


Here is Your Family's Guide to the Coronavirus

I visit Dr. Ward at least once a week when Debbie and I are  in Newport for the Summer. – Dick Young.

Dear Patient,

As promised, I am sending this email to share some useful information that I have found over the last week. As one of your healthcare providers, it is my intention to provide you with knowledge to keep you calm and healthy. I am lucky enough to have access to information coming out of Wuhan, China where this disease began. The treatments used on the front lines were a combination of western pharmaceuticals along with Chinese Herbal Medicine and shown to be quite effective. Therefore, I have been able to understand this disease through the eyes of Chinese Medicine and gain access to the most useful treatments used for it in my medicine. I have been studying case studies and trying to stock my herbal pharmacy in case I need to treat anyone.

In this email, I'd like to share information to help you identify the virus more easily for yourselves and your loved ones. I'd also like to share useful tips on keeping your immune system strong.

About the COVID 19 virus:

COVID 19 is an RNA virus (much like the flu) that can develop into pneumonia as it becomes more severe. The coronavirus pneumonia is seen as "damp pestilence" in our medicine meaning that the dampness obstructs the normal functioning of the lungs. The dampness is very heavy and congests any Qi movement up or down. It is the amount of dampness that differs this virus from typical pneumonia. What the doctors noted in China

for early symptoms of the virus was that...

All persons displayed a thick white sticky tongue coating

Patients had either a dry cough or no cough at all

Patients complained of SEVERE nasal congestion (runny nose and sputum are not a typical presentation for COVID19 but rather indicates the common cold or flu instead)

Patients complained of a sore throat lasting for 3-4 days

The above symptoms could last for approximately 1 week. If the disease was to progress to Coronavirus Pneumonia, the doctors noted it would be earlier after 2-3 days of dealing with the above symptoms. Once the virus has reached the lungs and/or trachea, the patients exhibited these symptoms:

1)90% of Patients developed a high fever

2)80% of Patients developed a dry cough (aggravated or initiated)

3)30% of patients had shortness of breath and fatigue

It is important to note that it is rare this virus will develop into the second stage of symptoms. Data from the largest study in China showed 80% of positive patients had mild symptoms and did not require any hospitalization, while 15% showed severe symptoms and 5% were critical. Those patients at risk for the virus developing into severe or critical symptoms are patients who are immunocompromised, elderly, have cardiovascular disease, diabetes, hepatitis B, chronic obstructive pulmonary disease, chronic kidney disease, and cancer. China's CDC analysis found that out of 44,672 patients the fatality rate in patients who reported no other previous health conditions was 0.9%.

For those of you that are dealing with any of these diseases,

I urge you to be cautious but not fearful. Our advantage of having so many others deal with this disease ahead of us can keep us strong and keep the virus from escalating.

Prevention:

**This virus is transmitted through droplets in the air. The airborne route is between 6 and 10 feet. If the virus drops onto a metal surface, it can survive for 12 hours. So wipe all public metal surfaces and wash hands after touching them. If it drops onto fabric, it will survive for 6-12 hours. Normal laundry detergent will kill it. The virus can live on your hands for 5-10 minutes. It is during this time that we often will touch somewhere in our face area and become compromised. Therefore, wash hands regularly, carry hand sanitizer with you when you leave your home, and avoid touching your face.*

The virus will enter through the mucosa of the throat or nasal passages. Therefore, it is helpful to keep these areas clean and efficient by either **gargling with warm salt or suck on **Zinc lozenges**. I find doing the zinc and salt water after being in public is a smart preventative.*

*Being sure to keep the nasal passages working effectively and moist with a **saline nasal spray** will also prevent the virus from entering as easily. Therefore, I'd suggest spraying before going out.*

Of course, don't forget the basics like drinking plenty of water, getting regular exercise, fresh air, sufficient sleep, and good nutrients via food and supplements. Specific focus should be on **Vitamins A, D, and C. Also, avoid cold, greasy, and heavy foods. Eat light. Have soups and cooked veggies, less spicy, oil and salty foods, less pickled foods, avoid alcohol, and avoid too much sweet (desserts and fruit juices).*

Because this is an RNA virus, **Elderberry extract is extremely*

effective for prevention. You can take this in lozenge form, gummy form, or syrup form.

*N-Acetyl Cysteine (**NAC**) is also a good antioxidant supplement to consider since it is helpful with treating immunity, respiratory diseases, improving mood, and decreasing the effects of stress.

*Lastly, Chinese herbal formulas such as **Yu Ping Feng San** are well known for keeping the body strong and protected. This was one of the formulas used in China by the healthcare workers in the hospitals to keep themselves healthy. If you are interested in this one, please contact me since online sources aren't always safe.

I am continuing to navigate through this time as a practitioner and striving to provide you as much care as I can while we are isolating ourselves. Please don't hesitate to contact me with any questions or concerns.

Best in Health,

Dr. Ward