

PREVENTION

Hello Patients and Friends

We are and will continue to be OPEN during this Coronavirus (COVID-19) outbreak, and available to help you cope with the situation at hand and help you prevent this and the “normal” flu happening to you.

In this update I will answer some of the questions from the 1st email.

Some of the typical symptoms of Covid-19.

Low grade fever or no fever, fatigue, weakness, digestive symptoms such as poor appetite, nausea, diarrhea, tightness in chest, dry throat or sore throat, dry cough with no phlegm that then can advance into the more severe symptoms such as high fever (around 102-103 F), shortness of breath, low oxygen saturation, and severe pneumonia. These more severe symptoms usually occur in the elderly with pre-existing conditions.

Most of these symptoms are very common for any cold or flu in varying degrees except for the shortness of breath, low oxygen saturation and severe pneumonia which is far more common for the elderly with pre existing conditions and this particular coronavirus, SARS-CoV-2.

Fever and the ability to fight off infections.

In my last email I gave reference to a study on maintaining a high body temperature and its ability to help your immune system kill pathogens. That study referenced a temperature of 104 fahrenheit. I don't think this number should be looked at as absolute because some people can never get to that high of an internal temperature without feeling ill, or never get to that temperature even when they have a bad cold/flu. The point of the article was to let you know that viruses such as influenza and the corona viruses tend to thrive initially in colder parts of our body such as nasal passages or the throat first and then progress to other areas. This is not the only thought regarding cold external temperatures as you will see below.

We can help stimulate our immune system by keeping a higher than normal body temperature when we are sick and preventing ourselves from being exposed to the cold or a cold draft that will influence our ability to stay warm consistently.

Is 98.6 degrees fahrenheit the normal temperature ? or is it really 97.5 F

Our body temperature has been getting cooler overall and the most recent consensus is that it's closer to 97.5 F by oral measurement.

<https://www.health.harvard.edu/blog/time-to-redefine-normal-body-temperature-2020031319173>

I agree with this because most of my patients' "normal" temperature is less than 98.6 F and many have a fever to touch when they are in the ~ 99.3 and up range. Also our normal temperature varies throughout the day with the late afternoon/evening being the highest and this also holds true for most fevers when we are sick.

Why is it the fall through spring time that we are more prone to get a cold or flu?

One of the main reasons I think we get sick more often through late Fall and early Spring is that people are not as healthy in the colder months and have less vitamin D (most of us are deficient in vitamin D). When we are indoors more and especially during the holidays we tend to have more meals, snacks, drinks, refined carbs and sugar starting with Halloween on through Easter. This can be enjoyable for many but very stressful for others dealing with work, local and extended family, or no family, kids, shopping, less sleep and exercise and planning the many events that happen at this time of the year.

This next reason is one of the most common occurrences, especially this time of the year. Many people are subclinically sick, meaning they are carriers that may spread a virus or bacteria yet have very few if any observable symptoms that we would call a cold or flu while many brush the sinus symptoms off as allergies.

So along with the subclinically sick we also have many people that are showing outward signs of being sick with any of these common symptoms: fever, chill, body aches, sneezing,

cough and fatigue, yet they still go to work, parties, and large events which are usually in enclosed and confined spaces such as many sporting events, plays, movies, etc.

After this year with the Coronavirus we will probably not tolerate this as much as we have in the past.

Some interesting thoughts about viruses

In cold dry winter weather viruses can hang around longer in the air, travel farther and attach to our first line of defence, the mucosal lining of our nose and throat. The lining usually gets dry in the cold weather and is less effective in preventing viruses from entering our body. Due to the dryness, the viruses can attach to our compromised mucosa lining easily and our body's immune system is unable to neutralize the virus.

Another thought is that viruses have a lipid outer membrane layer that in colder weather is gel like and may act as a protective barrier until it hits our warmer mucus membrane. Then, the viral membrane turns into its liquid phase that can then proceed to infect the cell. And, as stated below, if the blood supply is compromised along with the greater potential of cracked mucosal membrane you have a better chance of it getting into our blood supply and spread.

Breathing cold air not only reduces the local tissue temperature but it may also compromise the temperature dependent signals from our immune system. We also constrict the blood vessels in our nose and throat to help reduce heat loss which can decrease blood supply to these tissues and reduce the number of white blood cells that reach this area and normally kill viruses and bacteria that attach to our sinuses and throat.

This constriction can also reduce the amount of nourishment going to these particular cells and the waste product that need to leave which keeps our cells healthy. The dried mucus can also crack the mucous membranes especially when we rub or blow our noses and makes it easier for a pathogen to enter.

Wearing a scarf or any type of fabric around our mouth and nose to keep the mucosa warm and moist can prevent most of this from happening when we are in a cold and dry environment.

Another tip: You can run a humidifier in your home or bedroom for an hour or so depending on the size of your room and humidifier output. The added moisture will attach to airborne

viruses and cause them to drop onto your floor, counter, nightstand etc and make it much easier to use a sanitary wipe to get rid of them.

Loss of smell with the Coronavirus

This symptom is widely known for influenza and the coronavirus. It doesn't happen often but every year I have patients that complain of loss of smell that continues weeks to months after the cold or flu is gone.

PREVENTION

Prevention is still the best way to treat this and any other disease, illness, disorder or injury, and **YOUR OVERALL HEALTH** is **STILL** the **BEST** way to prevent or mitigate the severity of most of these.

Prolonged Fear, Uncertainty, Instability, Mental, Emotional and Spiritual Confinement can all reduce our ability to handle the ordinary stresses of life like a bacteria or virus. We all need to think outside of our own boxes to create positive changes in all of the above.

We are OPEN and I can help many of you with prevention!

With Nutrition and Lifestyle, especially if you know your constitutional type!

WATER - WOOD - EARTH - METAL

Along with Acupuncture, Herbs, Cupping and Nutritional supplements.

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In Health

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