



Hello dear CFLH families and friends,

With all the diverse stories about coronavirus in the news lately, and with more cases popping up here in the States and California, I wanted to give you all, good credible information about it.

**Human Coronaviruses** are a family of viruses that commonly cause mild to moderate illness like the common cold. Almost everyone gets infected with one of these viruses at some point in their lives, and most of the time the illness lasts for a short amount of time.

A new human coronavirus, called the 2019 Novel Coronavirus (COVID-19), was discovered in Wuhan City, China, in December 2019. While we know it's contagious, it is still not known how easily it spreads from person to person. It probably spreads like the chickenpox virus; via respiratory droplets through breathing, coughing, and sneezing. Public health officials are actively investigating this virus to learn more about its impact. To date, there have been over 97,000 cases worldwide and 3,300 deaths. This virus is 10 -20 times more fatal than the typical flu.

People with confirmed cases of the Novel Coronavirus have reported illnesses ranging from mild to severe. Thankfully, children usually have mild illnesses, but it can be more severe, and especially in older adults and those with chronic health conditions. Symptoms are similar to the flu and can include:

- Fever
- Cough
- Shortness of breath
- Body aches
- Tiredness
- Sore throat
- Headache
- Diarrhea
- Pneumonia

There is currently NO vaccine to prevent the coronavirus COVID-19 infection, and there are NO specific conventional medications to treat it (Tamiflu and other anti-virals are not effective).

The best way to prevent infection is to avoid being exposed to this virus.

**Here are a few other ways you can keep your family healthy and help prevent the spread of viruses, including:**

- First, do NOT panic. In this time of uncertainty stay calm and you will be more successful in dealing with

## 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**

whatever comes your way. Also, do not hold onto fear, as fear attracts negative things to us. Be knowledgeable, and prepared, but do not live in fear. Stay focused in the present to move through fear.

- Wash your hands often with soap and water for at least 20 seconds (remember the webbing between your fingers). If soap and water are not available, use an alcohol-based hand sanitizer.
- Keep your kids away from others who are sick and please keep them home if they are ill.
- Teach kids to cough and sneeze into their arm or elbow, not their hands, and not to touch their mouths, eyes, nose or face at all.
- If anyone in the family gets sick, have them wear a face mask to prevent others in the family from getting sick.
- Clean and disinfect household objects and surfaces in your home.
- Remember and follow the foundations of health that we are always talking about: healthy, organic, whole foods diet; enough sleep every night; physical activity every day; and good rhythms and routines. All of these help to build our physical buffer that helps us fight off infections.
- If you do get sick, see the included list of our recommendation for remedies to take.
- Avoid travel to China, Italy, Iran and Japan until this outbreak has passed.
- Make sure that you have enough food, toiletries (TP), conventional medications, at home for 2-4 weeks.
- Be prepared with a strategy if your daycare, preschool, or school closes.

Here's to being calm, prepared, and healthy. Please let us know if you have any questions.

Warmly,  
Michael Allen MD

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.

