

Update from Adrian during this Coronavirus outbreak, March 20,2020:

Hello everyone,

I hope that everyone is doing the best that they're able to, under the current uncertainty we're all in over the Coronavirus, or COVID-19. As yet, I've avoided posting about this topic to Lyme Alive as a whole, because I do not want to say anything that can be construed as medical advice. Please remember while reading the remainder of this newsletter that I am NOT a medical doctor, and absolutely nothing I say is to be taken as medical advice in any way.

All of that being said... whatever your thoughts are on the coronavirus, I hope you are all able to remain calm. To that end, the article attached to this email is called "Coronavirus: How to protect your mental health". Of all of the numerous articles I've read about the virus in recent weeks, this is the one I feel is most applicable for everyone in our group to read.

I know that many people with chronic lyme and related co-infections have been practicing forms of "social distancing" for years - for some of us, daily life might not look very different at all. For others, our entire worlds have been changed in the matter of a few short weeks. Some of us are still unsure of how all of these changes will affect us, or even if they will. Wherever you fall in these times, please practice compassion and understanding not just with others, but with yourselves as well.

For now, all in-person support group meetings are suspended. Our next projected Saturday meeting is May 23rd at the Bowman library; obviously we hope things have returned to normal by then and that we're able to have this meeting. Our social meetings are canceled until at least May; unless those of us with smart phones/laptops use Zoom to have a virtual coffee/tea date from the comfort of our own homes? Let me know if you'd be interested in something like this!

Now more than ever it is important to foster relationships with other people, and to reach out for support when you are struggling. To this end, several support group members have stepped up and volunteered to be either text/email/or phone chat buddies to anyone struggling. I have put together a list of those willing to buddy up with others to get them through these uncertain times. If you would like a copy of this list so that you may reach out for additional support, please do not hesitate to ask for it! Additionally, if you would like to be added to the list AS support, please let me know!

On the practical side of things, many of us with chronic lyme are used to having to plan ahead to make sure we have enough supplies (like detox methods, food, extra medicines, etc.) on hand, since we never know when we will feel up to going to the store. Do make sure you're taking these steps now, as it might be more difficult to get certain medicines, supplements, etc., in the coming times.

While I think it is important to always boost the immune system, make sure you are doing so now. Remember that stress is one of the biggest culprits in lowering immune function, so take whatever steps you can to negate the stressful times we are in. Diet is also very important in times like these; try to eat as many whole-foods as possible while avoiding sugar and processed foods. Consider taking extra vitamin C supplements as well, and anything else you use to boost the immune system. It is also important to get as much gentle exercise as possible, and consider adding deep breathing methods to your routine as well.

If you're wondering about those recipes I promised to send several weeks ago after our meeting in February where we talked about toxins hiding in common products..... please continue to be patient! I will send out a general update in a week or two; notes from our last meeting and those more-natural recipes will be included.

Until then, take very good care of yourselves! Please reach out if you need additional support, and let me know if you would like a copy of the Lyme Alive Support List. (I'm very grateful to those that volunteered to be on this list!) Take care, stay safe, and keep wearing your bug spray! (To protect against lyme and company, NOT coronavirus!)

[Coronavirus: How to protect your mental health](#)



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