

# **We Are OPEN During The Coronavirus Outbreak**

Hello Patients and Friends.

This short email is to let you know we are **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.

The “normal” influenza virus tends to affect certain groups of people more than others such as the very young, pregnant, very old, people with prior health conditions and even the “regular” person that is run down or in poor health during this time of the year. Most people recover well and we go on with our lives.

SARS-CoV-2 is different in that it is much more specific to the older population with preexisting conditions such as chronic respiratory conditions, chronic heart conditions, hypertension, diabetes, and compromised immune systems either due to disease or treatment of a particular condition that uses medications to suppress our immune system.

Acupuncture, herbal medicine, and a healthy diet and lifestyle can assist in building a healthy immune system to help prevent illnesses such as the cold or flu and can help with stress reduction (which in excess, acts as an immunosuppressant).

I am equipped to help you with this process.

If you are part of the high-risk group (such as the elderly with pre-existing conditions or immunocompromised) you need to take action now to help strengthen your immune system.

If you are a previous patient and know your constitutional type, you can be more specific with the correct nutrition and lifestyle that will help support your immune system and I can customize your herbal formulas and acupuncture treatment to be very specific to your condition and constitutional type.

**805-380-5742**

**Prevention and promoting your natural ability to fight off a cold or flu.**

1. Rest! Regular night-time sleep is very important to your overall health, even short naps help.
2. Eat regular meals with most of your fluids (room temp or warmer) between meals. Smaller portions unless you are still very active. Reduce the refined/processed carbs, sugars, and dairy products, this creates “dampness/phlegm” which seems to be a predisposing condition for this particular virus. The Chinese Medicine Doctors in China figured this out and have had good success in treating viral infections with herbal medicine in conjunction with Western medication.

<https://www.ncbi.nlm.nih.gov/pubmed/32065348>

3. Keep yourself warm and covered so you don't have fluctuation in external temperature. Getting out in the fresh air is great but cold drafts and cold environments are not. Viruses like the cooler parts of the body to multiply so keeping your whole body warmer than usual can help fight the virus more efficiently. If you can't get warm, use a heating pad or grain/seed heating bag with blankets (mylar blankets can help even more) to help get your body temperature up.

Try to keep a warmer body temperature for 12 to 24 hours while staying hydrated, especially if you have a viral infection.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC529400/>

4. Get moderate exercise or movement daily. If you feel tired/exhausted afterward, then you did too much, so break it up throughout the day, especially for the high-risk group.
5. Having select human or animal companionship is very important for mental and emotional health.
6. Drink green, black or oolong tea regularly with meals. Most of these can be purchased as caffeine free if the caffeine is a problem. You don't need a mug, just a normal cup of tea.

If you have any questions or need an appointment don't hesitate to call: **805-380-5742**

This article may help you understand why WHO and Governmental agencies are attempting to reduce the number of people infected at one time, so our healthcare system can treat the sickest and compromised people in the most efficient way while trying to protect the highest risk population.

<https://www.statnews.com/2020/03/03/who-coronavirus-different-than-influenza-can-be-contained/>

## In Health

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