

Maintaining Better Wellness: The Covid 19 Crisis



In lieu of the ever-changing health crisis we are facing, I wanted to provide our patients with some health tips that they could implement to help their immune system and maximize their health potential.

Dr. Oz was quoted as saying, "If you are under 50 years old, the risk of the virus is trivial compared to other threats of life."

However, reports now say 48% of cases in ICU are between ages 20-64. Therefore, we all need to be smart and cautious for all ages.

Social Precautions

- Wash your hands often, especially fingers and thumbs.
 - Use hand sanitizer with at least 60% alcohol.
 - Do not shake hands with people. Instead, fist bump or elbow tap, but preferably wave from 6-8 feet.
 - Avoid non-professional gathering places, like bars, restaurants and health clubs. Professionals, however, have done a good job of minimizing germs and providing a safe environment.
 - Wipe down areas that are touched with antibacterial wipes, and spray the air with an antibacterial spray like Lysol.
 - Frequently, wash the inside of your nostrils by inhaling warm water thru them and blowing it out.
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Exercise

- ✓ Mild to moderate exercise, calisthenics, stretching and interval or burst training for 20 minutes.
 - Examples:
 - ⇒ Walk for 3 minutes then do knee bends for 30 seconds,
 - ⇒ Walk 3 minutes then do step-ups or push ups for 30 seconds etc. Continue for 15-20 minutes.

Supplements to Support Your Immune System

- + Vitamin D 1000-5000 iu/day
- + Vitamin A 5000 iu/day
- + Defense Plus 1-2x/day (has maitake mushroom and other great factors for immune support)
- + Omega 3FA 2000mg day
- + Vitamin C 2000mg/day
- + Zinc 20mg/day

Foods to Avoid

As far as tips on foods to eat and those to avoid, here are some basic thoughts. Simply put, eat God made foods not man made foods!

- Avoid preservatives and dyes.
- Avoid GMOs, pesticides, herbicides. Wash with fruit and vegetable cleaner.
- Avoid MSG and Aspartame (NutraSweet)
- Avoid meats with hormones & antibiotics. Choose grass fed meats
- Avoid farm raised fish. It contains mercury, antibiotics, and is spray painted! Choose wild or responsibly farmed.
- Avoid Hydrogenated vegetable oils. Use Coconut or olive oil.
- Minimize Sugar and avoid sugar substitutes, especially corn syrup

All of these can cause systemic inflammation leading to an increase of pro-inflammatory cytokine cells which can result in a “cytokine storm” causing cell and tissue damage and over taxing of our immune system and lowering of our resistance.

Foods to Consume

- **Eat organic fruits and vegetables**
 - i.e Red peppers, Berries, Sweet potatoes
- **Grass fed Meat**
- **Black elderberry**
- **Bone broth -**
 - minerals, collagen
- **Nuts and seeds**
- **Yogurt or kefir -**
 - probiotic - 70% of immune system is in gut
- **Chickpeas/Hummus -**
 - High in zinc
- **Oil of oregano -**
 - antibiotic properties, anti fungal
- **Shiitake mushrooms -**
 - decreases inflammation, contains coffee, zinc, selenium, B, D
- **Green tea**
- **Non-GMO popcorn -**
 - high in polyphenols which are antioxidants (300mg of polyphenols per serving, which is more than most fruits and veggies!)
- **Garlic -**
 - Raw garlic is antiviral and antibacterial. Crush or chop, let stand for 10 minutes then eat.
- Drink **lemon water**.
- **Broccoli** and other **cruciferous veggies**
- **Pumpkin seeds -**
 - decreases oxidative stress and cytokines which cause inflammation and affect the immune system.
- **Turmeric -**
 - contains anti-inflammatory curcumin, which activates t-cells (the main fighting cells of the immune system)
- **Hemp Seeds**
- **Oily fish -**
 - Salmon, trout, anchovies, sardines, high in Omega 3 fatty acids. Choose wild or "responsibly farmed"
- **Eggs -**
 - high in lutein to increase immunity
- **Anise/Fennel-**
 - antiviral, antibacterial, antifungal

How Chiropractic Adjustments Help:

1. As reported in The East West Journal in 1989, according to Ronald Pero Phd., chief of cancer prevention research at NY Preventive Medicare Institute, and professor of medicine in Environmental Health at New York University, in studies they did “The **chiropractic patients also had a 200% higher immune-competence than people who had not received chiropractic** and a 400% greater immune-competence than people with cancer or other serious diseases.”
2. A study reported in the Chiropractic Research Journal on **CD4 cell receptors, which activate our immune cells**, and are used to assess our immune status, showed a **55.9% increase in CD4 cell counts for patients who got chiropractic adjustments.**
3. Also stated in Human Anatomy and Physiology (p.179) “**The nervous system plays an important role in both the control and activity of the immune response.** The sheer power of the brain to affect the body as a whole and general state of health is amazing.”
4. This is echoed in the book “The Healing Brain”. By R Ornstein Phd., and D Sobel MD. Where they stated **the brain’s primary function is to deliver electrical impulses to build and heal cells.**
5. Bestselling author of “The Stress of Life” and “Stress Without Distress” Hans Selye MD, PhD, DSc, and Nobel Prize laureate, stated “**The beginning of the disease process starts with postural distortions.**”

The Main Point:

Subluxations and postural distortions can cause nerve interference and may affect our health potential!

So, it would be beneficial to include chiropractic in your health and prevention routine.

I was informed by an ER doctor of the following updates:

1. The incubation period of the virus is thought to be between 5-11.5 days, the average being 6-7 from the time of exposure. This means that after isolating for this amount of time, if you have not shown symptoms, you may be ok.
2. If the fever goes away and symptoms begin to improve, I am told you still need to isolate yourself for 72 hours. After that you may be safe to come out of isolation. However, check with your PCP and pay attention to updates from the CDC (Center for Disease Control) and WHO (World Health Organization).
3. The most important symptom to watch out for is trouble breathing with a fever.
 - a. An oximeter should be used to monitor your pulse and oxygen. Oxygen should be above 90 with a best range between 95-99.
 - b. If your breathing gets worse, fever doesn't clear, and oxygen levels decrease and stays below 90, call your PCP to determine if you need to go to the ER.
4. The body is the cure for the virus, so we need to increase the potential to fight the disease.

Understand, this is a very fluid situation. We are learning more about the virus everyday. For updated information or if you have any questions, please visit :

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

https://www.who.int/health-topics/coronavirus#tab=tab_1

Remember to be smart and diligent with health care issues. There is no cure, all remedies, merely things to do to improve health potential so your body can fight and withstand disease.

Be careful of scams and people selling their pills and potions as "the cure." Do the right things and you give the body the opportunity to function at its optimum potential.

With the health and safety of our patients and employees being a top priority, Nikitow Chiropractic Wellness Center has enhanced the safety and cleaning procedures to mitigate any risk of viruses including COVID-19.

The clinic is disinfected regularly and everyone entering the clinic is encouraged to use the hand sanitizer and or disinfecting wipes provided.

We are diligently following any recommendations and guidance from our local and national chiropractic associations. We are also monitoring any updates from the Centers for Disease Control, and World Health Organization.

If you are experiencing fever, cough or difficulty breathing, we ask that you please stay home until your symptoms have resolved and your primary health care professional has cleared you of COVID-19.

If you are not a high-risk patient, and are symptom-free, we encourage you to get adjusted as it will help your health potential.

We are in this crisis together and must work together. We are doing everything possible to keep our clinic germ free for your safety.

Help us to help you be following rules, being diligent, and responsible in the protocols of health hygiene so we can overcome this unfortunate health crisis and move on to happier days ahead.

Dr. Nikitow