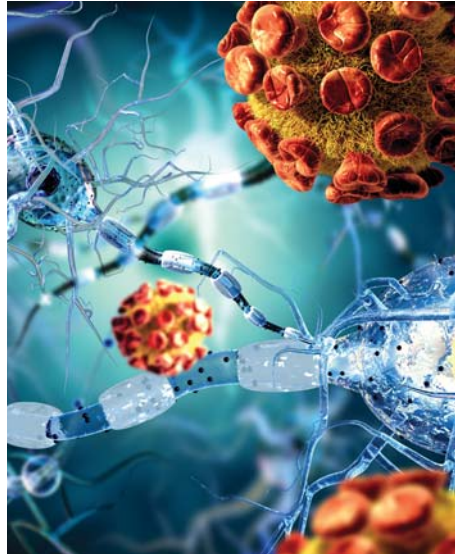
However, even researchers focused on pharmaceutical approaches acknowledge the importance of diet and lifestyle. Meggan Mackay, professor of Molecular Medicine at the Feinstein Institutes for Medical Research, at Northwell Health, in Manhasset, New York, believes this can play a critical role in disease management. She cites numerous studies showing exercise as a stress-buster positively influencing disease outcomes, as well as a more specific study looking at the benefits of adding fish oil and vitamin D to the diets of lupus patients. "The rise in obesity, which is linked to increased inflammation in the U.S., may be one of reasons we are seeing more autoimmune disease than ever," says Mackay.

At-risk individuals should be aware of factors under their control, adds James. "If someone is worried about autoimmune disease running in their family, monitoring and maintaining adequate vitamin D levels and avoiding smoking and other high-risk behaviors can help improve their chances." Even sleep patterns can play a role in disease manifestation, says the researcher. In one study, individuals at high risk for autoimmune disease that slept less than seven hours per day were more likely to develop an autoimmune condition, according to James.

## Common Links Serve as Research Clues

There are some clear links between autoimmune diseases, such as the genetic predisposition that runs in families. “Someone with rheumatoid arthritis may have a sister with celiac disease, for example, and one individual may suffer from multiple autoimmune conditions. We can learn from these common genetic links,” says Buckner. These common links can serve as important clues. For example, Buckner says they are able to demonstrate changes in T cells in diabetes and MS that are the same, which might lead to common treatments for the two conditions.

While the process from basic scientific discovery to development of effective treatment can be slow, there are some concrete breakthroughs autoimmune researchers are excited about, having demonstrated ability to both prevent and delay disease. Citing a recent clinical trial published in the *New England Journal of Medicine*, “They have demonstrated in kids at high risk for developing Type 1



diabetes the ability to delay onset for at least two years. It’s an incredibly exciting finding,” says Buckner.

Mackay is hopeful about advances in basic science addressing specific immune system abnormalities linked to inflammatory problems. “Lupus is very challenging to diagnose and treat because it can affect every system in the body,” says Mackay, whose research team has focused on lupus

for decades. “The only forms of treatment have been very immune-suppressive medications that shut down the immune response. None of these medications are specific, so in shutting down the immune response to treat lupus, they in turn interfere with the body’s ability to fight off infection and cancer.” Researchers are now honing in on single cells from biopsies that indicate which proteins are abnormal, thereby helping develop more selective therapies, she says.

Seeing progress in the lab is one thing; seeing it in the waiting room is another, and that’s where autoimmune scientists and clinicians are really beginning to note a difference. “I’ve seen patients for 25 years, and when we started, we had very few options in my clinic, which was full of wheelchairs,” says Buckner. “In the last 20 years, we have seen an explosion in research and available treatments. I don’t have wheelchairs in my office anymore.”

Connect with Washington, D.C. freelance writer April Thompson at [AprilWrites.com](http://AprilWrites.com).

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# Coronavirus Pet Safety Facts and Tips for Dog and Cat Owners

by Shawn Messonnier

There are many types of coronavirus. COVID-19 is new—a novel coronavirus—and there are currently no confirmed cases of COVID-19 in dogs or cats. Dogs can become infected with a canine coronavirus. It is fairly species-specific and will not infect people, but can infect cats (without causing clinical disease in naturally infected cats). Most infected dogs do not show symptoms and recover without showing signs of infection; young puppies may exhibit mild diarrhea.

Cats have their own coronavirus that, like dogs, usually causes an asymptomatic infection, or may cause mild diarrhea or mild respiratory infection (especially in kittens). However, this coronavirus, for unknown reasons, can mutate in the GI tract and transform into the (usually) lethal feline infectious peritonitis (FIP) virus (this occurs in about 10 percent of infected cats).

Again, this feline coronavirus will not infect dogs or people, and only infects felids. (A curious note is that cats can become infected with the human SARS coronavirus experimentally and naturally, but do not become ill, and the original SARS virus was suspected to have originated from a mongoose.) As with human coronaviruses, canine and feline coronavi-

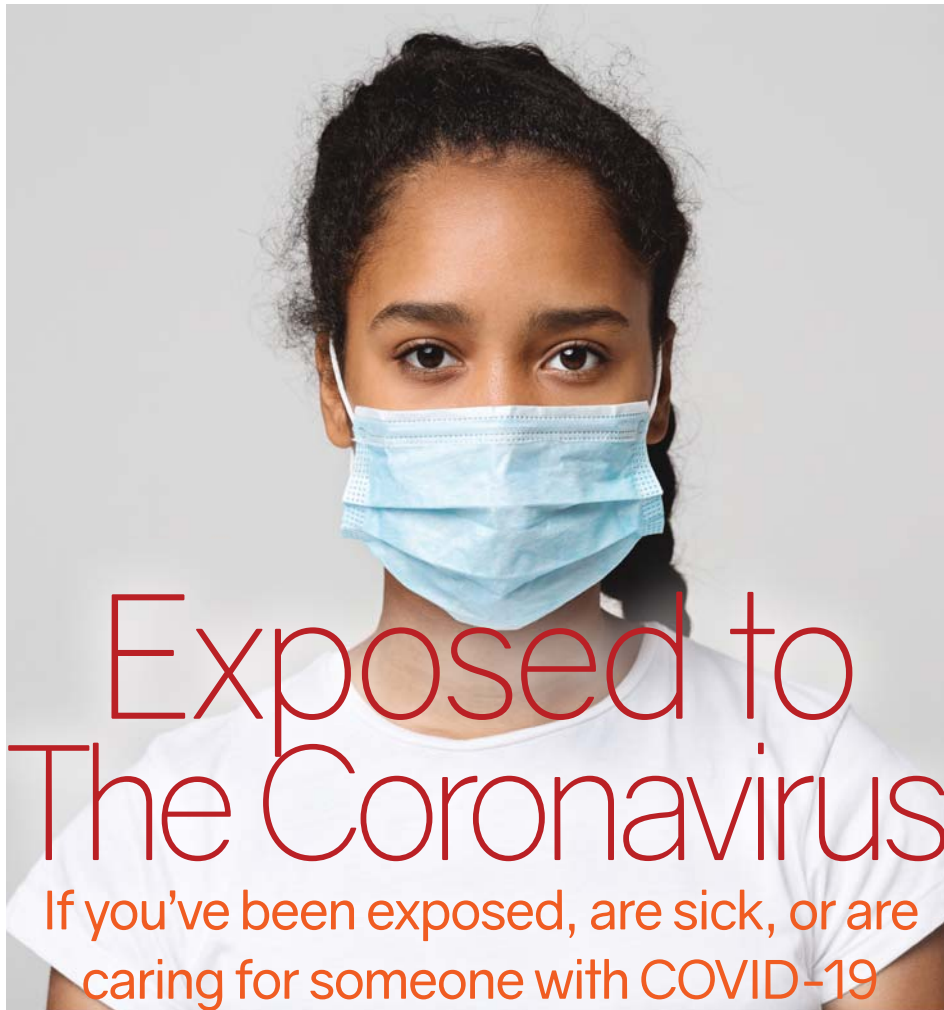
rus can survive outside of the pet's body for a period of time, especially in a colder environment, but are easily killed with most soap or disinfectants.

Dogs and cats that develop their own coronaviral diseases will not infect people. However, by serving as fomites (objects that can carry an infectious organism on the surface), dogs and cats could potentially carry a virus on their coat or skin if an infected family member gets infected material (saliva, respiratory droplets, etc.) onto the animal. Like any other surface in the home, the virus could transfer from the surface of the pet to other uninfected family members. (This is usually by hand to face transfer.)

To be safe, it may be wise to keep the family pet away from the infected family member, or at least have the infected family member bathe and/or wipe the pet's coat with a wet washcloth before the pet is exposed to uninfected family members.

Keep in mind that maintaining proper blood levels of vitamin D in people and in pets is important in minimizing infectious diseases.

*Shawn Messonnier, DVM, is the owner of Paws & Claws Holistic Animal Hospital, in Plano, Texas, and an award-winning author and host on Martha Stewart Radio.*



# Exposed to The Coronavirus

If you've been exposed, are sick, or are caring for someone with COVID-19

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**A**s the new coronavirus spreads across the globe, the chances that you will be exposed and get sick continue to increase. If you've been exposed to someone with COVID-19 or begin to experience symptoms of the disease, you may be asked to self-quarantine or self-isolate. What does that entail, and what can you do to prepare yourself for an extended stay at home? How soon after you're infected will you start to be contagious? And what can you do to prevent others in your household from getting sick?

## What are the symptoms of COVID-19?

Some people infected with the virus have no symptoms. When the virus does cause symptoms, common ones include fever, body ache, dry cough, fatigue, chills, headache, sore throat, loss of appetite, and loss of smell. In some people, COVID-19 causes more severe symptoms like high fever, severe cough, and shortness of breath, which often indicates pneumonia.

People with COVID-19 are also experiencing neurological symptoms, gastrointestinal (GI) symptoms, or both. These may occur with or without respiratory symptoms.

For example, COVID-19 affects brain function in some people. Specific neurological symptoms seen in people with COVID-19 include loss of smell, inability to taste, muscle weakness, tingling or numbness in the hands and feet, dizziness, confusion, delirium, seizures, and stroke.

In addition, some people have gastrointestinal (GI) symptoms, such as loss of appetite, nausea, vomiting, diarrhea, and abdominal pain or discomfort associated with COVID-19. These symptoms might start before other symptoms such as fever, body ache, and cough. The virus that causes COVID-19 has also been detected in stool, which reinforces the importance of hand washing after every visit to the bathroom and regularly disinfecting bathroom fixtures.

## What should I do if I think I or my child may have a COVID-19 infection?

First call your doctor or pediatrician for advice. If you do not have a doctor and you are concerned that you or your child may have COVID-19, contact your local board of health. They can direct you to the best place for evaluation and treatment in your area.

It's best to not seek medical care in an emergency department unless you have symptoms of

severe illness. Severe symptoms include high or very low body temperature, shortness of breath, confusion, or feeling you might pass out. Call the emergency department ahead of time to let the staff know that you are coming, so they can be prepared for your arrival.

## How do I know if I have COVID-19 or the regular flu?

COVID-19 often causes symptoms similar to those a person with a bad cold or the flu would experience. And like the flu, the symptoms can progress and become life-threatening. Your doctor is more likely to suspect coronavirus if: you have respiratory symptoms and you have been exposed to someone suspected of having COVID-19, or there has been community spread of the virus that causes COVID-19 in your area.

## How is someone tested for COVID-19?

A specialized test must be done to confirm that a person has been infected with the virus that causes COVID-19. Most often a clinician takes a swab of your nose (or both your nose and throat). New methods of testing that can be done on site will become more available over the next few weeks. These new tests can provide results in as little as 15–45 minutes. Meanwhile, most tests will still be delivered to labs that have been approved to perform the test.

Some people are starting to have a blood test to look for antibodies to the COVID-19 virus. Because the blood test for antibodies doesn't become positive until after an infected person improves, it is not useful as a diagnostic test at this time. Scientists are using this blood antibody test to identify potential plasma donors. The antibodies can be purified from the plasma and may help some very sick people get better.

## What is the difference between a PCR test and an antigen test for COVID-19?

PCR tests and antigen tests are both diagnostic tests, which means that they can be used to determine whether you currently have an active coronavirus infection. However, there are important differences between these two types of tests.

PCR tests detect the presence of the virus's genetic material using a technique called reverse transcriptase polymerase chain reaction, or RT-PCR. For this test, a sample may be collected through a nasal or throat swab, or a saliva sample may be used. The sample is typically sent to a laboratory where coronavirus RNA (if present) is extracted from the sample and converted into DNA. The DNA is then amplified, meaning that many copies of the viral DNA are made, in order to produce a measurable result. The accuracy of any diagnostic test depends on many factors, including whether the sample was collected properly, when during the course of illness the testing was done, and whether the sample was maintained in appropriate conditions while it was shipped to the laboratory. Generally speaking, PCR tests are highly accurate. However, it can take days to over a week to get the results of a PCR test.



Antigen tests detect specific proteins on the surface of the coronavirus. They are sometimes referred to as rapid diagnostic tests because it can take less than an hour to get the test results. Positive antigen test results are highly specific, meaning that if you test positive you are very likely to be infected. However, there is a higher chance of false negatives with antigen tests, which means that a negative result cannot definitively rule out an active infection. If you have a negative result on an antigen test, your doctor may order a PCR test to confirm the result.

It may be helpful to think of a COVID antigen test as you would think of a rapid strep test or a rapid flu test. A positive result for any of these tests is likely to be accurate, and allows diagnosis and treatment to begin quickly, while a negative result often results in further testing to confirm or overturn the initial result.

### What are the differences between the nasal swab and saliva tests for COVID-19?

Until recently, most tests for COVID-19 required a clinician to insert a long swab into the nose and sometimes down to the throat. In mid-April, the FDA granted emergency approval for a saliva-based test.

The saliva test is easier to perform — spitting into a cup versus submitting to a swab — and more comfortable. Because a person can independently spit into a cup, the saliva test does not require interaction with a healthcare worker. This cuts down on the need for masks, gowns, gloves, and other protective equipment, which has been in short supply.

Both the saliva and swab tests work by detecting genetic material from the coronavirus. Both tests are very specific, meaning that a positive test almost always means that the person is infected with the virus. However, both tests can be negative, even if a person is proven later to be infected (known as a false negative). This is especially true for people who carry the virus but have no symptoms.

Some early reports suggest that the saliva test may have fewer false negatives than the swab test. If verified, home testing could potentially quickly ramp up the widespread testing we desperately need.

### How reliable is the test for COVID-19?

In the US, the most common test for the COVID-19 virus looks for viral RNA in a sample taken with a swab from a person's nose or throat. Tests results may come back in as little as 15–45 minutes for some of the newer on-site tests; with other tests you may wait three to four days for results.

If a test result comes back positive, it is almost certain that the person is infected.

A negative test result is less definite. An infected person could get a so-called “false negative” test

result if the swab missed the virus, for example, or because of an inadequacy of the test itself. We also don't yet know at what point during the course of illness a test becomes positive. If you experience COVID-like symptoms and get a negative test result, there is no reason to repeat the test unless your symptoms get worse. If your symptoms do worsen, call your doctor or local or state healthcare department for guidance on further testing. You should also self-isolate at home. Wear a mask if you have one when interacting with members of your household. And practice social distancing.

### What are the chances that a coronavirus test will tell me I am not infected when I actually am?

The chances that a coronavirus test will give you a false negative (indicating that you are not infected when you actually are infected) depend upon the type of test you have and when in the course of your infection the test is performed. There are two main types of tests:

- nasal/throat swab tests and saliva tests, both of which detect the virus itself
- blood tests that detect antibodies that your immune system produces in response to the infection.

If you get the nasal/throat swab or saliva test, you will get a false negative test result:

- 100% of the time on the day you are exposed to the virus. (There are so few viral particles in your nose or saliva so soon after infection that the test cannot detect them.)
- About 40% of the time if you are tested four days after exposure to the virus.
- About 20% of the time if you develop symptoms and are tested three days after those symptoms started.

This possibility of a false negative test result is why anyone who has symptoms that could be due to COVID-19, or has been exposed to someone known to be infected, must isolate even if they test negative for coronavirus.

The blood antibody test does not become positive (or might never be positive in some people) until many days after exposure, and is therefore not the primary test used for diagnosis. It is very useful for research and public health decision making.

### I've heard that the immune system produces different types of antibodies when a person is infected with the COVID-19 coronavirus. How do they differ?

#### Why is this important?

When a person gets a viral or bacterial infection, a healthy immune system makes antibodies against one or more components of the virus or bacterium.

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The COVID-19 coronavirus contains ribonucleic acid (RNA) surrounded by a protective layer, which has spike proteins on the outer surface that can latch on to certain human cells. Once inside the cells, the viral RNA starts to replicate and also turns on the production of proteins, both of which allow the virus to infect more cells and spread throughout the body, especially to the lungs.

While the immune system could potentially respond to different parts of the virus, it's the spike proteins that get the most attention. Immune cells recognize the spike proteins as a foreign substance and begin producing antibodies in response.

There are two main categories of antibodies:

**Binding antibodies.** These antibodies can bind to either the spike protein or a different protein known as the nucleocapsid protein. Binding antibodies can be detected with blood tests starting about one week after the initial infection. If antibodies are found, it's extremely likely that the person has been infected with the COVID-19 coronavirus. The antibody level declines over time after an infection, sometimes to an undetectable level. Binding antibodies help fight the infection, but they might not offer protection against getting reinfected in the future. It depends on whether they are also neutralizing antibodies.

**Neutralizing antibodies.** The body makes these antibodies specifically against the spike protein. In the laboratory, scientists have observed that neutralizing antibodies block the virus from getting into live cells. The FDA has not yet authorized use of a test for neutralizing antibodies, because it requires handling live COVID-19 coronavirus or a pseudo-virus similar to the real thing. To do the test, a person's blood is mixed with live virus and incubated in a test tube along with living cells to measure the killing action.

In addition to these laboratory observations, human studies have shown that neutralizing antibodies made against other coronaviruses help prevent re-infection.

Scientists are optimistic that the same will be true for the COVID-19 coronavirus, and that neutralizing antibodies will block cell-to-cell transmission of this virus in humans, and offer protection against reinfection, at least for two to three months.

Also, people who have completely recovered from a COVID-19 infection and have neutralizing antibodies in their blood can potentially donate plasma, the component of blood that contains antibodies, to help COVID-19 patients recover from their illness.

## Do the antibodies produced by a person who has been infected with coronavirus protect them from becoming infected again?

Most people who are infected with the COVID-19 virus, whether or not they have symptoms, produce antibodies (proteins that fight infections). New research published in *Nature Medicine* looked at how long those antibodies last. Results from this small study suggest that levels of one type of antibody dropped sharply within two to three months. However, the decrease in neutralizing antibodies, which target the spike protein on the coronavirus and can help protect against reinfection, was much smaller.

Whether or not the remaining antibodies protect against reinfection, and for how long, is still unclear. It's possible that even low levels of neutralizing antibodies may be able to protect against reinfection. On the other hand, the presence of antibodies does not guarantee immunity.

Another consideration is that antibodies are only one part of the body's immune response. Memory B cells, for example, can quickly generate a strong antibody response to a virus the body has encountered before.

## What is serologic (antibody) testing for COVID-19?

### What can it be used for?

A serologic test is a blood test that looks for antibodies created by your immune system. There are many reasons you might make antibodies, the most important of which is to help fight infections. The serologic test for COVID-19 specifically looks for antibodies against the COVID-19 virus.

Your body takes at least five to 10 days after you have acquired the infection to develop antibodies to this virus. For this reason, serologic tests are not sensitive enough to accurately diagnose an active COVID-19 infection, even in people with symptoms.

However, serologic tests can help identify anyone who has recovered from coronavirus. This may include people who were not initially identified as having COVID-19 because they had no symptoms, had mild symptoms, chose not to get tested, had a false-negative test, or could not get tested for any reason. Serologic tests will provide a more accurate picture of how many people have been infected with, and recovered from, coronavirus, as well as the true fatality rate.

Serologic tests may also provide information about whether people become immune to coronavirus once they've recovered and, if so, how long that immunity lasts. In time, these tests may be used to determine who can safely go back out into the community.

Scientists can also study coronavirus antibodies to learn which parts of the coronavirus the immune system responds to, in turn giving them clues about which part of the virus to target in vaccines they are developing.

Serological tests are starting to become available and are being developed by many private companies worldwide. However, the accuracy of these tests needs to be validated before widespread use in the US.

## How soon after I'm infected with the new coronavirus will I start to be contagious?

The time from exposure to symptom onset (known as the incubation period) is thought to be three to 14 days, though symptoms typically appear within four or five days after exposure.

We know that a person with COVID-19 may be contagious 48 to 72 hours before starting to experience symptoms. Emerging research suggests that people may actually be most likely to spread the virus to others during the 48 hours before they start to experience symptoms.

If true, this strengthens the case for face masks, physical distancing, and contact tracing, all of which can help reduce the risk that someone who is infected but not yet contagious may unknowingly infect others.

## For how long after I am infected will I continue to be contagious? At what point in my illness will I be most contagious?

People are thought to be most contagious early in the course of their illness, when they are beginning to experience symptoms, especially if they are coughing and sneezing. But people with no symptoms can also spread the coronavirus to other people if they stand too close to them. In fact, people who are infected may be more likely to spread the illness if they are asymptomatic, or in the days before they develop symptoms, because they are less likely to be isolating or adopting behaviors designed to prevent spread.

Most people with coronavirus who have symptoms will no longer be contagious by 10 days after symptoms resolve. People who test positive for the virus but never develop symptoms over the following 10 days after testing are probably no longer contagious, but again there are documented exceptions. So some experts are still recommending 14 days of isolation.

One of the main problems with general rules regarding contagion and transmission of this coronavirus is the marked differences in how it behaves in different individuals. That's why everyone needs to wear a mask and keep a physical distance of at least six feet.

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Here is a more “scientific” way to determine if you are no longer contagious: have two nasal-throat tests or saliva tests 24 hours apart that are both negative for the virus.

### If I get sick with COVID-19, how long until I will feel better?

It depends on how sick you get. Most people with mild cases appear to recover within one to two weeks. However, recent surveys conducted by the CDC found that recovery may take longer than previously thought, even for adults with milder cases who do not require hospitalization. The CDC survey found that one-third of these adults had not returned to normal health within two to three weeks of testing positive for COVID-19. Among younger adults (ages 18 to 34) who did not require hospitalization and who did not have any underlying health conditions, nearly one in five had not returned to normal health within two to three weeks after testing positive for COVID-19. With severe cases, recovery can take six weeks or more.

Some people may experience longer-term physical, cognitive, and psychological problems. Their symptoms may alternately improve and worsen over time, and can include a variety of difficulties, from fatigue and trouble concentrating to anxiety, muscle weakness, and continuing shortness of breath.

### How long after I start to feel better will it be safe for me to go back out in public again?

The most recent CDC guidance states that someone who has had COVID-19 can discontinue isolation once they have met the following criteria:

- It has been more than 10 days since your symptoms began.
- You have been fever-free for more than 24 hours without the use of fever-reducing medications.
- Other symptoms have improved.

The CDC is no longer recommending a negative COVID-19 test before going back out in public.

Anyone who tested positive for COVID-19 but never experienced symptoms may discontinue isolation 10 days after they first tested positive for COVID-19.

Even after discontinuing isolation, you should still take all precautions when you go out in public, including wearing a mask, minimizing touching surfaces, and keeping at least six feet of distance away from other people.

### What’s the difference between self-isolation and self-quarantine, and who should consider them?

Self-isolation is voluntary isolation at home by those who have or are likely to have COVID-19 and are experiencing mild symptoms of the disease (in contrast to those who are severely ill

and may be isolated in a hospital). The purpose of self-isolation is to prevent spread of infection from an infected person to others who are not infected. If possible, the decision to isolate should be based on physician recommendation. If you have tested positive for COVID-19, you should self-isolate.

You should strongly consider self-isolation if you have been tested for COVID-19 and are awaiting test results or have been exposed to the new coronavirus and are experiencing symptoms consistent with COVID-19 (fever, cough, difficulty breathing), whether or not you have been tested.

You may also consider self-isolation if you have symptoms consistent with COVID-19 (fever, cough, difficulty breathing) but have not had known exposure to the new coronavirus and have not been tested for the virus that causes COVID-19. In this case, it may be reasonable to isolate yourself until your symptoms fully resolve, or until you are able to be tested for COVID-19 and your test comes back negative.

Self-quarantine for 14 days by anyone with a household member who has been infected, whether or not they themselves are infected, is the current recommendation of the White House task force. Otherwise, voluntary quarantine at home by those who may have been exposed to the COVID-19 virus but are not experiencing symptoms associated with COVID-19 (fever, cough, difficulty breathing). The purpose of self-quarantine (as with self-isolation) is to prevent the possible spread of COVID-19. When possible, the decision to quarantine should be based on physician recommendation. Self-quarantine is reasonable if you are not experiencing symptoms, but have been exposed to the COVID-19 virus.

### What does it really mean to self-isolate or self-quarantine?

#### What should or shouldn’t I do?

If you are sick with COVID-19 or think you may be infected with the COVID-19 virus, it is important not to spread the infection to others while you recover. While home-isolation or home-quarantine may sound like a staycation, you should be prepared for a long period during which you might feel disconnected from others and anxious about your health and the health of your loved ones. Staying in touch with others by phone or online can be helpful to maintain social connections, ask for help, and update others on your condition.

Here’s what the CDC recommends to minimize the risk of spreading the infection to others in your home and community.

- Stay home except to get medical care
- Do not go to work, school, or public areas.
- Avoid using public transportation, ride-sharing, or taxis.
- Call ahead before visiting your doctor

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2. Shortens length of time sick
3. Helps prevent infections
4. Suffer from fewer colds, headaches, flu viruses
5. Helps prevent the spread of infections

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- Call your doctor and tell them that you have or may have COVID-19. This will help the healthcare provider's office to take steps to keep other people from getting infected or exposed.
- Separate yourself from other people and animals in your home
- As much as possible, stay in a specific room and away from other people in your home. Use a separate bathroom, if available.
- Restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. When possible, have another member of your household care for your animals while you are sick. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a face mask.
- Wear a face mask when you are around other people or pets and before you enter a doctor's office or hospital.
- Cover your mouth and nose with a tissue when you cough or sneeze and throw used tissues in a lined trash can.
- Immediately wash your hands with soap and water for at least 20 seconds after you sneeze. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Don't share personal household items
- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.
- Clean all "high-touch" surfaces every day
- High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- Clean and disinfect areas that may have any bodily fluids on them.
- Monitor yourself for fever by taking your temperature twice a day and remain alert for cough or difficulty breathing.
- If you have not had symptoms and you begin to feel feverish or develop measured fever, cough, or difficulty breathing, immediately limit contact with others if you have not already done so. Call your doctor or local health department to determine whether you need a medical evaluation.
- Seek prompt medical attention if your illness is worsening, for example if you have difficulty breathing. Before going to a doctor's office or hospital, call your doctor and tell them that you have, or are being evaluated for, COVID-19.
- Put on a face mask before you enter a health care facility or any time you may come into contact with others.

- If you have a medical emergency and need to call 911, notify the dispatch personnel that you have or are being evaluated for COVID-19.
- If possible, put on a face mask before emergency medical services arrive.

### What types of medications and health supplies should I have on hand for an extended stay at home?

Try to stock at least a 30-day supply of any needed prescriptions. If your insurance permits 90-day refills, that's even better. Make sure you also have over-the-counter medications and other health supplies on hand.

### Medical and health supplies

- prescription medications
- prescribed medical supplies such as glucose and blood-pressure monitoring equipment
- fever and pain medicine, such as acetaminophen
- cough and cold medicines
- antidiarrheal medication
- thermometer
- fluids with electrolytes
- soap and alcohol-based hand sanitizer
- tissues, toilet paper, disposable diapers, tampons, sanitary napkins, garbage bags.

### Should I keep extra food at home? What kind?

Consider keeping a two-week to 30-day supply of nonperishable food at home. These items can also come in handy in other types of emergencies, such as power outages or snowstorms.

- canned meats, fruits, vegetables, and soups
- frozen fruits, vegetables, and meat protein or fruit bars
- dry cereal, oatmeal, or granola
- peanut butter or nuts
- pasta, bread, rice, and other grains
- canned beans
- chicken broth, canned tomatoes, jarred pasta sauce
- oil for cooking
- flour, sugar
- crackers
- coffee, tea, shelf-stable milk, canned juices
- bottled water
- canned or jarred baby food and formula
- pet food
- household supplies like laundry detergent, dish soap, and household cleaner.

### When can I discontinue my self-quarantine?

While many experts are recommending 14 days of self-quarantine for those who are concerned that they may be infected, the decision to discontinue these measures should be made on a case-by-case basis, in consultation with your doctor and state and local health departments. The decision will be based on the risk of infecting others.

### How can I protect myself while caring for someone that may have COVID-19?

You should take many of the same precautions as you would if you were caring for someone with the flu:

- Stay in another room or be separated from the person as much as possible. Use a separate bedroom and bathroom, if available.
- Make sure that shared spaces in the home have good air flow. Turn on an air conditioner or open a window.
- Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Use soap and water if your hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

### Extra precautions:

- You and the person should wear a face mask if you are in the same room.
- Wear a disposable face mask and gloves when you touch or have contact with the person's blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine.
- Throw out disposable face masks and gloves after using them. Do not reuse.
- First remove and throw away gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and throw away the face mask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.
- Do not share household items such as dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with the person who is sick. After the person uses these items, wash them thoroughly.
- Clean all "high-touch" surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe.
- Wash laundry thoroughly.
- Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them.
- Wear disposable gloves while handling soiled items and keep soiled items away from your body. Clean your hands immediately after removing your gloves.
- Place all used disposable gloves, face masks, and other contaminated items in a lined container before disposing of them with other household waste. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after handling these items.

### My parents are older, which puts them at higher risk for COVID-19, and they don't live nearby. How can I help them if they get sick?

Caring from a distance can be stressful. Start by talking to your parents about what they would need if they were to get sick. Put together a single list of emergency contacts for their (and your) reference, including doctors, family members, neighbors, and friends. Include contact information for their local public health department.

You can also help them to plan ahead. For example, ask your parents to give their neighbors or friends a set of house keys. Have them stock up on prescription and over-the-counter medications, health and emergency medical supplies, and nonperishable food and household supplies. Check in regularly by phone, Skype, or however you like to stay in touch.

### Can people infect pets with the COVID-19 virus?

The virus that causes COVID-19 does appear to spread from people to pets, according to the FDA. Research has found that cats and ferrets are more likely to become infected than dogs.

If you have a pet, do the following to reduce their risk of infection:

- Avoid letting pets interact with people or animals that do not live in your household.
- Keep cats indoors when possible to prevent them from interacting with other animals or people.
- Walk dogs on a leash maintaining at least six feet from other people and animals.
- Avoid dog parks or public places where a large number of people and dogs gather.
- If you become sick with COVID-19, restrict contact with your pets, just like you would around other people. This means you should forgo petting, snuggling, being kissed or licked, and sharing food or bedding with your pet until you are feeling better. When possible, have another member of your household care for your pets while you are sick. If you must care for your pet while you are sick, wash your hands before and after you interact with your pets and wear a face mask.

At present, it is considered unlikely that pets can spread the COVID-19 virus to humans. However, pets can spread other infections that cause illness, including E. coli and Salmonella, so wash your hands thoroughly with soap and water after interacting with your animal companions.

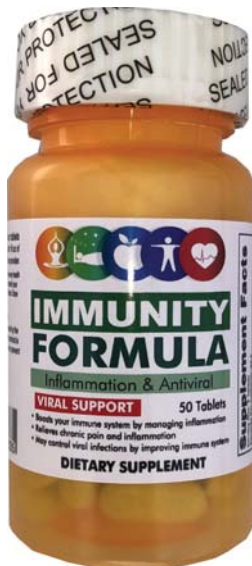
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# Boost Your Immune System

## An Important Aspect of Controlling the Spread of COVID-19 is Maintaining a Healthy Immune System

CANCER EDUCATION CENTER SPONSORED ARTICLE



A healthy immune system protects us by first creating a barrier that stops those invaders, or antigens, from entering the body. And if one slips by the barrier, the immune system produces white blood cells, and other chemicals and proteins that attack and destroy these foreign substances.

### IMMUNITY FORMULA CONTAINS:

**PANCREATIN** - The two essential functions of pancreatin in the body are the proper digestion of food and a routine eradication of cancer and other foreign substances from the body.

**PAPAIN** - Acts as a regulatory or stimulatory effect boosting the immune system. Papain can break up existing pathogenic immune complexes and even prevent their formation from the beginning - enhancing lymphatic drainage.

**BROMELAIN** - Bromelain is a mixture of enzymes derived from the pineapple fruit or stem. Bromelain is used to relieve sinus problems, reduce inflammation, and improve digestion. Bromelain is proven to boost the body's natural immune response.

**TRYPSIN & CHYMOTRYPSIN** - The three main proteolytic enzymes produced naturally in your digestive system are pepsin, trypsin and chymotrypsin. Your body produces them to help break down dietary proteins like meat, eggs and fish into smaller fragments called amino acids. Studies show that proteolytic enzymes are effective at reducing inflammation and symptoms related to inflammatory conditions. Thus, proteolytic enzymes boost immune response.

**RUTIN** - Medicinal plants are an integral part of traditional medicine since ancient era. Rutin (3,3',4',5,7-pentahydroxyflavone-3-rhamnoglucoside) is a flavonol, abundantly found in plants, such as passion flower, buckwheat, tea, and apple. The contemporary scientific community has presently recognized flavonoids to be a unique class of therapeutic molecules due to their diverse therapeutic properties. Of these, rutin, also known as vitamin P or rutoside, has been explored for a number of pharmacological effects. Tea leaves, apples, and many more possess rutin as one of the active constituents. Today, rutin has been observed for its nutraceutical effect. Rutin significantly inhibits specific airway resistance.

**WHITE WILLOW BARK EXTRACT** - The use of willow bark dates to the time of Hippocrates (400 BC) when people were advised to chew on the bark to reduce fever and inflammation. The bark of white willow contains salicin, which is a chemical similar to aspirin (acetylsalicylic acid). In combination with the herb's powerful anti-inflammatory plant compounds (called flavonoids), salicin is thought to be responsible for the pain-relieving and anti-inflammatory effects of the herb. White willow bark and its antioxidant, antiseptic, and immune-stimulating effects boosts the immune system and controls inflammation.

**TUMERIC ROOT** - Turmeric is a powerful herb with over 300 nutrients including beta-carotene, ascorbic acid (vitamin C), calcium, flavonoids, fibre, iron, niacin, potassium, and zinc among others. Turmeric is a natural way to help bolster the immune system by increasing the immunomodulating capacity of the body.

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# THE UPSIDE OF LOCKDOWNS

## Air Gets Cleaner Around the Globe

by Kimberly B. Whittle

Around the world, the COVID-19 pandemic has changed the way millions of people live their day-to-day lives, but despite their dire consequences, government-mandated lockdowns have had an unintended positive consequence: cleaner air.

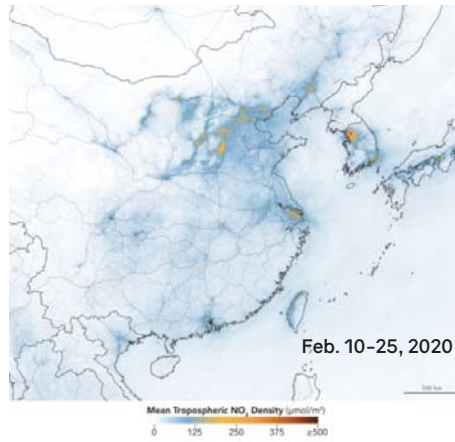
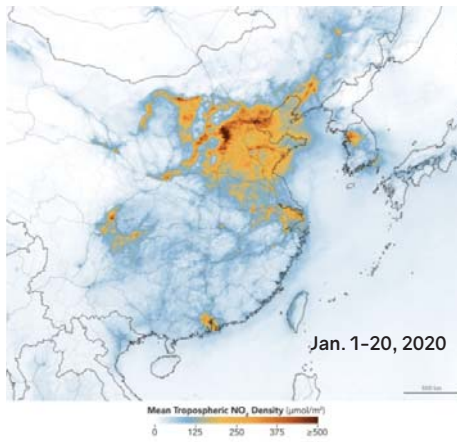
In China, as major cities shuttered factories and reduced transportation earlier this year, experts found that carbon emissions dropped by about 100 million tons over a two-week period. Scientists at the Royal Belgian Institute for Space Aeronomy, in Brussels, are using satellite measurements of air quality to estimate the changes in nitrogen dioxide (NO<sub>2</sub>)—a pollutant emitted into the air when fossil fuels are burned—over the major epicenters of the outbreak. Their research shows that NO<sub>2</sub> pollution over Chinese cities decreased by an average of 40 percent during the lockdown compared to the same period in 2019.

Across the United Kingdom, the reduction in traffic and industry similarly impacted the climate. Within the first six weeks of lockdowns, in London, Birmingham, Bristol and Cardiff, NO<sub>2</sub> and fine particulate pollutant levels dropped by a

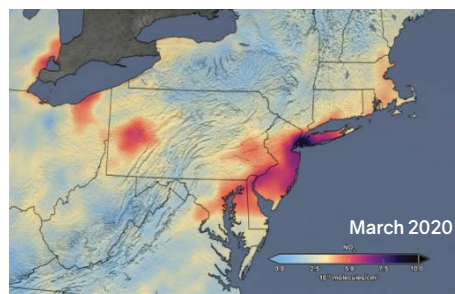
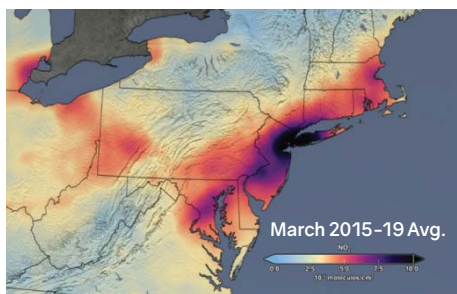
third to half, with large declines recorded in other cities. These are the two air pollutants that have the biggest health impacts on people, says James Lee, professor of atmospheric chemistry at the University of York and research fellow at the National Centre for Atmospheric Science.

The U.S. has been part of these trends, as well. In Los Angeles, known for its smog, the air quality index improved by about 20 percent during March. According to Yifang Zhu, a professor at the University of California (UC) Los Angeles Fielding School of Public Health, during March, the region recorded the longest stretch of “good” air quality that it has experienced for 25 years.

NASA has observed significant air quality improvements in other parts of the U.S., as well. Satellite data for March showed that the mid-Atlantic and Northeast regions had the lowest monthly atmospheric levels of NO<sub>2</sub> that month since 2005. Data on NO<sub>2</sub> from the Aura Ozone Monitoring Instrument over the Northeast in March indicated that levels of the



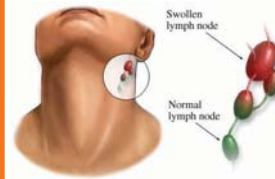
Stevens, J. NASA Earth Observatory (2020, January/February)  
Airborne Nitrogen Dioxide Plummets Over China



Schindler, T. L. NASA's Scientific Visualization Studio (2015-2020, March)

## How the Immune System Works

### LYMPH NODES



Small glands located throughout the body that filter bacteria, viruses, and cancer cells, which are then destroyed by special white blood cells.

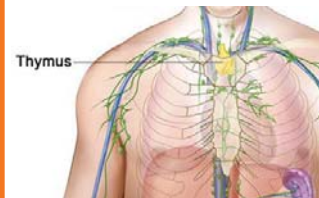
Also the site where T cells are “educated” to destroy harmful invaders in your body.

### APPENDIX



Thin tube about 4 to 6 inches long in the lower right abdomen. The exact function is unknown; one theory is that it acts as a storage site for “good” digestive bacteria.

### THYMUS GLAND



Small gland situated in the upper chest beneath the breastbone. Functions as the site

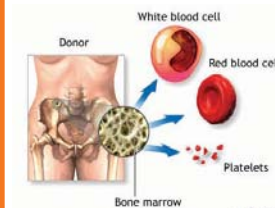
where key immune cells (T cells) mature into cells that can fight infection and cancer.

### SPLEEN



Organ located to the left of the stomach. Filters blood and provides storage for platelets and white blood cells. Also serves as a site where key immune cells (B cells) multiply in order to fight harmful invaders.

### BONE MARROW



Soft, sponge-like material found inside bones. Contains immature cells that divide to form more blood-forming stem cells, or mature into red blood cells, white blood cells (B cells and T cells), and platelets.

pollutant in March of this year were about 30 percent lower on average across the region of the I-95 corridor from Washington, D.C., to Boston than the mean of the previous five years.

Another immediate benefit of the reduction in pollutants is their effect on the pandemic itself. Public health experts agree people that have higher long-term exposure to fine particulate pollution have a 15 percent greater likelihood of dying from COVID-19. They attribute this to the lung damage caused over time by air pollution, combined with the fact that the virus targets the lungs and increases the risk of pneumonia.

Experts warn, however, that the cleaner air is likely to be temporary if we return to pre-COVID-19 levels of travel and industry. Although we have seen a dramatic reduction in greenhouse gas emissions, carbon dioxide (CO<sub>2</sub>) levels—another important contributor to global warming—have continued to rise. “The crisis has slowed emissions, but not enough to show up perceptibly [in CO<sub>2</sub> levels everywhere]. What will matter much more is the trajectory we take

coming out of this situation,” geochemist Ralph Keeling, who directs the Scripps Institution of Oceanography’s CO<sub>2</sub> monitoring program at UC San Diego, told *The Washington Post*. But it’s possible that if people start expecting and demanding the cleaner air we have been enjoying during the pandemic, the coronavirus shutdowns could lead us to embrace new ways of living and working.

Scientists worldwide have emphasized that most of the air quality improvement is due to a reduction in traffic. Ed Avol, a professor of clinical preventive medicine at the University of Southern California, told *Forbes* that telecommuting is here to stay. “Telecommuting from home for those who can, even just for a couple of days a week, can have a marked reduction in terms of emissions.”

*Kimberly B. Whittle is the founder and CEO of KnowEwell.com, a community and marketplace platform committed to rigorous, evidenced-based research that empowers healthier living. To learn more, visit KnowEwell.com or see ad on page 26.*



## No-Waste Garden Edibles

### Ways to Maximize Your Garden's Bounty

by April Thompson

Most gardens are loaded with delicious, nutritious food that goes uneaten and overlooked, from edible greens like sweet potato leaves to flavorful flowers like tulips, marigolds and wisteria. Getting better acquainted with the edible parts of common backyard plants opens up a world of culinary possibilities. With continued concerns around potential exposure to COVID-19, maximizing a garden's bounty while minimizing trips to the grocery store is an added benefit.

"Food foraged from your backyard is fresher, tastier and cheaper than store-bought food," says Ellen Zachos, the Santa Fe author of *Backyard Foraging: 65 Familiar Plants You Didn't Know You Could Eat*. "There is also the novelty factor. People don't expect to be served a BBQ sauce made from crabapples or a curd made with flowering quince fruit. You simply can't buy those flavors."

Many plants and trees commonly thought of as being ornamental have edible parts. Hostas are a common one that Zachos loves to nibble on as much as the deer do. "You can harvest at a couple stages: First, when spears are poking up and the leaves have not unfurled. A little later in the season, you can blanch them and put in a stir fry or quiche, or roast them as you would asparagus," explains Zachos.

Roses are another multipurpose ornamental, with organically grown rose petals making aromatic additions to sweet or spicy

treats. Leaving the roses to decay after the first frost rather than dead-heading them yields rose hips rich in vitamin C for teas and jams.

### Tip-to-Root Eating

Several common vegetables are edible from leaf to root, including broccoli, beets, chard and radishes, says Josh Singer, a garden specialist with the U.S. Department of Parks and Recreation, in Washington, D.C., who teaches classes on "alternative edibles" from the garden. "One of my favorite recipes is a hummus made with chard stalks in place of chickpeas. It's so creamy and delicious."

Singer also cites borage, passionflower and squash flowers as favorite floral foods. "Unfortunately, it does mean making a hard choice between having beautiful flowers in your garden and eating them," he adds. "It can also mean the plant not producing fruit or vegetables, but you can hand-pollinate female flowers in the case of squash and just use the male flowers for cooking. They make delicious fritters."

Marie Viljoen, author of *Forage, Harvest, Feast: A Wild-Inspired Cuisine* cookbook, has one tip for daylilies (*Hemerocallis fulva*) that overaggressively multiply: eat them. "Daylilies are nose-to-tail eating: their tender, cooked shoots are as melt-in-your-mouth as leeks, and their firm, underground tubers are delicious snacks, raw or cooked. I like to roast them with olive oil, like mini-home fries," says the New York

City forager, instructor and chef. "Their buds are juicy snacks and their open, fresh flowers are edible—and stunning in a salad—but so are the older, dried flowers, the so-called 'golden needles' that one can sometimes find in Chinese stores." Viljoen cautions that a small percentage of people have a bad reaction to daylilies, and they should be eaten in moderation, especially when trying them for the first time.

Lindsay-Jean Hard, a food writer in Ann Arbor, Michigan, and author of *Cooking with Scraps: Turn Your Peels, Cores, Rinds, and Stems into Delicious Meals*, points out some common fruits with edible greens. Strawberry greens can be used to make a pesto or flavor water. Tomato leaves can flavor a tomato sauce (sparingly, as they pack a strong taste)—a tip found in Harold McGee's *On Food and Cooking: The Science and Lore of the Kitchen*.

Carrot tops and celery leaves also make great pesto, says Tama Matsuoka Wong, a New Jersey forager, chef and author of *Foraged Flavor: Finding Fabulous Ingredients in Your Backyard or Farmer's Market*. While pea shoots have gotten to be a trendy item on many menus, Wong says they have long been an off-menu item at Chinese restaurants. "You won't find it on the menu, but Chinese people eat pea shoots instead of beans all winter long, often stir fried with sesame oil, garlic and bamboo shoots."

Many scrappy cooks know to use garden produce that fails to ripen before the season ends or bolts too soon. Singer uses unripe tomatoes to make green tomato chili, muffins and bread, whereas Hard likes working with flowers from bolted herbs and greens, including arugula, basil, chives, chervil, kale, sage, rosemary and others. "I mainly use them as garnishes, but every year, I make a batch of chive blossom vinegar," she says.

Leaving a plant like cilantro to bolt and flower not only feeds pollinators, but also provides free spices at the season's end, says Singer. Simply let cilantro dry on the stalk, then gather the seed pods for home-harvested coriander seeds. Letting annuals go to seed (and saving the seeds) provides the start for next year's food plot.

April Thompson is a freelance writer in Washington, D.C. Connect at [AprilWrites.com](http://AprilWrites.com).



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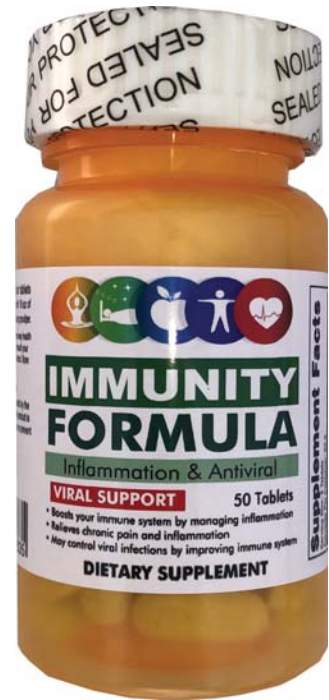
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# 5 Common signs of nutrient deficiency

## Poor night vision

Vitamin A, known as retinol, is essential for promoting good vision and overall eye health. Too little vitamin A can cause night vision problems, crusty eyelids in the morning, recurrent infections and photophobia (eye discomfort in the sun.)

## Sores or discoloration of your tongue

The tongue is an essential organ that shows us many signs of the state of our health. Water-soluble B-vitamins are essential for the health of the mouth and tongue. Unfortunately, the body doesn't store them, so we have to constantly replenish them.

## Weak, spotted or rigged nails

These are common signs of a deficiency in zinc, an important trace mineral needed for the proper function of the immune system. Zinc also serves an important role in cell division and growth.

## Muscle fatigue and bone pain

Vitamin D is not only a vitamin but a hormone that tells your bones how much calcium to store and release. Not enough vitamin D and your bones become weak, but also, too much calcium can reside in your bloodstream.

## Frequent cramps in your lower legs or 'Restless Leg'

Vitamin D is not only a vitamin but a hormone that tells your bones how much calcium to store and release. Not enough vitamin D and your bones become weak, but also, too much calcium can reside in your bloodstream.

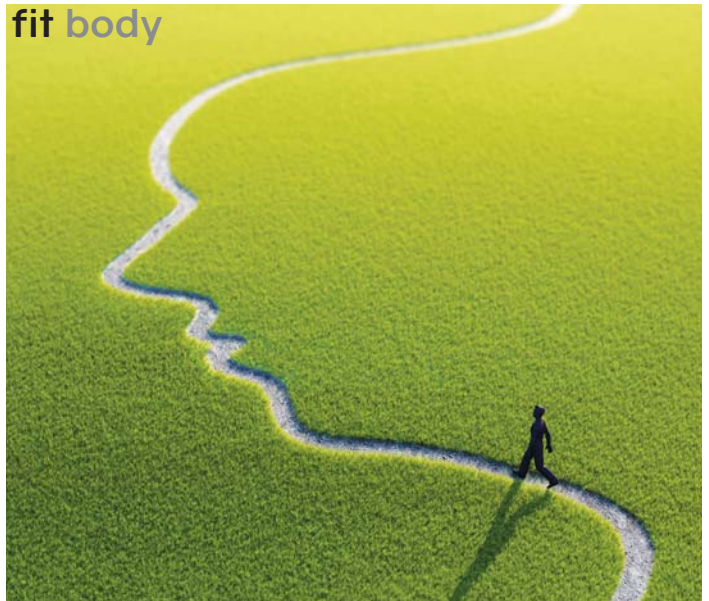
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## Meditative Steps for Well-Being

by Marlaina Donato

The health benefits of walking, such as stress reduction, improved joint mobility, lower blood pressure and increased oxygen, are well known, but walking or hiking with a meditative focus offers some other unexpected perks. Mindful walking that fosters focus on each step can combat depression, anxiety and unhealthy food cravings by boosting neurotransmitters. Studies from the University of Exeter, in England, reveal that chocolate cravings and consumption are reduced after just a 15-minute walk, and a German study found overweight people that walked briskly for 15 minutes had less desire for sugary snacks.

A 2016 study in *Complementary Therapies in Medicine* found that meditative walking for 30 minutes three times a week reduced arterial stiffness and the stress hormone cortisol in a 12-week period. Individuals with Type 2 diabetes also had healthier blood sugar levels. Further, the group that employed mindful walking exhibited significant improvement compared to the control group that engaged in regular, non-meditative walking.

### Mindful Me-Time

Like seated meditation, meditative walking fosters mind-body awareness that can nourish the spirit. "Some of the world's greatest artists, like Johann Sebastian Bach and William Blake, were well aware of this, and spent much time on long walks exploring their inner worlds," says Reino Gevers, of Majorca, Spain. The author of *Deep Walking for Body, Mind and Soul*, he sees walking meditation as an invitation to tap into the bigger matrix of life. "Deep walking, also pilgrimage walking, is spending time alone in nature to walk off the things that are weighing heavy on your shoulders. These could be hurtful and traumatic

# HOPE

WHEN YOU TURN to God in prayer don't just wait patiently – wait expectantly, knowing that God will deliver you from whatever pain or problem you are facing. There is always hope and always a response to your cries for help.

*Heavenly Father, because of You I do not need to worry. I know I am blessed because You will do wonderful things for me.*

*I waited patiently for the Lord; he turned to me and heard my cry.*  
PSALM 40:1 (NIV)

events like the loss of a family member, divorce or financial loss. While practicing mindful walking, there is a reconnection to the natural rhythm of life.”

Meditative walking calms the amygdala, the portion of the brain that can become hyper-reactive from trauma and keep us in the loop of anxiety. Introduced to meditative walking by a spiritual teacher, Carolyn Sinclair, in Houston, found deep healing from depression after a devastating divorce. “Even though I knew tai chi, qigong and sitting meditation, I couldn’t lift my head off the pillow, couldn’t sleep and wasn’t eating,” says Sinclair, who relinquished all medications after six months of taking mindful steps. Today, she blogs at *WalkingMeditation.com* and attributes her capacity to feel joy and her improved emotional resilience to the practice. “We cannot stay in sitting meditation all day long, and life will always throw us a curve ball,” she says. “Walking meditation allows us to be in the world, but not attached to the chaos and drama. This form of meditation helps train the mind to reside in the present moment during our everyday activities.”

## Resetting Body and Soul

Going for a mindful walk can cultivate sensory nuance, especially to changing angles of sunlight and the dance of turning seasons. Psychologist Hugh O’Donovan, in Cork, Ireland, the author of *Mindful Walking: Walk Your Way to Mental and Physical Well-Being*, says, “The body is a powerful instrument

of connection. It appears too simple, but this is a necessary aspect of mindful walking for the beginner right through to the more experienced practitioner. It is in this slowing down that you begin to notice.” In 2015, he traversed the entire length of his native country and was reminded, he says, that “In this mindful walking space, the world can come alive at every sensory level. You can see the colors, the textures, the contrasts, the shade, the magic.”

Gevers concurs, “There is a major difference in just walking for exercise and deep walking. When you do mindful walking, you open your senses to the world around you. What do you smell, hear and feel?”

## Buddha Steps

Mindful walking begins with communing with each step, heel-to-toe, on Mother Earth. “The beauty of walking meditation is that once it becomes a habit, we can bring it everywhere, naturally,” emphasizes Sinclair.

O’Donovan, whose mantra is, “Show up, slow down and notice”, inspires us all when he says, “You might think, ‘I’ve seen grass a million times; I know grass,’ but this limits the possibility to know in a deeper way. Grass is not just grass when you walk mindfully.”

*Marlaina Donato is a composer and body-mind-spirit author. Connect at [AutumnEmbersMusic.com](http://AutumnEmbersMusic.com).*

# Tips on Meditative Walking

### From Carolyn Sinclair:

- Find a safe, quiet place to walk. A park, your yard, in nature is best, but you can even choose a mall before the stores open.
- Set aside a specific amount of time to walk and start with 10- or 15-minute increments.
- Wear shoes and set your gaze about 12 to 15 feet angled toward the ground in front of you. Relax. Keep arms and shoulders loose; head and neck in alignment.
- Observe the smell of the earth, flowers and trees. Feel the moisture in the air and how it effects your skin; recognize the temperature. Notice how you maintain balance as you walk; how a rock and uneven surfaces feel underfoot.
- Notice any tension without trying to change it—just observe and avoid analyzing, comparing or editing.
- Experience the sensation of feeling the soles of the feet as each foot touches the ground. One shouldn’t be fooled by its simplicity. The mind will always wander; consequently, it’s not necessary to try to stop the mind from thinking. All that is needed is to bring attention back to feeling the soles of the feet, again and again. They contain energy meridian lines and

acupuncture and chakra points that communicate energetically to every cell and every organ of the body.

- Avoid headphones or music whenever possible. With mindfulness, you will be tapping into the music of your sole/soul and experience peace and tranquility.
- If you don’t have time to go out, practice in the living room, going slowly in a clockwise direction, or walk down a hallway in your home or office.
- Something miraculous happens when we bring our awareness to the feet. This is one of the deepest secrets of the Buddha. Bring your awareness to the soles of your feet when grocery shopping or when you are standing in line at the bank. Always bring your awareness to the soles of your feet, even when sitting at a desk or waiting in the doctor’s office.

### From Reino Gevers:

- Start with a short 10- to 15-minute walk and do it every day of every week. You will soon begin to notice the positive effects on body and mind. If you put yourself under pressure by wanting to do too much too soon, you will inevitably fail and get frustrated. It’s a small change in one’s daily habit that has an enormous positive impact.

healthy kids



# Strong and Healthy

## Five Ways to Strengthen Kids' Immunity

by Ronica O'Hara

**W**ith American children increasingly afflicted with asthma and allergies, it's critical to help them build up their natural immunity. Microbial ecologist Jack Gilbert, Ph.D., of the University of California San Diego School of Medicine, co-founder of the crowdsourced American Gut Project, advises, "Furry pets, the outdoors, dirt in the backyard, forests—life!"

As the co-author of *Dirt Is Good: The Advantage of Germs for Your Child's Developing Immune System*, Gilbert is part of an emerging scientific consensus called the "hygiene hypothesis," which posits that excessive sterility—being overzealous in protecting our children from germs and other microbes—can dampen the ability of their bodies to fight off allergens and infections. "As a species, we have evolved in a world full of microbes, and our immune systems have developed to cope with that," he says. "The immune system needs to be used and trained by exposure to the world around it." From birth onward, here are some proven strategies that strengthen kids' immune systems.

**1 Start off right with natural birth and breastfeeding:** One in three babies in the U.S. is born by

caesarean section, and about half the time it's optional rather than necessary—perhaps because parents don't understand that babies born in this manner have been shown to have altered immune development, reduced gut microbiome diversity and a higher risk of developing allergies, atopy and asthma in the short term, with a long-term risk of obesity, according to a study published in *The Lancet*. Likewise, breast-feeding protects against the likelihood of viruses, eye and urinary tract infections, inflammatory bowel disease, gastroenteritis, lymphoma, leukemia, and Type 1 and 2 diabetes, reports the American Academy of Pediatrics.

**2 Feed them the right foods:** Provide lots of antioxidant-rich fruits, veggies and fiber—organic when possible—while avoiding processed foods. "The intestinal lining of the gastrointestinal tract serves as the body's first line of defense against many pathogens. Through certain strains of probiotics and prebiotics found in whole food, we can help landscape our child's intestinal microbiome to create a positive effect on their innate and adaptive immune responses," says Krystal Plonski, a Seattle naturopathic physician with a pediatric focus.

**3 Avoid cleaning toxins:** The COVID-19 pandemic has many of us reaching for virus-zapping bleach disinfectants, but Gilbert advises not to overuse them. Once the viral threat is past, it's wise to go back immediately to natural cleaners like vinegar and baking soda. A 2015 study in *Occupational & Environmental Medicine* of more than 9,000 children ages 6 to 12 in Spain, Holland and Finland found the incidence of infections such as flu, tonsillitis, sinusitis, bronchitis and pneumonia was more prevalent in homes where bleach was used.

**4 Get them outside around dirt:** Whether toddlers are making mud pies, older kids are growing gardens or teens are kicking up dust on the sports field, childrens' immune systems thrive when they meet the microbial richness of dirt and the vitamin-D boost of the sunny outdoors. In a study in *The New England Journal of Medicine* that focused on two technology-free communities, Amish children that lived and worked at old-fashioned family dairy farms had a quarter and a fifth the rate of asthma and allergies, respectively, as Hutterite children that lived off-site from their community's large industrialized farms. Georgetown University researchers report that sunlight, besides producing vitamin D, energizes infection-fighting T-cells in the skin that play a central role in human immunity.

**5 Get them a pet:** The dirt, germs and fur that dogs and cats bring to a house may be just what young immune systems need. Finnish researchers following 397 babies found those that grew up in homes with pets were 44 percent less likely to develop an ear infection and 29 percent less likely to receive antibiotics than pet-free babies. Canadian researchers found that babies from families with pets—70 percent of which were dogs—showed higher levels of two types of microbes linked to lower risks of becoming allergic and obese. They theorize that exposure to dirt and bacteria early in life—for example, in a dog's fur and on its paws—can create early immunity.

Ronica A. O'Hara is a Denver-based health writer. Connect at [OHaraRonica@gmail.com](mailto:OHaraRonica@gmail.com).

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### **BOOST IMMUNE SYSTEM:**

Drinking alkaline water will boost your immune system and help you fight the aging process by helping to reduce the acidity of your body. Drinking Green Water also promotes adaptive immune response by working to get rid of toxic foreign invaders from the body through the kidneys. It prevents toxin build-up which, in turn, boosts immune function.

### **Lose Weight:**

Alkaline water can help lose weight by cutting in on our fat reserves. Acidity is the main culprit because we tend to store more fat than we require. Our dietary patterns not only include more fat but also more acidic foods that further aggravate the problem of a decreased pH level. We should aim to maintain a pH balance of 7.40 which is slightly alkaline. Drinking alkaline water helps in two ways. One that we hydrate our body as our body is 70% water, and second it helps in cutting down on acidity and then on fat.

### **Anti Aging:**

Water is a good anti aging method and drinking ionized water is even better as it helps reduce acne and eczema apart from other skin problems. Alkaline water forms small clusters that are easy to absorb and they hydrate our body more effectively causing our skin to plump up and age more slowly.

### **Build Cardiovascular Health:**

Acidic reserves in our body create several health problems like diabetes, kidney stones etc. Poor digestion led by stress and poor dietary habits add to decreased cardiovascular health. Acidic waste builds up and can aggravate this condition. To get rid of this waste, alkaline water can help neutralize the acidity in our body.

### **Reduce Joint Pain and Arthritis:**

Joint pain develops only when our body is acidic. Alkaline water can combat that by regulating our pH balance and thus eliminating free radicals in our body that target joint causing pain and aggravating arthritic pain. Alkaline water has antioxidants that help reduce free radicals in our body.

### **Reduce Infections, Flu and Colds:**

Immunity weakens with more and more acidity in our body and thus we fall sick more frequently. Alkaline water can help build up alkaline reserves and neutralize acids helping our body to recuperate and grow strong.

### **Detoxify:**

Alkaline water has detoxification properties and it helps to get rid of free radicals. It is also easily absorbed as it is less clustered. Detoxification occurs as alkaline water has antioxidants that act on free radicals in our body, built up because of acidity.

### **Decrease Risk of Cancer:**

We have a higher risk of cancer when our bodies are acidic in nature. Doctors promote alkaline water and alkaline dietary habits only to combat these health risks that are associated with acidity. Alkaline water is a good way to combat cancer risk and get rid of acidity reserves in our body. Cancer develops when our body cells become unhealthy and adapt to our body's unhealthy environment when our body is acidic. Alkaline water can help reduce the risk of unhealthy cell growth.

# THANK YOU



To the healthcare professionals who are risking their lives during this epidemic, thank you for fighting COVID-19 on the front lines.

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## HEALING WATERS

### Hot Baths Rejuvenate Body and Mind

by Marlaina Donato

Down to our very cells, water is the foundation of life. In the ancient Greco-Roman world, bathing in hot mineral springs and cool saltwater was a common ritual for better health, and spaces dedicated to baths were considered sacred. Stepping into a warm tub harkens back to the safety of the womb while offering abundant health benefits. Opting for a bath instead of a shower can not only help minimize headaches, insomnia, menstrual cramps, depression and chronic pain, but soothe a burnt-out nervous system. It can also enliven stagnant blood and lymphatic fluids, enabling metabolic waste to be carried out of the body through perspiration.

“Hydrotherapy is used in many natural health systems for a wide variety of ailments from inflammation to nervous system dysfunction and skin conditions. Whether you have access to a bathtub or not, there are many ways you can apply these traditional practices to your own self-care routine,” says Marlene Adelman, herbalist and founder of the Herbal Academy, in Bedford, Massachusetts.

Whether we step into a full-body tub or a foot basin, water is a balm for the modern spirit bogged down by information overload and world events. “Taking time away in the sanctuary of warm water allows us to slip into a different state of mind and to release the energetic armor we

defend ourselves with, as well as recuperate and heal internally,” says Kiva Rose Hardin, herbalist and co-editor of *Plant Healer* magazine, in New Mexico.

### Insulin Sensitivity, Pain and Depression

A good bath can lower chronic systemic inflammation associated with osteoarthritis, rheumatoid arthritis and fibromyalgia. It can also impact how the body uses insulin. A 2018 study published in the *Journal of Applied Physiology* shows that immersion in hot water counters low-grade inflammation and increases glucose metabolism in individuals unable to exercise.

Hot baths relax muscles by promoting blood circulation through the tissues and prompting the nervous system into a calming parasympathetic mode. Cold-water soaks—preferably in the morning—provide perks that include boosting immunity and increasing depression-zapping endorphins such as dopamine.

### A Handful of Nature

The skin is our largest organ, and what we put into the bath affects us from the outside-in. Bentonite clay for detoxing and Dead Sea salts for pain are great choices. Studies going back to the 1990s show significant, lasting effects of Dead

Marlene Adelman/HerbalAcademy.com

Sea salts on those with osteoarthritis of the knee, as well as rheumatoid arthritis.

Fortifying the bath with Epsom salts, evaporated sea salt or Himalayan pink salt is highly beneficial. "Himalayan salt has 84 valuable trace minerals, including potassium, magnesium and sodium. It draws out toxins, cleanses the skin and helps cleanse the body energetically," says Hellen Yuan, founder of the bath product company Hellen, in Brooklyn.

Adding bundles of fresh or dried herbs or snipping them into sachets can strengthen immune response and provide a welcome antidote to work-related stress. "Aromatic herbs and essential oils are inhaled through our olfactory system and make a beeline to our brains, signaling that it's time to relax or feel energized," says Adelman, who emphasizes practical common sense. "Although flowers and leaves floating in the tub make for lovely social media posts, most household plumbing cannot handle big, bulky plant material. The simplest way to add herbs to a bath is by making a super-concentrated tea." Hardin concurs, recommending fresh or dried lavender, flowering goldenrod tops, holy basil leaves (tulsi, *Ocimum tenuiflorum*) or calendula blossoms.

## Sacred Waters

Baths are good medicine for both genders. "Men carry so much stress in their bodies and typically hold in a lot of tension. A good bath brew eases the muscles and replenishes the mind and soul," says Yuan.

Bathing can be the ultimate sacred offering to the body. From her wood-fired outdoor tub at the edge of a starlit mesa, Hardin advises, "Efforts need not be expensive or time-consuming. Just focused intent will inherently return a sufficient degree of sensuality, magic and beauty to the bath."

*Marlaina Donato is the author of Multidimensional Aromatherapy. Connect at AutumnEmbersMusic.com.*

## Essential Oils and Safety Tips

**From Hellen Yuan:** Foot baths are a great alternative to a full-body bath because of the 72,000-plus nerve endings in our feet and the six acupuncture meridians points.

### From Marlene Adelman:

Essential oils should always be properly diluted and dispersed in oil, thick aloe vera leaf gel, Castile soap or a dispersing agent such as Solubol. Water, alcohol and hydrosol are not safe carriers, as they do not disperse the essential oils.

For aromatherapy bath salts, dilute essential oils in a small amount of oil before stirring into the salt. For nut allergies, avoid almond oil.

## Nourishing Additions Add Zing to Bath Waters

**Organic apple cider vinegar:** 1 cup to a bath to balance skin pH levels, combat yeast infections and soothe sunburn

**Himalayan salt:** ½ cup to bath water for acne, eczema and psoriasis

**Dead Sea salts or sea salt:** ½ cup to bath water for psoriasis and arthritis pain

**Chamomile flowers or organic, dried rose petals:** 1 extra-strong cup to bath water for relaxation and better sleep or use herbs gathered in a muslin bag or sock and steep in the bath

**Ginger:** ½ cup shredded fresh ginger or 1 teaspoon ginger powder to bath water for increasing the body's chi, boosting immunity and relieving pain. Follow-up with a shower to rinse off perspiration (contraindicated in the presence of high blood pressure, diabetes or a history of heart disease)

**Epsom salts:** ½ cup added to the bath to fortify magnesium and boost serotonin, which can increase energy and stamina, decrease irritability and adrenaline, lower blood pressure, increase concentration and improve sleeping habits

**Essential oils:** 5 to 7 drops mixed well into bath salts—lavender (for nervous system support), eucalyptus or tea tree (congestion, colds, flu), geranium (adrenal and reproductive hormonal support), pine or fir needle (adrenal and nervous system support)

### Marlene Adelman's Go-to Bath Recipes:

#### Herbal Bath De-Stress Tea

- ¼ cup lemon balm leaves
- ¼ cup chamomile flowers
- ¼ cup peppermint leaves
- ¼ cup rose petals

Combine herbs together in a 2-quart jar. Pour 2 quarts boiling water over herbs and let steep for 15 minutes. Strain tea and discard or compost herbs. Pour tea into bath and enjoy.

#### Herbal Bath Salts

- 2 cups Epsom salt
- 1 cup sea salt
- ½ cup baking soda
- 2 Tbsp carrier oil
- 20 drops lavender essential oil

Put salts and baking soda in a bowl and combine thoroughly. Combine essential oil with carrier oil in a small bowl. Add essential oil mixture to salt mixture. Store in a glass jar for 6 to 12 months. Use 1 to 2 cups per bath.



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*Mrs. Clara S. from Mallet, Louisiana (91 years old)*

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Source: [www.ncbi.nlm.nih.gov/pubmed/29587377](http://www.ncbi.nlm.nih.gov/pubmed/29587377)



## Where can you get Manglier Tea?

Manglier Tea is a native plant of south Louisiana. But if you don't want to have to go drudging through uncut fields and along roadsides, you can purchase Manglier Tea drop and tea leaves at:

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"As an adult I have made tea from the bitter-tasting manglier plant, which is a medium-sized bush or scrub. It worked well; I sweated out the fever and felt refreshed. ... It has three very distinct leaf patterns on the same plant. The leaves are also used for making tea, and they can be used as a dressing for insect bites."

Source: [www.theadvertiser.com](http://www.theadvertiser.com)

"Manglier is the hidden jewel of the medicinal plant collection. Little seems to be known about it outside of Louisiana, but it is well known by our Native American, Cajun and Creole communities as an excellent remedy for fevers, chills, congestion and other cold or pneumonia type symptoms. The leaves of the plant are boiled to make an aromatic yellow/green brew. Because of its strong, bitter taste, it is usually served with honey and lemon, a cough drop or some whiskey to cut the flavor."

Source: [www.theadvertiser.com](http://www.theadvertiser.com)

"A tea made from the leaves is also useful in treating most respiratory problems as well as fever and stomach cramps."

Source: [www.vermillionville.org](http://www.vermillionville.org)

"Human knowledge of medicinal plants has been declining for hundreds of years as healers die with no record of their knowledge. Despite this trend, more than 70% of the world's population still relies mainly on traditional herbal medications. (Farnsworth and Soejarto 1991; King, 1996)

For inflamed kidneys and fever Boil menguiléand drink the water three times a day.

For "flu" Boil three menguiléroots. Reduce the liquid by half, and add a good drink of whisky. Drink three cups without stopping."

Source: [www.botanical.pbrc.edu](http://www.botanical.pbrc.edu)

"My great grandmother used to make a Monglea tea. She used it when you would have a fever. You would sweat so much when you drank this tea. She said it was an energy booster and you would sweat out impurities."

Source: [www.topix.com](http://www.topix.com)

"Groundsel bush [Manglier] Baccharis halimifolia (a horrible tasting tea reputed to cure almost everything)."

Source: [www.lpmga.org](http://www.lpmga.org)

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- Mrs. Clara B., Mallet, LA  
Interview with Natural Awakenings Magazine in 2013



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