

WASHINGTON
Homeopathic
Clinic

2025 112th Avenue NE
Bellewood Two Bldg., Suite 300
Bellevue WA 98004
Office: 425-881-8929
Fax: 425-453-5987
Email: admin@wahomeopathy.com

Michael V. Baker, ND, MS, DHANP
Ryan Robbins, ND

April 10, 2020

Re: Coronavirus (COVID-19)

Dear Patients and Families,

We hope you are maintaining your health and finding moments of peace as the storm of this coronavirus pandemic swirls around us. As promised, we intend to continue communicating to share our observations, offer help, and answer some of the common questions that several of you have asked.

In the coronavirus media coverage, a lot of attention is paid to age, gender, and prior health problems as predictors for greater risk of fatal heart and lung symptoms. But we also hear reports of young people with no chronic diseases on ventilators with the same symptoms. The contradiction is unnerving. Why do some people infected with coronavirus have such severe symptoms while others are just asymptomatic carriers?

Until more data is collected, conventional medicine will struggle to explain this unfolding pattern. Homeopathy focuses on the response of each individual more than on demographic or environmental factors. As with many diseases involving the immune system, our symptoms, even fatal ones, are caused by our body's own response to this virus, not by the virus per se. Our immune system has many components beyond antibodies, one class of these is cytokines. Rapid fluid accumulation in the lungs and organ failure develops as part of a sudden "cytokine storm" that the immune system – in some cases – generates in response to the virus. If one is able to balance this part of the immune reaction without blocking it (see [link](#) about avoiding NSAIDs referenced in prior email), we are more likely to avoid the sudden symptoms that overwhelm our bodies. In this case, the immune system can "relax" somewhat while still responding to keep us safe.

In an immunocompromised state, one or more elements of the immune system are suppressed either by medication or chronic illness. In autoimmunity, the immune system becomes triggered to attack cells or tissues of one's own body. With this new coronavirus it is hard to know exactly how people with these conditions will respond. In addition to the universal precautions we're asked to take, steps should be taken

to keep the immune system as relaxed as possible, including getting adequate sleep, exercise, hydration, and supplemental vitamin C, vitamin D, and zinc.

My friends don't understand why I choose homeopathy. How do I explain why I use it to my friends and family?

Homeopathy has been and continues to be successfully used by millions of people throughout the world to treat their symptoms and illnesses, including for epidemics and pandemics. Homeopathy has an enviable track record in reducing death and severe disease in prior pandemics (for a deeper dive, see [this video from the American Institute of Homeopathy](#)).

Homeopathy is commonly used in India, and in many parts of Europe, including in France, where 80% of physicians practice some form of homeopathy. Due to its popularity and positive meta analysis outcomes, the Swiss government in 2016 officially recognized homeopathy as an effective form of treatment.

Up until about 80 years ago, homeopathy was practiced in the United States by 25% of hospital physicians. However, due to influence by the American Medical Association and burgeoning pharmaceutical companies, funding for homeopathy was eventually excluded from medical schools that didn't support the pharmaceutical research.

Even though there has been little funding for homeopathic research by the homeopathic community, homeopathy continues to be the fastest growing form of non-conventional medicine. This is due to its effectiveness in treating a broad range of conditions – many of which are untreatable by conventional medicine.

In the end, homeopathic medicine is non-toxic, inexpensive, low in waste, free from side effects, and used by 200 million people around the globe to improve their health and wellbeing. Additional resources to help answer these questions have been compiled by [Americans for Homeopathy Choice](#).

We all get cough and cold symptoms from time to time. How do we know when to be worried?

In general, the usual advice applies: take note of your symptoms. If you develop common initial symptoms of COVID-19 – sore throat, fever, chills, headache, muscle pain, or cough – call us promptly so we can prescribe and treat based on your present symptoms. With this virus, it is important to treat symptoms as early as possible to prevent more severe symptoms from developing.

The precautions to reduce viral spread apply whether you have any symptoms or you feel perfectly fine. We know that there is risk of transmission among people who are symptom-free, so preventative steps of wearing masks in public places and carefully and frequently washing hands apply until further notice.

I have the Camphora remedy that was suggested previously. Should I take it?

Camphora has been used to prevent and treat the development of the worst symptoms of COVID-19, and can be especially indicated for patients at greater risk to prevent the development of severe symptoms. Camphora is not the only homeopathic remedy to treat the COVID-19 virus, but it covers the most concerning life-threatening symptoms. Early in the course of an illness however, you will be treated with the appropriate medication based on the unique symptoms that you may have. We strongly suggest being treated for your individual symptoms before any severe symptoms develop.

This pandemic is bringing up a lot of anxiety, anger, and frustration in our household. What can we do about it?

Here is some of the advice that we have gleaned from psychologists during these days. Maintain a routine, even if it is not the one that you are accustomed to. Get outside for at least 30 minutes each day, rain or shine. Limit media exposure to what is useful and necessary to stay informed. If there are many people in the house together, allow everyone their own retreat space and private time each day.

More than anything, try to be gentle with yourself and your family. Allow extra room for grace and acceptance. If you are suffering from anxiety or depression and would like our help or support, please call to schedule an appointment. We continue to see patients remotely via phone or video visits when possible, and in the clinic when appropriate. Most insurance companies have relaxed their restrictions around telemedicine which allows us to see both new and established patients remotely.

We continue to wish you good health and space to find the lesson that this unusual time has for each of us.

Michael Baker, ND

Ryan Robbins, ND

Wendy Jones