

NATURAL ROOTS MEDICINE

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Updates to Newsletter: Virus and Flu protection

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*recommendations and statements may not be approved by the Food and Drug Administration to treat or diagnose, cure or prevent disease. Products are intended to be used as dietary supplements.



<http://www.publichealth.lacounty.gov/media/coronavirus/>

http://www.ochealthinfo.com/phs/about/epidasmt/epi/dip/prevention/novel_coronavirus

Prevention: Carry a means to cleanse your hands with you. Use of hand wipes and alcohol based hand sanitizers is necessary. Important in high traffic public areas, and after use of door handles and other surfaces.

Avoidance: Avoid contact by protecting your mouth and nose from your hands. Viruses stay active on surfaces, tables, door knobs, phones, especially when moist. Wash surfaces, hands and change garments frequently.

Awareness: Know yourself. Check your vitamin D and other basic labs, to ensure your immune system is at its best. Check your temperature if you feel warm. A high fever may mean you contracted a more serious virus.

Keep warm: Frequent hot face towels and hot baths will reduce virus replication.



NATURAL THERAPIES

Before adding any natural therapies, seek medical advise as some vitamins, minerals are not recommended during pregnancy or may have side-effects or contraindications to your health, conditions or current medications.



Herbs come in many forms, hole seeds or natural leaf



Gels, extracts, powders or oils

GENERAL HELPFUL GUIDELINES:

*Get extra sleep and rest.

*Increase fluids and foods rich in vitamin A , C and mineral zinc.

*Herbs/foods at home which can be beneficial; oregano, thyme, rosemary, cayenne, honey, onion, garlic , ginger, lemon.



Fresh multi-colored vegetables



Fresh fruits and citrus

NEW CLIENT LIMITED ONLINE PREVENTION VISIT: (TELEMEDICINE VISIT)

< 1 HR 250.00

Receive a health history review and work up to provide limited health and wellness recommendations. Lab orders, or recommended testing additional cost.



Holistic, natural Naturopathic Medicine



Naturopathic Medically trained