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Taking Control

&

Improving Your Health

General Immune Support

for COVID-19 and for any life-challenging or life-changing illness

Preventive and supportive measures to keep your immune system in top shape:
helpful medicines, remedies, supplements, therapies, and activities

What we can do - in order to be stronger and better prepared,
improve overall health and well-being, and increase our capacity to manage challenges

In times like these, or whenever faced with a difficult health challenge, what matters most is what we can do - to strengthen our own capacities - to change our own issues and attitudes - to improve our own situation - and to make a difference for ourselves. Learning what we can do to become more capable of meeting the demands placed on us in this pandemic, or in any stressful life or health situation, gives us the tools to eliminate or at least mitigate the effects of fear and stress and to deal successfully with any health crisis.

Health is maintained by an intricate web of many different factors. Any imbalance or weakness in this web can negatively impact our health and well-being in various ways. When there is a health-related problem or challenge, when something is “wrong,” it makes sense to figure out what we can change or support to strengthen and repair that web. We can look at physical, genetic, emotional, psychological, spiritual, environmental, and world situations (among others) that predispose us to various illnesses, diseases, and injuries and impact their outcome. Some of these factors can be avoided, some can be modified, and others can simply be understood and worked with or around.

This summary of thoughts and recommendations is an attempt to look at some of the things that might be modified to optimize our health, strengthen our web, and change things for the better. It was started as an effort to put together helpful suggestions for dealing with the COVID-19 illness and then expanded to include things that might help with the COVID jabs, post-COVID, long-COVID, the pandemic itself, the long-term effects of the shots, and ultimately any serious health situation including cancers and various autoimmune disorders.

First, as Franklin D. Roosevelt said at the beginning of his 1933 inaugural address during the worst of the Great Depression (with unemployment through the roof and high anxiety all around):

“Let me assert my firm belief that **the only thing we have to fear is... fear itself.**” which is not to say that fear, in and of itself is not sometimes appropriate and even potentially helpful, as when it makes us aware of a danger and motivates us to do something about it. However, anything that activates our “fight, flight or freeze (or avoid)” -response also suppresses our immune system, at least temporarily. And, when a nagging low-level fear continues long-term, we have chronic long-term immune suppression. Fear makes us more vulnerable to (and promotes the development of) disease - always. And, in addition, chronic fear produces a kind of addiction to fear which is self-perpetuating and equally bad, or worse, because it precludes any attempt to be rational about it or to overcome it, and sets us up to look for the next thing to be afraid of whenever the current issue begins to dissipate.

When we talk about negative emotional “stress,” how bad it is, and what it does to us, we are basically talking about fear, in one way or another, even if it is just the fear of a negative outcome that stresses us, or of negative consequences, or worry about what others will say or think... Fear, shock, and emotional stress or distress are all “cold” forces that weaken the constitution. Negative emotional stress is a major immune suppressant that reduces our ability to fight off infection, dramatically increases our chances of getting sick, promotes inflammation, and impacts our well-being on all levels.

Along with a decreased ability to fight new infections (due to prolonged stress) comes a decreased ability to keep chronic latent viruses (like varicella zoster/shingles, CMV, EBV, and herpes) controlled. Many people harbor these without knowing it, and these viruses can result in various flu-like symptoms and out-breaks that have nothing to do with COVID-19. However, they are also induced by stress, are helped to proliferate, are given fertile ground to manifest, and are ultimately brought out - by stress.

Fear is the coldest cold, or: There is nothing as cold as fear... and cold is the opposite of what we need to stay or to get well again. Our immune system protects us in and through warmth, (and its other manifestations: light and love) and these are the things that make and keep us healthy. Continually re-creating and maintaining a “mantle of warmth” is something we have to be aware of, to keep in our consciousness and attend to, for ourselves and for those we are responsible for - always. These are the things we have to work with, to surround ourselves with, and to put out to others:

WARMTH - includes physical, emotional, and spiritual warmth (and enthusiasm)

LIGHT - encompasses both inner light and outer sunlight

LOVE - denotes both the feeling and a spiritual commitment

And, HOPE - which is a spark of warmth, light and love that can dispel the grip of fear and change the playing field entirely.

Addressing and overcoming our fears means changing what we can change and transforming the potentially self-destructive energy that comes with fear into the life-affirming forces that enable us to take hold and do what is right for ourselves and for others. We have the power to look at what makes a difference and do the things that are helpful to put us in a stronger position going forward. We can prevent, mitigate, and change the course of “the virus” or any other illness or challenging life situation.

Managing our stress, maintaining healthy life rhythms, not becoming wrapped up in the fears that surround us, being proactive, and learning how to “relax” (see below under: keeping the immune system in shape) is an absolute necessity for health. Indeed, being able to relax is one of the prime indicators of who stays healthy and who recovers well in most viral/flu-like illnesses (including this pandemic).

No matter what is happening “out there,” you are not a statistic until it is over. Looking at numbers doesn’t tell you where you fall on any statistical outcome analysis, no matter what your circumstances. You have your own particulars, your own situation, your own potential. You can do things to improve your ability to overcome, prevent negative consequences, and help steer things in a positive direction. You can make a difference - for yourself and for others.

When faced with a highly contagious illness to which few can as yet be immune (because it is new to us and because it is changing all the time), or any big life or health challenge which can in some people rapidly evolve into a life-threatening illness in an as yet poorly understood manner, the numbers don't really matter – for you. What does matter is what you can do to improve your own capacities, to change your own issues and attitudes, your own situation. In this case, the chances are low. Whether it is a 1%, 3%, 5%, or 10% chance is not so important. It is all pretty low, together with a very good chance (90%-99%) that you are going to be fine. Those are pretty good odds that all will be well. What matters, is what you can do to make sure you have the best chances of avoiding it if possible and dealing with it if you get it. You are not a statistic until it is over.

Learning what we can do to become more capable of meeting the demands placed on us in this pandemic (or in any stressful situation) gives us tools to at least reduce the effects of fear and stress. We can diminish their harmful effects by learning how to relax; we can strengthen our immune systems so we are less vulnerable; we can improve our physical, emotional, and spiritual health; and we can avoid unnecessary exposures. So, don't buy into the hysteria being drummed up and compounded by those that benefit from it, but do be proactive to support health and healthy practices now and in the future!

Understand what you can do for yourself and for those around you – and act on it. Prioritize a list of things you can do and review it periodically. And, in addition to getting all your ducks in a row and doing what you have to do for your own well-being, always keep in mind that “loving compassionate helping among people”* (people helping and caring for other people) is the most important antidote to this and any other virus, epidemic or pandemic, for the individual, for the Community, and globally.

The following suggestions are all recommendations that can help; each one helpful in its own right. Look over them, and see what you can do to improve your current situation and your overall health. Every change in the right direction is a positive one, but these are general goals and guidelines. Not everyone will be able to do all of them, in fact, most everyone won't be able (or want, or need) to do everything. Which recommendations are most (or more) important will vary for different people, and even vary for the same person at different times depending on what else is going on. However, generally speaking, the steps that make the biggest difference for any particular person are usually the ones that seem to be the hardest for that person to implement. Do the easy things, of course, but when you want to make a big difference, work on the things that seem hardest.

Although all supportive measures ultimately work together, it is not expressed or implied that they all have to be in place for any one measure to make a difference. Getting to optimal health is a journey – and (as Lao Tzu has told us) every journey begins with a single step. However, it is also true that it is important to do all that we can. As Dr. Sidney Baker, MD has pointed out with his “Tacks Rules,” taking care of part of the problem does not necessarily fix it.

Rule #1: If you are sitting on a tack, it takes a lot of aspirin to make it feel good.

Rule #2: If you are sitting on two tacks, removing just one does not result in a 50% improvement.

*as Rudolf Steiner pointed out in two separate lectures for members of the Anthroposophical (then Theological) Society: ...loving compassionate helping among people ... is the most important antidote to this and any other virus...

The first lecture, given 5/5/14, is included in GA 154 and translated as The Presence of the Dead on the Spiritual Path, Seven Lectures Held in Various Cities between April 17 and May 26, 1914.

The second lecture, given 5/9/14 in Kassel: “Commemorative Address for Oda Waller and Christian Morgenstern” is included in Our Dead, Memorial, funeral, and Cremation Addresses 1906 – 1924 (GA 261), pp 4-7.

General preventive and supportive measures:

- Maintain good hygiene (i.e. conditions and practices conducive to maintaining health and preventing disease):
 - Wash hands frequently – for 30-60 seconds of scrubbing each time with soap and water and maintain good hygiene practices at home.
 - Be mindful of social hygiene (maintaining safe distances from others, wearing masks when needed).
 - Work on internal hygiene (what you eat and how you manage your stress and support your own health).
- Make sure the house (especially the “sick room” for affected individuals) is fresh and well ventilated.
 - Consider a high-quality air filtration system if needed.
 - Burn pure cappings’ beeswax candles to purify air with the refreshing detoxifying negative ions emitted. Avoid burning paraffin (or paraffin mixes) which does the opposite.
 - Keep plants in the living space to detoxify the air but not in the bedroom, at least not at night, since they also use oxygen when it is dark.
 - Himalayan salt lamps also help freshen the air.
- In caring for others:
 - Avoid unnecessary close contact with sick people, but do not shy away from providing loving care when needed.
 - Be vigilant about barrier and hygiene protection when called for.
 - Limit movement of sick people to minimize shared space and give them more peace and quiet.
 - Caretakers for older individuals should ideally be healthy young adults.
 - Learn to have empathy with a measure of objectivity. (That is one place where a good and kind sense of humor can be most helpful - to keep things in perspective.) Try to understand what is going on and think about what you can best do to help that person on their path in their life at that moment (even if it is just to listen) rather than being drawn into the trauma, loss, despair, malaise, and “angst” of the other (and of the world around us).
 - Stay flexible and make an effort to understand the other person/people rather than pushing your own agendas (what you think they should need or have) on them. Offering to help is most useful (and appreciated) when you stick to what they would like.
- Practice daily hygienic/therapeutic eurythmy exercises (see a therapeutic eurythmist).
- Do regular **chamomile steam** inhalation (10-20 min. weekly to daily depending on circumstances), breathing in steam from a handful of chamomile flowers in hot water - in a warm protective atmosphere, followed by 30-60 min rest (warm & bundled up). If loose chamomile flowers are not available, you can try opening up a tea bag or two in the bowl. This is both useful as a prophylactic measure to keep lungs warm, clear, and effective and as a helpful therapy to loosen congestion, soothe irritated mucous membranes, open plugged ears (eustachian tubes) and speed up healing of a cold, cough, or sinus infection. To do a chamomile steam inhalation treatment:
 - boil water
 - pour it into a large bowl or pot (on the table) over a handful of loose chamomile flowers
 - sit next to it with a large towel creating a tent over your head and the chamomile,
 - breathe in the steam slowly and deeply through your nose and mouth for 10-20 min.
 - bundle up with a hat over your head and rest for 30-60 min. after the treatment.This can be done with small children by creating a tent under a table (wrapping the hot pot with a towel to prevent burns) and sitting under it with them, with a story or game to keep them quiet as needed.
- Re-read these recommendations weekly/regularly to remind yourself and focus on making positive changes. Prioritize them for yourself and make a plan.

Things that help keep your immune system in top shape:

- Spend time in nature, work in the garden, study the plants. There is healing in sun, earth, and air.
- Experience the sun. Get regular controlled sun exposure – mid-day, exposing as much skin as possible. Even in winter, it is important to go out and experience the sun and fresh air (bundled up, of course).
- No sunscreen, if possible. – When you have had enough sun (skin starts to get pink), seek shade or other shelter. When you can't get out of the sun, use only natural-organic-mineral formulas - no toxic chemicals, nanoparticles, or artificial fragrances. (And, don't use soap on arms & legs when you shower unless needed because it also washes off the Vit D we make in the sun and store on our skin for about 48 hours).
- Remember your uprightness! Sit (stand/walk) straight and tall, and “feel” the sun rise under your feet. (You do not have to lean towards the camera or microphone to be seen and heard on ZOOM.)
- Remember that laughter is the best medicine, share things that are truly enriching, greet others with a smile, bring a smile to someone's face as often as possible, and remember that smiles (and positive energy) are contagious. Start a different kind of epidemic (see *Addenda*).
- Appreciate the helpers, voice your gratitude, find something to thank someone for with every contact.
- Be the helper. Make sure to do at least one unsolicited act of kindness for someone else every day, and go to sleep thinking about what you can do for others the following day.
- Minimize & detox EMF exposure, especially at night and when sleeping to reduce the immune and mitochondrial suppressive radiation we are all exposed to with our:
 - cell phones, smartwatches, Fitbits, cordless phones,
 - routers, computers, wireless mice and keyboards,
 - ‘smart’ meters and thermostats, baby monitors, the microwave in the kitchen,
 - all wireless devices and all appliances (including laundry), and Bluetooth anything....Turn it off, swap it out (for a hardwired or old-fashioned alternative),
or at least get it away from the bedroom and as far away from you as possible.
Keep the laptop on the table, not on your lap.
Keep it (cell phone) contained in a safe (Faraday) bag, not in your pocket – when possible.
Choose safe earbuds (preferably not ones that pipe the EMF's right into your head).
Look at each source individually, to reduce and minimize exposures.
Make sure you are getting plenty of extra Magnesium (see below), it also helps to detox EMFs.
- Practice “Earthing” or Grounding to let the earth (dirt, sand, even unpainted concrete sidewalk) detox your EMFs for at least 30 min/day. Contact earth by either walking barefoot in sand or with shoes that allow contact (simple moccasins with plain leather soles, no plastic, no rubber). You can even sit and read a book as long as your bare feet are in contact with the ground. Or, you can get an “earthing” mat and plug it into a grounded outlet to put your feet on as you sit.
- Stop! every 5-10 min. when working in front of a screen - to take a deep breath, blow it out as far as you can, and then fill your lungs completely, close your eyes and relax your muscles (from the top of your head to the tip of your toes) for 5-10 seconds. Also, remember to look around you and into the distance frequently to give your eyes a chance to relax.
- Get plenty of good sleep & rest. We all need 8 hrs. of sleep to stay healthy, manage stress levels (and weight), and keep our immune systems (and minds) strong – no exceptions. More specifically: most adults need 7-9 hrs. sleep/night, 14-17 y/o teenagers need 8-10 hours, 6-13 y/o children need 9-11 hrs. of sleep. However, they don't have to be consecutive hours. Naps count too (and resting/relaxing in bed counts too, even when you can't sleep - at least for half of it).

- Avoid bright light in the evening or at night, put a red filter on your computer screen, and keep the bedroom as dark as possible at night (to promote optimal melatonin production).
- Counter the excessive destructive electrical “light” by generating more inner light.
- Remember that you are never alone in this world. Remember to pray, to connect yourself with those beings who want to help, who carry the will to heal. Whatever you chose to call them, spiritual beings have an easier time helping and connecting with us when we take the time to turn to them consciously, selflessly, and in gratitude. Open the door, and ask.
- Stay warm/do not get chilled, make sure your feet and hands are warm... always.
- Engage in regular relaxation and meditation practices. Relaxation includes:
 - meditation (and 20 min meditation can equal 1.5 hours. of sleep);
 - prayer, reading uplifting books, doing a crossword puzzle, painting, drawing;
 - progressive muscle relaxation exercises, breath focus (belly breathing);
 - having a warm drink (without alcohol or caffeine) such as a cup of herbal tea or warm milk;
 - listening to music, singing, yoga, tai chi, qigong, therapeutic eurythmy;
 - taking a walk outside, gardening, talking to friends, engaging in an absorbing hobby;
 - anything that engages you fully and takes you out of your head for a while.
- Diet: -balanced regular meals with lots of organic/biodynamic fruits & veggies. Eat certified organic foods whenever possible. Glyphosate, a broad-spectrum systemic herbicide and crop desiccant (that is present in most non-organic and also often in organic foods in this country), impairs your immune cells so they cannot function properly and prevents proper nutrient absorption and utilization. It also damages the mitochondria, which generate the energy (ATP) that helps cells to do their work to clear the virus (and do whatever they are supposed to). Dr Mercola has pointed out that the cascading damage that happens in severe cases of COVID-19 (cytokine storm) seems to be the body’s response to trying to salvage or repair those poorly functioning immune cells.
 - only organic, soy free, grass-fed/pastured meats, eggs and animal products. Soy feed (even organic soy) has damaging effects on the fatty acid profile of animal products that damages our mitochondria impacting melatonin production and all cellular functions.
 - avoid dairy (except organic grass-fed butter)- completely if you are sick, and otherwise, have only organic milk products (ideally raw from a trustworthy source). Substitute with unsweetened coconut, almond, oat or hemp milk made without carrageenan (a “natural” thickener and preservative made from red seaweed that triggers inflammation and stomach ulcers, damages digestive systems and promotes glucose intolerance, allergies, colon cancer).
 - no processed sugar or other processed foods, no refined grains, no GMOs, no “junk food” (Sugar causes a 50% reduction in the ability of white blood cells to kill germs within 30 min of eating it.)
 - no *ultrapasturized* anything!
 - limit (have little) soy and other beans (and eliminate if they are not organic and non-GMO)
 - no alcohol, at least nothing more than a small glass of wine (a day), no hard liquor at all
 - avoid peanuts (“groundnuts”), which are legumes (seeds) that mature underground
 - no artificial anything, nothing that challenges the body’s detox mechanisms
 - avoid heated and hydrogenated vegetable oils and anything you are allergic or sensitive to
 - cook with organic coconut oil or organic butter from grass-fed or pastured cows.
 - eat more sulfur-containing foods like organic, pastured, soy-free eggs (and “clean” seafood)
 - plenty of probiotic-rich foods (e.g. lacto-fermented veggies)/ sauerkraut and apple cider vinegar.
- Stay well hydrated! – with the purest water you can obtain, ideally mineralized with sea minerals, structured and oxygenated (see Ophorawater.com), but for those who can’t afford \$80 for ½ gal, good well water, or even RO filtered water, will have to do – no chlorine, no fluoride. Add lemon.

- Clothing and bedding should be organic natural fibers whenever possible
-especially avoid polyester and acrylic.
- Avoid PFAS (Per/Poly *fluoro*alkyl) chemicals wherever possible – eg. in Teflon, Scotchguard, Polartek, GoreTex, Stainmaster, Oral-B Glide dental floss and many others – most water-proof and stain-resistant clothing and coatings – and things you shouldn't be using anyway like fast food wrappers and microwave popcorn bags.
- Cleaning supplies should be non-toxic for you and for the environment.
- Reduce exposure to toxic heavy metals including: mercury (dental amalgams, large ocean fish incl. tuna) aluminum (antiperspirants, toothpastes, food packaging, processed foods, cookware, antacids, vaccines), etc. – and use supplements that can detox heavy metals. (e.g. soft cell wall Klamath Blue Green Algae – see below.)
- Avoid immune suppressant anti-inflammatories and antipyretics (acetaminophen, ibuprofen...) including cannabis or marijuana (which is also anti-inflammatory).
- Don't use other drugs either (cocaine, morphine and all related drugs suppress the immune system too).
- Don't smoke anything, ever, and don't allow smoking in the house - no 1st 2nd or 3rd -hand smoke.
- If you are able, get into and stay in an environment where there is less air pollution.
- Maintain regular healthy rhythms in your life. The physiological rhythms of breathing and circulation are at the core of our physical existence. Other Life Rhythms, the regular, repeated pattern by which we “do life” are likewise at the foundations of health and well-being. Daily rhythms of eating, sleeping and other regular activities promote good health. Weekly, seasonal, and yearly rhythms are also important. We do better in many ways when we keep to a regular schedule.
- We all need regular movement throughout the day to stay healthy and keep our immune system strong.
 - Stretch and exercise regularly, stay active, take walks in the sunshine.
 - Start and maintain a regular stretching routine first thing each morning.
 - Work up a sweat regularly to detox – either through exercise and/or with saunas.
 - Remember yoga, tai chi, qigong, therapeutic eurythmy.

Common Sense - If/When you are feeling sick:

Stay home (except when you need medical attention) and remember that you are usually most contagious the day before you get sick and for the first 2-4 days of an illness, or until you “turn the corner” and start to get better again. If you are feeling sick or unwell, check your temperature. A full fever is a temperature of over 101.5°F, however, people who tend to run low may not get that high, especially with certain viral illnesses. If your temperature is over 99.0°F in the AM, or over 100°F in the afternoon or evening, stay home until it has been “normal” (for you) for at least a full 24 hrs. (or 72 hrs with COVID-19).

Cough/sneeze into a tissue (and dispose of it appropriately), or into the crook of an elbow – not your hand, and wear a mask at all times when out of the house or around other people (to protect them).

The Bottom Line:

The worst thing we can do if/when we do get COVID-19 (or any serious illness) is to curl up in a ball and stop trying, to give in to the fear and give up. It is always helpful and frequently necessary to be taken care of when we are ill, but it is equally important to engage in the process (in the work!) of getting better ourselves - with conscious will and intention, to summon the inner forces to do what has become difficult. We have to engage the will to fight and overcome our obstacles. We have to try!

Medicines and supplements helpful for prevention, treatment, and recovery

of COVID-19 (illness, recovery or post-“vaccination”) & other similar viruses:

- **Meteoric Iron/Prunus** (Meteoric Iron 12x, Phosphorous 6x, Quartz 12x, Echinacea 3x and Prunus 2x) (Uriel) - 10 pellets twice a day for prevention and recovery, or 3-8x daily if sick
Or, take constituents individually... eg. Ferrum Phosphoricum D6 ...
Echinacea is included in this, but if you don't have it, you can take Echinacea separately.
- **Aurum Cordiodoron** (*Weleda, by prescription) 10-20 drops 1-3x/day especially for older people or those with cardio-vascular disease or anyone with COVID or after the “jab” (but not with glaucoma) - or Crataegus/Onopordon, Onopordon comp, or Onopordon/Aurum and others (all Uriel, no prescription needed).
- **Lightroot** and **Vitamin D3** (400 IU or more/day) especially when you don't get enough sun exposure – see TrueBotanica Vit D Plus or Quicksilver Scientific Vitamin D3/K2
- **Aurum/Lavender/Rose**(Uriel) cream or ointment - for stress, anxiety, or any difficult situation, apply over heart and solar plexus twice a day and as needed.
- **Thuja/Thymus comp.**(Uriel) pellets or liquid - for detox and recovery esp. after antibiotics or vaccination. It can also be used for strengthening to prepare for a vaccination (2x daily for 1 week before, continued for 4- 6 wks after) to help prevent side effects, and can help relieve long term persistent fatigue, headache and other issues following vaccination.
- **Ledum palustre 6X** (or various other potencies, depending...) (True Botannica, and standard homeopathic preps) 2 tablets 3x daily – Ledum palustre is a strong plant that can grow in harsh conditions (near cold marshes) and is helpful for treatment of any puncture wounds, including vaccinations, insect/ animal bites, stings, thorns, and cuts when the wound is swollen, cold, and blue or mottled - and when cold makes it feel better (and warmth aggravates). It is also good for painful swollen joints that feel better when iced, and when symptoms start in the periphery and travel in/up, and for all kinds of physical and emotional stress, overwhelm, asthma, trauma, sprains (esp. ankles), degeneration and inflammation...
- **Silicea (Quarz) 30X** – helpful for healing any wound, inflammation, or infections process.
- **Arnica 6X** – helpful for any swelling, injury, trauma
- **Aquavit** (Uriel) (cf Melissengeist) liquid - for exhaustion, dizziness, nausea, lack of appetite, convalescence
- **Threefold Balance** (Aurum 6X, Boswelia 75%, Myrrha 2X) (Uriel) 2 tablets 3x daily – for all kinds of physical and emotional stress, overwhelm, asthma, trauma, degeneration and inflammation
- **Boswelia** (TrueBotanica 3K 130mg) Boswelia (Frankincense) is anti-inflammatory, immunomodulatory, cardioprotective, anti-platelet aggregation, antibacterial, antifungal, and broadly anti-viral, as well as helpful for pain control and rebuilding cartilage. Boswelia has been shown to have beneficial effects against COVID-19 induced oxidative stress, inflammation, clotting formation, and microthrombus, the main cause of the risk of damage to major organs. It can be used in lower doses (100-200 mg/d) for early stages and as a prophylactic in combination with other natural antivirals, and in larger doses to suppress the uncontrolled activation of the innate immune response that leads to cytokine storm.
- **Vitamin A** 700 mcg (for women) – 900mcg (for men) daily, or get it from foods such as organ meats, oily fish, cheese and butter, Pine Needle Tea, or foods high in beta-carotene that the body converts to vit A. Beta-Carotene rich foods include the red, orange, yellow and dark green color fruits and veggies: carrots, sweet potatoes, squash, green leafy vegetable like spinach, kale, romaine lettuce, red and yellow peppers, peas, broccoli, cantaloupe, apricots... and certain herbs and spices. β -carotene may be better absorbed when cooked and when eaten together with a fat.

- **B Vitamin complex**, especially with Thiamine or Vit B1 (eg Dr Mercola Vitamin B Complex w Benfotiamine) Also **B12**, in the natural methylcobalamin form (eg Dr Mercola spray or organic chewable Vitamin B12).
- **Vitamin C** – ideally liposomal (most absorbable), 500 mg 1-6 x daily (taken at different times) or take in a healthy dose of Vit C rich food instead such as Pine Needle Tea, lemon, ...
- **Vitamin K** - low levels have been linked to severe COVID-19 and poor outcomes. Boosting Vit K levels is a helpful intervention with no side effects (unless you are on a blood thinner such as Warfarin or Coumadin) – which is also good for your heart, blood vessels, sugar control, bones and lungs. Vit K works in tandem with Vit D and magnesium in overall health and to improve the immune response to COVID and other viruses. Anyone taking a statin (cholesterol lowering) Rx, which depletes Vit K2, should be taking at least 150 mcg of K2 daily (and CoQ10) together with a fat for better absorption. Both Vit K1 and Vit K2 are important.

Vit.K1 is necessary for blood clotting and can be found in leafy green vegetables such as spinach, lettuce, broccoli and cabbage and very high levels in kale. The absorption from food is only about 10%; about 80% of our Vit K1 is actually made by bacteria in our gut.

Vit.K2 is important for bone and heart health – and K2 is very well absorbed from food. It is found in grass-fed (not grain-fed) animal products such as meat, liver, dairy, especially certain cheeses (eg Brie, Munster, Gouda, Jarlsberg), butter, egg yolks – and fermented foods including sauerkraut, fermented soy food natto (a particularly good source of K2 – and in those regions in Japan where they eat a lot of natto, there has not been a single death from COVID-19).
- **Magnesium** (Mg) is involved in 80% of all reactions in the body, and 80-90% of people are actually deficient in Magnesium. Blood levels do not reflect actual Mg status since Mg is pulled out of our tissues to maintain critical (for heart muscle function) blood levels, but 99% of Mg is usually in the cells, and of that, 99% is in the mitochondria of the cells. Magnesium stores have been depleted on earth by our farming practices, and there is not enough Mg available in our food supply. Bones in skeletons from a couple hundred years ago have several times as much Mg in them as we have in (and on the surface of) our bones today.

Virtually all diseases are worse due to low magnesium, and Mg supplementation helps most other diseases get better. Muscle cramps (of any sort) and nerve twitches are almost always an indication of low Mg. Magnesium is life giving, anti-infectious, antispasmodic, mitigates EMF exposure, treats high blood pressure, migraines, osteoporosis, asthma and any number of other problems, and Mg makes a big difference in the course of COVID.

Magnesium is best taken separately from Calcium (Ca) or Calcium-rich foods (by 4 hrs) because they compete for absorption. The Mg in a Calcium supplement does little to improve the magnesium level. An ideal form of magnesium is Mg malate (see Cramp Defense, available online), a naturally chelated form that is highly absorbable and readily available (to tissues) and does not affect the digestion (does not have a laxative effect even in higher or more frequent doses). It should be taken: 2 caps 1- 4x daily. Another option is molecular hydrogen (Mercola) tablets which gives higher doses of ionic Mg (malate) as a carrier.
- **Zinc**, preferably picolinate 22 mg (Solgar), ½ tab daily– for skin and mucus membrane healing, sore throat (and others)- Or, use lozenges for sore/scratchy throat.
- **Astaxanthin**, a potent anti-oxidant and important adjunct therapy to prevent ‘cytokine storm’ which is part of severe SARS-CoV-2 or COVID illness, but also seems to be involved in the myocarditis-like catecholamine-induced injury process. Astaxanthin is a natural, red pigmented ketocarotenoid (or plant color) found in some types of microalgae and yeast. The natural sources of astaxanthin are algae, yeast, salmon, trout, krill, shrimp and crayfish.
- **Krill Oil** (Mercola) or other Omega 3 fatty acids – eg Avocado, flaxseed, but Krill also is an optimal source of astaxanthin.

- **Quercetin, Hesperidin, Resveratrol** and other antioxidants that can be obtained in fresh fruits and veggies. These also help to deactivate the spike protein of COVID-19. Good sources include apples (including skin), broccoli, dark leafy greens, peppers, onions, raspberries, and blueberries. Quercetin, especially, is a super-concentrated antioxidant (in yellow onions...) that helps repair damaged DNA, mops up free radical damage, slows down the aging process, and decreases the growth of abnormal cells. It acts like a supervisor of the internal cellular clean-up crew.
- **Evening Primrose Oil** (Barleans, organic) an Omega 6 oil with GLA that is a helpful anti-inflammatory that helps to lubricate skin and eyes from the inside, myelinate nerve fibers, reduce allergic type responses, improve cholesterol balance, clean out clogged arteries, and balance hormone issues...
- **Bromelain** (Superior Labs, naturally sourced) 500 mg 2-3 x daily between meals, more if needed. Bromelain is a protein digesting enzyme derived from the pineapple that is a potent phyto-medicine which helps with many things without side effects or toxicity. The body can absorb bromelain well when taken as a supplement without changing its efficacy or producing side effects, and it helps antibiotics, anticoagulants and other medicines absorb and work better. It is useful for COVID-19, both the illness and post vaccination issues, as well as many concurrent infections, arthritis, and inflammatory conditions. The major stages of COVID-19's pathophysiology are interfered with by bromelain (and curcumin). Bromelain helps dissolve and prevent clots, is fibrinolytic, antifibrotic, proteolytic, anti-thrombotic and anti-inflammatory. Bromelain treats infections (including blocked sinuses, bronchitis, bacterial and fungal infections, urinary tract infections and prostatitis. It helps many cardiovascular conditions (e.g. when heart pain or heart attack are caused by inflammation or artery blockages), osteoarthritis, rheumatoid arthritis, diarrhea, Vibrio Cholera, worms, and E.coli, Crohn's disease, ulcerative colitis. It cleans up and heals wounds, muscle injuries and burns (including corrosive burns), treats allergies, especially direct tissue allergy processes, and has anti-cancer activity. Bromelain has been shown to encourage apoptotic cell death and exhibits some other anti-cancerous properties, eg suppressing colorectal cancer cell growth. Finally, it has been proven to reduce post-op pain and edema, and helps to dissolve scar tissue. The research that has been done and the applications where it has proven helpful are extensive.
- **Proteolytic Enzymes** (1MD MediZyme or TrueBotannica Serrazimes Complex)
- **Elderberry** (Sambucus nigra) juice or syrup, or (TrueBotanica) Elderberry-Thyme Syrup, a potent antiviral supplement for prevention and treatment
- **Licorice root** extract, glycyrrhizin, in moderation - a soothing immune-boosting anti-viral anti-inflammatory digestive aide (among others) that is helpful in small amounts, but can be harmful in excess (over 2 oz/day) and can raise blood pressure.
- **Rhodiola Plus** (TrueBotanica) or **Rhodiola Extract** (Mercola) for calming, focus and handling stress
- **Olive Leaf** extract and various other herbs... (there are many other herbs that could also be helpful)
- **Klamath Blue Green Algae** (Power Organics) or the non-organic Crypto Power Chlorella (Cryptomonadales sorokiniansis) with soft outer cell wall for heavy metal (and other) detox and as a source of many vital nutrients. The algae in the Klamath Lake have significant antioxidant activity and are an effective adaptogen. Green Algae is an excellent source of chlorophyll, an important blood cleanser, as well as high-quality protein and a unique source of minerals, essential fatty acids, B vitamins, iron. The soft cell walls of Klamath blue green algae enable more effective assimilation (98% can be used as nutrients as opposed to around 65% for Spirulina). In addition to their nutritional value, algae can also be a powerful means of eliminating toxins from the body. Studies show algae are able to gather heavy metals (e.g. lead) and create insoluble salts, which can flush these harmful toxins out of the body.

- **NAC**, or N-Acetyl-Cysteine, is an immediate precursor to glutathione, the most potent antioxidant detox agent made in our bodies, which also thins our mucus and decreases chances of corona virus, influenza and severe bronchitis. It is available as a supplement, or we can make it from amino acids such as cysteine, glutamate and glycine. Foods that are high in glutathione precursors are broccoli, cauliflower, asparagus and **turmeric**, among others.
- A good **Probiotic** (eg 1MD Complete Probiotic Platinum, or Throat Defense™) with a mix of strains of lactobacilli and bifidobacterial and 10-20+ billion colony-forming units (and prebiotics) especially for anyone who has been on antibiotics, for the aging population in general, and for those who have been exposed to glyphosate (aka Roundup), which is all of us.
- **Fennel Tea** (or Chinese Star Anise Tea) is an excellent source of shikimate or **shikimic acid**, which is an antioxidant known to neutralize the spike protein and boost the immune system. Shikimate is a natural organic compound (a polyphenol) that is made by various bacteria, fungi, yeasts, algae, plants, and parasites, albeit in very low concentrations.

Shikimic acid is actually the core progenitor of the early (1999) anti-influenza drug Tamiflu (Oseltamivir phosphate), which is still recognized to reduce severity of illness, shorten symptoms and reduce transmissibility of influenza A and influenza B infections (by about 10%) and can shorten the duration of the common cold by 1-2 days if taken at the first signs of illness. Oseltamivir was first isolated from Star Anise (3-7 % shikimic acid) but is more recently generated by genetically enhanced lab bacteria (E.coli) in a pharmaceutical manufacturing process that allows the organism to accumulate enough material to be used commercially. It works by inhibiting an enzyme on the virus' surface, which limits its ability to release from cells and infect the respiratory tract. The drug does come with some unpleasant potential side effects, but sipping fennel (or pine needle) tea does not and stands to be a soothing alternative. Wheatgrass Juice, St Johnswort, Comfrey tea, Feverfew, Gingko Biloba, Giant Hyssop, Horse mint, Sweet Gum, and others (e.g. fiddle leaf ferns) are also good sources of shikimic acid.

- **(White) Pine Needle Tea or “Soda”** is another good source of shikimic acid in addition to its many other virtues. Cultures around the world have traditionally used the needles, inner bark, and resin of pine trees internally as a remedy for coughs, chest congestion, colds, sore throats, sinus infections, and allergies. Pine is a good expectorant (thins mucous). American Indians used pine needle tea for its many healing properties. The pilgrims drank pine needle tea to recover from the long boat ride (and prevent or treat scurvy). Taoist priests believed pine needle tea made them live longer, and there is now researched evidence that pine needle tea can indeed help to slow the ageing process. It brings mental clarity and can help with depression, obesity, allergies, and high blood pressure. Pine needles can also bring relief to conditions such as heart disease, varicose veins, skin complaints, urinary tract infections, and fatigue. Pine needle “soda” has 4-5 times more Vitamin C than orange or lemon juice, which makes it an amazing immune booster that can help fight illness and infection. It is also a good source of Vit. A, which helps eyesight, improves hair and skin regeneration, and assists with red blood cell production among other things in addition to supporting the immune system.

Shikimic acid dissolves readily into water and can be easily harvested from the needles of several species of pine tree, but some are better than others. When testing needles of conifers that grow in Maine, a team of UMaine researchers found that 1-3.5 percent of their weight is shikimic acid, with white pines near the high end of the range. White pine needles also have the most Vit. C.

It is important to note that some species of coniferous trees are poisonous and should be avoided (yew tree, Norfolk Island pine, hemlock tree, and cypress tree, as well as lodgepole and ponderosa pine which do not grow in Maine or New York). As always, it is important to verify and positively identify any wild edible prior to consumption. However, white pine is easy to identify, because it is the only long leaf pine with 5 needles in each cluster.

Once you have collected a few handfuls of white pine needles and removed the small woody stems (pinch/pull the clusters of 5 needles off the woody twigs), there are a couple options for making a healthy drink: Pine Needle Tea and Pine Needle “Soda” (see directions below). Tea is faster and easy whereas soda takes three days, but soda probably has higher quantities of both Shikimic acid and Vitamin C because heat destroys both.

Pine Needle Soda is a fizzy citrusy soda with undertones of mint—with a blast of Vit. C, Vit. A and Shikimic acid. The carbonation comes from the wild yeasts naturally living on the needles – when allowed to sit in the sun in water with some sugar to feed them. If you eliminate or decrease the amount of sugar, or it won’t bubble. Maple syrup can be substituted for sugar but not raw honey. Of course, if you just want a cold extraction without fizz, you can skip the sweetener altogether. It should be made in a glass jar or bottle with a tight-fitting lid with room temperature water (hot water also kills the yeast and destroys Vit C and shikimic acid).

White Pine Needle Tea directions:

Place 2 handfuls of fresh needles in a pot of water, whole or cut in smaller pieces.
Bring to a boil, remove from heat and steep for 10-20 minutes.
Strain and enjoy +/- lemon +/- natural sweetener (raw honey) as desired

White Pine Needle “Soda” directions:

Put 2 c. white pine needles in a glass jar with 4 Tbsp sugar or maple syrup
Add 2 ½ c filtered, bottled or well water – no chlorine, no salt
Close jar and gently shake to mix/distribute ingredients
Put the jar on a windowsill in direct sunlight (indirect in summer)
Do NOT shake at any time after this or it may explode!
Wait three days. – Then, open the bottle (without shaking) and strain the soda
into a large glass (with ice if desired).
Squeeze in some lemon slices and add a few mint leaves. Enjoy!

- **Melatonin**, (N-acetyl-5-methoxytryptamine) is a hormone we produce when it is dark. It is best known as a natural sleep/circadian rhythm regulator but also has many important immune and anti-oxidant functions. Melatonin levels rise before bedtime (making us sleepy), peak in the dark (helping us stay asleep) and disappear when it is light and we need to wake up. We naturally produce 10–80 mcg melatonin at night, both in the pineal gland (in the middle of the brain) and in the mitochondria of skin cells throughout the body, induced by near-infrared light (one more reason it is critical to get out in the sun).

Although melatonin is a well know mammalian hormone, it is also produced in other animals and in plants and is an important regulator of many diverse actions. In fact, both melatonin and the precursor amino acid tryptophan are available in various foods. An 8 oz glass of milk or other dairy is actually a good source of both, poultry is a good source, and fruits and veggies are often good sources. Bananas have 0.07 mcg melatonin in 100g, sour cherries 1.34 mcg, apples and strawberries have some, and cranberries have a whopping 250-960 mcg of melatonin per 100g (1 cup of cranberries or juice). Nuts tend to be good sources as well with the highest 33mcg/ 100g pistachios. Although grapefruit does not contain melatonin per se, it is a great source of tryptophan which helps you produce more of your own melatonin.

Since melatonin is a natural sleep regulator, and boosting melatonin levels in the evening can help us go to sleep naturally, it would make sense that “natural” melatonin supplements would be an easy answer. However, what is available commercially as a supplement isn’t exactly natural. Melatonin in pills is either synthetically produced in the laboratory or naturally by an animal (usually obtained from the pineal gland of cows) which is not necessarily “purely,”

humanely, or organically harvested. Most of the melatonin supplements sold around the world are actually chemically produced melatonin blended with an inert carrier.

In addition, using it throughout the day for anxiety, ADHD and other issues is questionable, both because it constantly sends our circadian rhythm into disarray, and because synthetic and high dose supplements are not exactly good for you.

What does make sense is optimizing your own melatonin production by eating the right foods and controlling your light exposure:

Eliminate or at least reduce blue light exposure in the evening (at least 1 hr before bed) (use a red filter on your screen), and banish all screens from the bedroom.

Ensure absolute dark at night while you sleep (with a soft eye cover if needed).

Improve sunlight exposure during the day, especially in the morning.

Make sure there are enough building blocks, ie a diet rich in tryptophan.

And, consider supplementing melatonin naturally – e.g. with a 4-6 oz cranberry/grape fruit juice mock-tail in the afternoon, a serving of cranberry relish^{CR} with supper, and a handful of pistachios before bed.

That being said, taking higher doses of melatonin in supplement form may still be a good option for treatment of COVID-19 if other remedies (indicated above and below) are not available. Melatonin is involved in much of the healing and rejuvenation that happens at night when we are asleep, and it can be extremely effective for treating severe illness. It works as an anti-inflammatory, antioxidant, and cytokine modulator (to prevent “cytokine storm, acute lung injury and acute respiratory distress syndrome produced by the COVID virus). Melatonin also helps recharge glutathione, our master oxidative stress damage control and detox agent, and has a variety of other mechanisms of action that support the immune system to control and ultimately eliminate many different pathogens. It has been shown to significantly lower mortality (by 93%!) in severely ill COVID patients and other viral and bacterial diseases, and it works synergistically with Vitamin D to prevent SARS-CoV-2 infection in the first place.

Melatonin has no known serious side effects but is probably best taken about 6 hrs. before bed, at a recommended dose of 2-12 mg for short term prophylaxis or higher amounts for treatment (up to 100 mg has been used for severe symptoms). This can also be helpful for treating long-haul COVID-19 syndrome. It is best to start with lower doses of 1 mg or less and work your way up as tolerated. Lower doses of melatonin (.5 mg, or 500mcg) can help make you sleepy (higher doses might trigger sleeplessness). Taking it sublingually (as spray or sublingual tablet) helps it work faster.

^{CR} Cranberry Relish: grind together (push through grinder alternately):

2c raw organic cranberries, rinsed

2 organic tart green apples, peeled, cored, and cut in thick slices

1 large organic seedless orange with peel, cut in sections

(add up to 1 c maple syrup - to taste)

Be aware that overstimulation of the immune system long-term can be counter-productive. It is usually best not to take echinacea or other immune stimulant for over two weeks straight without a break. It stops being as effective as it might be. Perhaps varying approaches can be helpful. Use things when you need them most for a while, then switch to a different set of herbal remedies, or take them in a certain sequence or rhythm, or at least designate one day a week as a break and do something differently positive for yourself instead on that day.

Each of the recommendations mentioned here could come with an interesting and compelling explanation, but this is intended as a (relatively) brief summary and not a longer book, so in the interest of brevity, I will forgo the “why” for most for now. If you are interested in why or how and cannot find it elsewhere, you will have to ask.

Other helpful therapies (as directed by/with appropriate practitioner):

ginger (mustard or yarrow) chest compresses for bronchitis or pneumonia

Eurythmy therapy: “Hope U” to “warm up the lungs,” “Love A,” “Veneration AU,” and many others

Craniosacral therapy: optimizing life-energy circuits is helpful periodically for all health-related concerns

Warming oil rubs & Essential oils – as oil dispersion baths, diffusers, topically or as ODB

can bolster the immune system, help reduce stress and anxiety and help with many concerns

Oils particularly useful for flu include (among others):

Southern Wood, Artemesia arborescence, essential oil as oil dispersion bath therapy or meditative inhalation therapy is particularly well suited for COVID-19 and the effects of the jab,” including heart issues.

Sage, Salvia officinalis, can be helpful with acute or long COVID and loss of sense of smell

Ravintsara, Ravensara, Eucalyptus or Blue gum (Eucalyptus globulus), Thyme (Thymus vulgaris)

Tea tree (Melaleuca alternifolia), Cinnamon (Cinnamomum zeylanicum), and Lemongrass

(Cymbopogon flexuosus), can also be helpful for colds, flu and other COVID illnesses. And,

perhaps for anxiety: Lavender (Lavandula angustifolia) and various citrus oils, eg. sweet

orange (Citrus sinensis) or lemon (Citrus limon). Please see a qualified therapist; the oil has to be otherwise appropriate for the patient as well.

Additional Medicines- if/when you get sick (depending on symptoms) might include:

- Pneumodoron 1 & 2 (*Weleda) alternately (or, from Uriel: **Aconite/Bryonia** alternate w **Phosphorus/Tartarus**) for pneumonia prevention and treatment with cough (for patients over 9 y/o - younger children get different potencies)
- Pertudoron 1 & 2 (*Weleda) alternately for treatment of dry hacky croupycough (or, from Uriel: **Drosera** alternately w **Cuprum aceticum 3**)
- Increase **chamomile** steam inhalation to 10-20 min twice daily followed by a 30-60 min rest
- **Sage tea** has proven antiviral properties (also against COVID), is good for sore throat, and can be helpful with loss or change in sense of smell due to COVID. Sage essential oil is also helpful.
- **Cinnabar D20/Pyrite D3**(*Weleda) or **Cinnabar Dandelion** (Uriel) for sore throat, congestion, cough or **Anise Pyrite** if cough is dry or croupy, or with hoarse voice
- **Hepar Sulfuris Sinus** (Uriel) for sinusitis and loss of sense of smell with or after COVID
- **Echinacea Flu Fighter** or **Eupatorium comp** (Uriel)
- **Apis/Belladonna** and **Argentum D30/Carbo D30/Silicea D30**(*Weleda) for fever or **Argentum/Quartz** (Uriel)
- **Archangelica Eucalyptus** chest rub (or other external applications as directed) and **Angelica Plus** (TrueBotanica) – for prevention and treatment
- **Angelica comp** liquid (Uriel) for upper respiratory infections, especially with dry or croupy cough
- **Ginseng** (TrueBotanica) also helps reduce cold stress
- Lemon foot/calf wraps for fever (once the feet are warm)
- Make sure digestion (elimination) is working well

... further remedies by prescription if condition worsens or doesn't respond... or there are other issues

* Weleda remedies – are available by prescription

Underlined recommendations were also given out by the Medical Section at the Goetheanum 3/10/20

grey highlights remedies/supplements can be particularly helpful after COVID shot or other vaccine injury

If you have questions about any of the above, see your doctor (a physician familiar with these remedies).

Seek medical attention if you are having any shortness of breath - and remember that you can

sometimes use your lungs more fully (and breathe easier) when lying on your side or stomach,

and blowing out hard to empty the lungs allows a bigger in-breath again when we feel we can't.

To reiterate:

These are all recommendations that can help, each one helpful in its own right. Look over them, see what you can do to improve your current situation and your overall health. Every change in this direction is a positive one, but these are general goals and guidelines. Not every-one will be able (or want or need) to do all of them... However, it is important to do all that we can do...

Addenda:

on Laughter:

Laughter is the best medicine (as long as it is honest and not at someone else's expense). Make it your mission to get others to laugh, and make sure you engage in some good healthy laughter yourself every day. Set aside special times to seek out humor and laughter on a regular basis, practice and build from there until you can incorporate humor and laughter into the very fabric of your life.

Don't go a day without laughing. Think of it like exercise or breakfast and make a conscious effort to find something each day that makes you laugh. Set aside 10-15 minutes and do something that amuses you. The more you get used to laughing each day, the less effort it will take.

Smile! and make it a habit. Look up and smile at people. Smiling is the beginning of laughter, and like laughter, it is contagious. Start an epidemic. Instead of looking down at your phone, look up and smile - at the people you pass in the street, the server handing you a morning coffee, the gas station attendant, and people you share an elevator with... and notice the effect on them.

Laughter can... :

The ability to laugh, play, and have fun quite simply improves just about everything. Even in the most difficult of times, a good laugh, even simply a smile, can go a long way toward making you feel better. It not only makes life more enjoyable; it also helps you solve problems, connect with others, and think more creatively.

Nothing brings mind and body back into balance faster, or more dependably, than a good laugh.

Laughter strengthens the immune system, is good for the heart, and improves circulation.

It diminishes pain, boosts mood, strengthens resilience, increases energy and vitality, and protects from the damaging effects of stress.

Laughter relaxes the body and mind, helps you recharge, releases inhibitions, eases anxiety, inspires hope, lightens burdens, and adds joy and zest to life.

Laughter improves emotional health and keeps you grounded, focused and alert.

It diffuses conflict, connects you to others, strengthens relationships, unites people during difficult times, and helps you release anger, let go of defensiveness and forgive sooner.

Laughter is a powerful tool to help heal resentments, disagreements and hurts, and it helps everyone forget judgements, criticisms, and doubts.

It gets you out of your head and away from your troubles, and helps you find greater happiness.

People who incorporate humor and play into their daily lives find that it renews them and all of their relationships.

Shared laughter is also one of the most effective tools for keeping relationships fresh and exciting.

And, **laughter really is contagious** – just hearing laughter primes your brain and readies you to smile and join in the fun.

The more laughter you bring into your life, the happier you and those around you will feel.

How to incorporate humor and laughter into your life:

Read or share a funny book or comic strip, watch a funny movie, show or video, play with a pet or some children... You are many times more likely to laugh around other people than when alone.

Make time for fun activities, and remember that most laughter comes simply from spending time with friends and family and consciously engaging with them (which means switching off your phone and connecting face to face).

Count your blessings. Literally, make a list. Simply looking at the positive aspects of your life gives distance to all that is negative (blocking humor and laughter), and brings you closer to the place from which you can engage in laughter.

When you hear laughter, move toward it, seek it out and ask what is funny. People are glad to share because then everyone can laugh again.

Watch others laughing (you-tube or video), even listen to simulated laughter.

Remember funny things that happened and ask others about the funniest thing that happened to them today? this week? in their life? ...

Laugh at yourself. Don't take yourself too seriously.

Always look for the humor in a bad situation, and try to see the irony and absurdity of life.

Portray situations as a humorous anecdote that will make others laugh.

Put up a funny poster in your office, choose a computer screensaver that makes you laugh,

Surround yourself with pictures of you and your family or friends having fun.

Finally, keep a stash of jokes, and if all else fails, read through them every day.

Prescription for the New Year

Margaretha Hertle, MD 1/1/21

Look toward the **Light** frequently, and feel light and warmth permeate you. When it's not there, visualize...

Remember to look at nature through the eyes of a child - with awe and **Wonder**.

Show **Interest** in your surroundings; make sure to learn something new every day.

Every hour, close your eyes, breathe, focus on inner **Peace**, relax & check in with your quiet center, remember your uprightness, and feel the sun rise under your feet - for 5 seconds.

Make it a point to find **Joy** in the little things. Joy is also a decision. Choose to find it.

Express your **Gratitude**. Try to thank 3 people for something they do - every day.

Look up and **Smile** at everyone you pass (even with a mask on). Make sure your eyes are smiling too.

Sprinkle every day with a goodly amount of **Laughter**, and make it your mission to get others to laugh.

Before bed in the evening, review your day, and remember – what was the funniest thing that happened?

If you haven't had an opportunity to laugh that day, take the time to read something funny

(keep a stash of jokes or funny books accessible). Keep reading - until you actually laugh.

Each night, go to sleep thinking about something you can **Do for someone else**.

Make enough sleep a priority. And make sure you take a few minutes to reflect on the night as you wake up each morning. What feelings do you bring with you from your sleep?

What is your mission for the day?

Always **Listen** to others with full attention. ("Listening is where love begins." – FM Rogers)

Decide to act out of **Love** in every human encounter.

Tackle all worthy endeavors with **Enthusiasm**, and look towards the future with **Courage**.