

Dear patients and our community,

As acupuncturists and practitioners of Traditional Chinese Medicine, we are committed to the health and safety of our community. With your help and support, we can all take part in mitigating the spread of COVID-19.

Our office will remain closed till further notice, please check our website often for reopening information. While these times may feel unusually challenging, please know we will continue to monitor the current situation and evaluate additional measures to help support our patients, employees and community.

Here is what we are working on to stay connect:

1. For all revisit patients, you can email us from our website book an appointment at <https://acupuncturema.com/> to schedule Saturday Tele-Medicine herbal consultation.
2. For patients need herb refill, please email us.
3. Dr. Ma is seeing patients with Covid-19 like symptoms at SIEAM training clinic Thursday evenings. This is the first of its kind Chinese herbal medicine clinic trial in US. <https://sieam.edu/search-covid-19>
4. Dr. Ma published a paper that the author, translators, and magazine made it free Online for general public, the file is attached.

[**A working guide to treating covid-19**](#)

Prevention is the best medicine. Here are some resources for our patients and community during this critical time.

What You Can Do To Take Care of Yourself

To the point Immunity pdf file is attached. The most important things you can do to support your immune system are really basic:

1. Don't panic. Stress is bad for your immune system. It's normal to have worried thoughts. Just don't entertain them for too long. Make some time to do something enjoyable each day and connect with loved ones.
2. Wash your hands frequently and don't touch your face unless you just washed your hands.
3. Get enough sleep. Turn off the screens and start winding down a little earlier.
4. Drink lots of water to support healthy mucous membranes as a first line of defense. Hot water and tea have been shown to inhibit viruses in our throat.
5. Eat more nutrient dense whole foods, soups, and bone broth.
6. Eat less inflammatory foods:

Sugar, industrial seed oils, processed foods, alcohol, and foods you are sensitive to (wheat, dairy, eggs, nightshades etc.)

7. Support lung health by doing some even breathing, preferably outdoors in fresh air, to move circulation and clear out toxins. Breathe in through your nose for a count of 5, hold for 1 count, then out through your mouth for a count of 5, hold for 1 count. Repeat. Make the counts even and not too long that you struggle.

Thank you and stay safe.

Thank you,

Ma's Acupuncture & C.M.

Bellevue: 425.502.9256 | Seattle (Greenlake): 205.527.0033

www.acupuncturema.com

"Integrate Acupuncture & Chinese Medicine Into Everyday Life"