



INNOVATIVE PERCEPTIONS

A QUARTERLY NEWSLETTER FOR HEARING AWARENESS IN THE GREATER BOSTON AREA

DR. MELONIE MARPLE,
AUDIOLOGY AND HEARING SOLUTIONS, INC.
WWW.AUDIOLOGYHEARING.NET

SPRING EDITION
2020

Your Trusted Hearing
Healthcare Professionals

Recommendations for the Coronavirus:

Some important thoughts we wanted to share with you in the hopes that you will share this with your family and friends during this time of uncertainty.



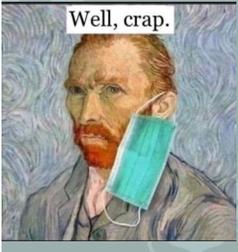
Eat Well
Move Well
Think Well
Rest Well

The Humor Side:
Laughter is the
BEST Medicine

Rest if you are feeling out of sorts. Rest is critical and so is listening to your body. Getting 7-9 hours of sleep at night is critical to staying healthy and ahead of this.

Walking, Resistance Training and Yoga are a powerful trio to keep you on track and healthy! Remember, you can go outside....the fresh air will serve you well, just keep a 6 foot distance between you and others.

Be positive and think the best while preparing for the worst. Be mindful not to get caught in the downward spiral of all the negative information that is coming in through the news. Trust your instincts and trust yourself. When you can't control what's happening, challenge yourself to control the way you respond to what's happening. That's where your real power lies.



Kids

The daily dose of Vitamin D for kids is 400 IU. Please be reassured for your kids. They are at **low risk** and experience minimal symptoms, if any from the virus.

The biggest concern with this is the elderly who have overstressed immunity by chronic disease (diabetes, cardio-vascular, lung pathologies etc). They are the most at risk and we should all be concerned and conscientious with our interactions with this precious segment of our community.



Supplements: Please check with your physician before adding any supplement

Vitamin D boosts immunity by facilitating leucocyte development. There is a correlation with infections from viruses and Vitamin deficiency. **Vitamin K** helps the absorption of Vitamin D. **Vitamin C** is a strong antioxidant and it is known that viruses develop in an oxidized cellular environment.

Royal Jelly contains high concentrations of vital minerals and vitamins as well as antioxidants.

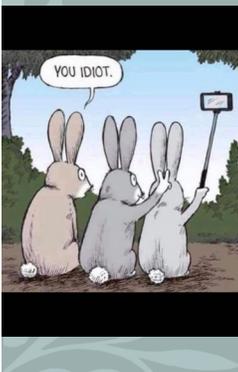
Herbal Tea of Thyme and Oregano will diminish molds and candida in the intestine (which prevent our healthy bacteria in doing their immunity job). Most of these supplements can be acquired on Amazon so you don't even need to leave your house!

NAC ensures a strong protection for the lungs, it is also the precursor of our most important endogen antioxidant. People with respiratory disease, especially, COPD should take up to 600 mg twice a day. The co-factor for Glutathion transformation is Selenium.

AVOID:

- Grains with gluten which will encourage intestinal and bronchial chronic inflammation.
- Dairy causes thickening of respiratory tract mucus.
- Eating organic fresh food will diminish the liver toxic load caused by high sugar intake and junk food.
- Remember the virus will only adhere to cell membranes and invade the cell if immune barriers are low.
- Last but not least, immunity is depleted by negativity. Find ways to stay positive and do things that lift your spirits. Trust your innate intelligence to protect yourself by giving your immune system the resources it needs to function at its highest level.

Zinc is an important co-factor for intestinal immunity (Payer's Patches) and for the repair of DNA. **Melatonin** is a hormone with strong immunity boosting effects and so is **DHEA** (Elderly and adults are often DHEA deficient). **Curcuma** is another important remedy which boosts immunity and reduces systemic inflammation.



Like us on
Facebook

@audiology
hearingsolutionsinc.net

Pure essential oils (Ravintsara, Thyme, and Oregano) have the strongest anti-viral effect. They should be vaporized in the homes.

Please reach out to us with any questions...we are here to serve you!



**Your Trusted Hearing
Healthcare Professionals**

955 Main St., Suite 306
Winchester, MA 01890

Phone: 781-218-2225
Fax: 781-218-2226

WE'RE ON THE WEB!
AUDIOLOGYHEARING.NET

AUDIOLOGY AND HEARING SOLUTIONS, INC

Dear Friends,

I hope this newsletter finds everyone safe and healthy. This is a very difficult time for the entire world and we wanted to reach out to let you know that we are here for you and we are thinking of you all. Our practice is considered essential; therefore, we are remaining open with increased sanitizing and other precautions being taken. We are not seeing patients face-to-face, unless it is an extreme emergency. Due to the sliding glass windows in our waiting room, we have set up a contact-less service center where we can troubleshoot and fix hearing aids while maintaining the 6 feet social distancing recommendations. We simply ask for you to contact us to schedule a time so that we can ensure no other people are in the waiting room with you. If you are not able to leave your home, we are also receiving hearing aids for service and repairs through the mail and can ship them back to you. As always, we are also able to provide your accessories and batteries, by shipping or pick up. So please don't hesitate to call us if you are having any problems, need any supplies or just want to say "Hello"! We are in this together! Stay safe and stay well.

Dr. Melonie Marple

955 Main St., Suite 306
Winchester, MA 01890

