



ACUPUNCTURE CENTER OF SANTA MARIA

Immune Support and COVID-19 Prevention Strategy

MOST IMPORTANT: AVOID CONTAGION. Follow local, state, and CDC protocols. Stay home if at all possible, avoid public places or stores unless absolutely necessary, practice social distancing, keep kids at home, use technology such as Zoom, Skype, or FaceTime to socialize remotely.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

The below are suggestions. If any side-effects arise, stop taking the herb or supplement and contact Dr. Kandel for a telemedicine consultation.

SPECIFIC IMMUNITY, PREVENTION & ANTIVIRAL SUPPORT:

Herbs:

Olive Leaf Extract: 1-3 pill 2x a day (@ 15%+ Oleuropein, 500 mg)

Provides significant anti-viral properties and cardiovascular and immune support.

Lower dose for prevention, upper dose if you have symptoms, or suspected or confirmed COVID.

Sensitive individuals may take lower doses.

Yin Chiao: 2-4 pills 3x a day

Effective remedy for first stage and prevention of cold and flu.

Lower dose for prevention. Upper dose during symptoms of sore throat or 1st stage cold.

Chinese Research Herbal Formula:

This formula is based on studies and clinical application conducted this year on treatment of coronavirus in China.

This is available by prescription from Dr. Kandel. Contact him for a telemedicine consultation.

Artistatin: 1 tab 3x a day for early to middle stage infection. Up to 3 tabs 3x if symptoms progress.

Effective remedy with similar application as Chloroquine, which is now in clinical trials for treatment of COVID-19.

For sensitive individuals remain at lower doses. This can cause some nausea if taken without food.

Hou Xiang Chen Qi Pian: 3-6 pellets, 1-3x a day

This helps with poor digestion or GI distress and with assimilation, reducing potential side effects for patients with sensitive digestion.

BASIC IMMUNITY:

Supplements:

Vit C 1000 mg: 2-4 times per day. Reduce dosage if you experience diarrhea, or use a buffered variety.

Zinc 25-50 mg: 1 x per day

Vit-D 2000 mg: 1 x per day

Preliminary Chinese studies suggest a possible correlation between Ibuprofen and severity of symptoms. As a precaution, we suggest that if you need to use an over-the-counter anti-inflammatory, Tylenol may be preferable to Ibuprofen.

Food and Beverages

Quercetin and Resveratrol rich foods: For example, rind of oranges, capers, asparagus, red onion, cranberries, berries, apples, kale, spinach, red grapes, bell peppers, peanut butter, pistachios, cacao powder, dark chocolate.

Anti-Inflammatory Chai Tea (choose from this list as a prevention or first stage treatment):

Choose your your favorite tea, for example:

- Peppermint for COOLING
- Yogi Original Chai Spice tea for WARMING
- Matcha or Green Tea as an ANTIOXIDANT

Add one or more of these elements:

- 1/4 tsp Turmeric, and/or
- 1/4 tsp grated Fresh Ginger
- 1/2 tsp. Organic Cacao &
- Honey, or other natural sweetener to taste creamer—milk, coconut milk, almond milk etc.

Simple practices for prevention and first stage only symptoms

Gargle salt water, 1-2x a day

Nasal saline irrigation, e.g. Neti pot

Breathe steam or use vaporizer

Movement & Breathing

Daily walks & stretches (rib, upper body relaxation breathing very important)

Qi Gong exercises with Dr. Kandel: Follow our YouTube Channel:

<https://www.youtube.com/channel/UCSIK-h1tts0Pf9meevUtxHQ>

Stress, Immunity, and Sleep

In close quarters with others? Let the small stuff go, and do your best to communicate harmoniously.

Immune health SIGNIFICANTLY drops during conflict and stress.

TMI? Stay informed, limit media time, then do what nourishes you.

Tired? Rest! Remember you fight viruses with a good night's sleep.

Acupuncture Treatment at Home:

Application of painless acu-point press tabs significantly helps anxiety, stress, insomnia, digestive symptoms, and musculoskeletal pain.

Acu-points are available for **telemedicine** patients, with convenient outdoor pickup at the office, or mailed to you. Dr. Kandel will support your individual needs and will instruct on the simple application procedure.

If you have suspected or confirmed COVID-19 symptoms—sore throat, fever, shortness of breath, lung pain, etc—contact your primary care physician. You may also contact me to set up a consultation for a specific, adjunctive herbal protocol. You can schedule by calling the Acupuncture Center staff at 805-623-6703.

Dr. Herb Kandel, L.Ac., OMD