

March 24, 2020

Re: Coronavirus (COVID-19)

Dear Patients and Families,

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We're writing with a few reflections on the first week of spring from Dr. Robbins, and an update on our response to the coronavirus.

Our routines have been thrown into chaos as public health officials issue new daily restrictions on our activities. The frames of reference that we use to orient ourselves get blurred and erased with the disruption of daily routines. Without them, it is normal to feel ungrounded, uncentered, confused, or anxious.

And also, the natural world continues forward. It is the spring equinox. All around us there are signs of life returning, as they returned last spring and countless springs before that. In my front garden, in spite of news headlines, the tulip buds are preparing to open. Social distancing notwithstanding, blue jays are pulling out coconut fibers from last season's flower baskets to use for their nest.

In these days, it is important to focus on the cycles of nature that continue around us and within us. In disturbed moments when anxiety surfaces, try to pause to observe an opening leaf, or an animal in its springtime routine, or the tides of your own breathing. Remember that not everything is chaos, and remember our place in the world.

Every day we are learning more about this virus and how it is affecting people around the world. We want to continue offering our perspective as homeopaths on how to make sense of all of the information.

We are in contact with homeopaths in Iran, Italy, India, and around the world to communicate best practices, and we are maintaining our medicine dispensary accordingly. As the weeks have unfolded, Rajan Sankaran, a preeminent homeopath, after studying many cases has observed Camphora to be the most common medicine state brought on by serious respiratory and cardiovascular reactions to this virus, and is suggesting individuals at risk should take Camphora 1M two times daily for 2 days. Our clinic recommends that people at risk due to immunocompromised systems or who are 50 years or older consider taking a proactive round of this remedy. If you choose to do this, please contact our office to obtain the medicine.

This virus can be dangerous when it evokes a very strong immune reaction. It is important to note that the symptoms of this virus are due to the body's perception, leading it to evoke an immune response to defend itself. If this reaction is too strong it results in an over-reactive inflammatory response. This over-reactivity can result in life-threatening symptoms such as excessive mucus production which can result in pneumonia or acute respiratory distress syndrome. By giving Camphora we are attempting to decrease the high level of immune response to the virus and therefore decrease extreme reactivity and associated symptoms. It is our excessive reaction to the virus which can lead to life-threatening symptoms. Homeopathy doesn't kill the virus, it changes how we react to the virus.

More generally, we continue to provide access to all homeopathic medications needed for your care and will prescribe these to you as indicated. They can be conveniently picked up in our dropbox located outside the Bellevue clinic building, or we can mail remedies directly to your home.

NSAID Use

As homeopaths, we consistently encourage our patients to avoid taking anti-inflammatories such as NSAIDs (ibuprofen, acetaminophen, and aspirin), steroids, and fever reducers whenever possible as they suppress the body's ability to fight disease and restore balance, or homeostasis. This remains true now more than ever during the spread of coronavirus. In light of the current pandemic, it is useful to look back in history to outcomes from similar events. The 1918 Influenza pandemic saw significantly lower death rates in patients treated in homeopathic hospitals of the day than in allopathic hospitals where anti-inflammatories were commonly given. In blocking the symptoms, these medications also hampered the ability of the body to form antibodies against the virus, ultimately to the detriment of the patient. For more context, we encourage you to watch this video exploring this information in more detail, linked [here](#).

Our Commitment to You

If you have viral URI (upper respiratory infection) symptoms, call the clinic and we will arrange to provide assessment and testing if needed. We currently have limited testing capacity for this coronavirus (due to a backorder on tests), and so may refer you to community partners for testing depending on capacity and availability. For anyone who contracts the virus and is exhibiting mild flu-like symptoms, it is important that we treat you to help keep the symptoms moderated.

Telemedicine Visits

Our clinic continues its commitment to be available to you and your family for your ongoing health needs. Especially during this time that access to allopathic clinics and hospitals becomes more restricted and we are asked to limit trips out of the home, clinics like ours have been called upon to maintain services to our patients via video or phone call-based care. Please reach out to us to schedule telemedicine visits from the safety of your home. In Washington state, we can now bill these to your insurer if available, just like a regular in-person visit.

Future Communications

Please email us with any suggestions for future topics or questions about homeopathic processes related to COVID-19. We will take them into consideration for future emails, as we plan to continue communicating regularly during this virus outbreak.

We wish you deep and restful sleep and a restorative time at home. Stay safe. Be healthy.

We are here for you,

Dr. Michael Baker

Dr. Ryan Robbins

Wendy Jones