



Dear CFLH patients families and friends,

I hope that you are all well, and wanted to thank you for your wonderful and thankful replies to the our Coronavirus Update email we sent on Friday.

With this in mind, I wanted to update everyone on the latest developments over the weekend, on the novel 2019 Coronavirus. There has been a big shift in sentiment as the FDA has just come out today saying that the Coronavirus, both globally and in the US, is no longer containable and we now have to switch to mitigation of the virus. To date there have been over 107,000 cases and over 3600 deaths worldwide, and 556 cases confirmed in the US, and now 21 deaths from the virus.

Globally, the risk of dying from the virus is 3.34% versus 0.1% for Influenza A and B. The risk is highest in the elderly and those with chronic health care issues. The number of cases in the US are probably much higher than current numbers show, as the test kits have not been widely available. More than likely, cases in the US will exponentially increase over the short term as more testing is done.

Experts are now saying to prepare for two months of difficulty here in the US, and that the next two weeks will change the complexion of our country. Be prepared for possible; city and state lockdowns, the closure of large gatherings, daycare, preschool and school closures, and requests from employers that employees work from home whenever possible.

It is our responsibility to protect the vulnerable; the sick and the elderly, especially those with underlying health care problems. These groups of people should avoid large crowds, avoid taking any kind of long trip, and absolutely NO cruise ships. If anyone is sick, wear a mask in public, and self-quarantine to protect others.

Please reread the previous email on Coronavirus and follow

Remedies to Boost and Build the Physical Body and Immune System

We recommend having the entire family immediately start taking:

- **Bioplasma**
- **Thuja Thymus**

Both should be taken 4 times daily.

This will help to prevent the illness. I would recommend having 2-6 months of these remedies on hand at home right now.

Both of these remedies are in stock at our office.

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Recommended List of Remedies to Take If You Do Get Sick

PELLETS:

Bioplasma
Thuja Thymus
Cinnabar Dandelion
Apis belladonna
Meteoric iron
Echinacea Thuja

SPRAYS/LIQUID:

Purpleconeflower
Pneumodoron #1 and #2.

OINTMENTS:

Archangelica eucalyptus
Plaintain beeswax

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I would recommend having enough of these remedies at home, on hand right now, to treat the entire family at least 4 times daily for 2-4 weeks. All of these remedies are in stock at our office.

When to Call Our Office

my recommendations fully. Stay Calm!

If you do not have all the remedies that I recommended, either for prevention or treatment of the Coronavirus, stop by, call, or email the office immediately, so we can reserve some for you and your family.

Remember, that homeopathic remedies are safe and effective, may be taken by anyone at any age, birth through elderly, and even during pregnancy.

We are trying to have as many remedies available to everyone as possible, but unfortunately, some are already backorder. So again, if you need remedies call immediately, and reserve only what you need, so we can help all of our families protect and heal themselves.

Once again, stay calm, present, and be prepared.

warmly,
Michael Allen MD

A NOTE ON HAND SANITIZERS

We have had several patients ask us about options for Hand Sanitizer, which are sold out in most places.

First, remember that **WASHING HANDS IN WARM SOAPY WATER FOR 20 SECONDS** is much more effective than hand sanitizer. Also, **DO NOT TOUCH YOUR FACE WITH YOUR HANDS**

While there are many recipes online for hand sanitizer, please note that to kill the Coronavirus strain, a hand sanitizer must be **60% or higher alcohol content**.

If you have recently traveled to China, and have any of the symptoms above, especially fever, cough and shortness of breath, call us immediately.

You may need to be tested and may be told to stay home for up to 14 days to prevent the spread of the virus, even though you may not have symptoms.

I recommend adults stay up to date about this situation as we learn more about how to prevent this virus from spreading in homes and in communities. Look for the latest developments from the CDC, including travel warnings, new cases and prevention advice.

Helping Children Feel Safe

Limit exposure to this kind of news for young children. Children will be looking to see how adults react. It is important to validate their fears and worries, but help them stay present and think about what's good in the world - "Right now we are safe."

Focus on gratitude and love.

