COVID-19 UPDATE

By:

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Current Situation

Anyone can contract this virus. In fact, it is likely that a majority of people will contract it at some point and experience mild-moderate symptoms while they recover. However, those with weaker immune systems and pre-existing health conditions have a higher risk of experiencing complications that may require medical assistance. Given how fast the virus spreads, our healthcare system is at risk of being pushed beyond its limits to support those who need it most, which may lead to higher rates of unnecessary complications, even deaths, due to a lack of resources.

Transmission

This virus is currently known to be acquired from both symptomatic and asymptomatic carriers through (1) physical contact, (2) airborne droplets from coughing/sneezing (there is evidence suggesting that it can remain airborne for
up to 3 hours), and (3) contaminated surfaces where it can remain viable for several days.

Expectations

There are many factors that make it difficult to predict the duration of an outbreak, but there are optimistic expectations for the situation to improve significantly by late spring/early summer. Without the appropriate means to contain the virus, it is expected to continue spreading throughout the community at large. At this point, the focus is on slowing down the spread of the virus to mitigate the burden on our healthcare system to ensure that those affected can access the care they need.

Possible Treatments

Vaccines and anti-viral medications are currently being researched. However, we do not know when they will become available and the viability of these options may become compromised should the virus begin to mutate. It is worth considering that we are well equipped with a powerful immune system designed to protect us from these type of viruses. The most important step you can take is to support a healthy immune system response with healthy foods, natural medicines, rest, and intimate social connections (at a distance).

The Role of Natural Medicine

Currently, the conventional approach to supporting COVID-19 patients is to offer potentially life-saving care by managing their symptoms with medication, assistive devices, etc., while the patient’s body attempts to fight the virus.
You should be well aware that there are also numerous natural medicine based options available, which can be used to complement standard forms of care, to specifically support the immune system in fighting this virus, while minimizing unwanted symptoms or complications.

As always, when faced with health challenges, we achieve the best results through an integrative approach to healing by combining the best knowledge from all fields of healthcare.

N.B. Should you have any health concerns relating to COVID-19, your first step should always be to contact your local public health agency or family physician and to follow their directives. Once you are being cared for by a Medical Doctor, you may contact me for further assistance.

VIRTUAL APPOINTMENTS (NEW SERVICE)

During these challenging times, this new service will allow you to consult with me regardless of where you are in the world from the comfort and safety of your own home. For more information or to book an appointment, please reply to this e-mail or click on the link provided below:

How To Book a Virtual Appointment (CLICK HERE)

It is critical to continue working together to keep your immune system as strong as possible and to resolve any underlying health issues that increase your risk of complications in case of an infection.
Final Thoughts

I hope this update helps you appreciate the gravity of the situation and encourages you to do your part by following the basic recommendations set out by our public health agencies.

That said, I hope you understand that with the right knowledge and tools to support your immunity, you can put yourself in a position to go through this outbreak with confidence and the assurance that your body knows exactly what to do to keep you healthy and safe.

Please know that I am more than happy to respond to your e-mails, text messages, and phone calls, to answer your questions and concerns regarding this developing issue.

Please help me spread the word by sharing this e-mail with family and friends!

In health,

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