

RECOVERING FROM COVID

July 2020

If you know someone who is discharged and still struggling to recover from Covid 19, get them to an acupuncturist. Recovery doesn't mean just going home from the hospital but also regaining one's vitality. Fever and fatigue and breathlessness may be long-term effects of the virus on the body long after the virus is gone. Lingering symptoms are explainable in acupuncture energetics

If there are late afternoon fever spikes the virus depleted the Yin reserves; if there is extreme fatigue in daily life, the virus depleted the Yang upright qi; if there is a remaining sense of breathless, the qi of the chest collapsed. Yin reserves, Upright qi, the Qi of the chest, these physiologic functions can be restored through treatment and there can be full recovery.

Acupuncture's effectiveness lies in returning physiology to proper functioning after a virus has dissipated the body's strength. It is a valuable resource in our health care arsenal to get our citizens back up and vital. Western medicine having done a superb job in helping the body defeat the virus should now turn to acupuncture to promote full recovery. Every discharge instruction ought to read: "See your acupuncturist for post viral care."

Jane Grissmer, M.Ac.; Dipl.Ac.
Co-Director and Acupuncturist
8720 Georgia Ave/ Suite 300
Silver Spring, MD 20910
jgrissmer@crossingshealing.com
www.crossingshealing.com

