



MILLHOUSE INTEGRATIVE MEDICAL CENTRE

PARTNERING IN HEALTH AND HEALING

JULY 2020

A warm welcome to the Millhouse Community and to other readers.

In the [March Newsletter](#) I noted that New Zealand had just diagnosed the first person, a returning Iranian traveller, with COVID-19. Much has changed since then, and as I write today there have been 1544 confirmed cases and 22 deaths from the virus in New Zealand. The graph demonstrates that the Government's actions were very effective in eliminating local transmission; however the risk of disease spread remains, with many New Zealanders returning from countries plagued with the COVID illness.



Lockdown has been brutal on business profit and employment.

Billions of dollars are being spent trying to resurrect the economy, and the costs of placing more than 28,000 in quarantine, or managed isolation, continue to grow. The financial repercussions of these actions will be experienced by all New Zealanders for decades to come.

For most of us, COVID-19 is an inconsequential contagion but for those who have underlying chronic inflammatory illness – diabetes, cardiovascular, respiratory disease and cancer – the risks may be high, including that of dying.

The future holds so many unknowns. There is uncertainty as to whether contracting COVID-19 conveys ongoing protective immunity, whether a successful vaccine will be found, how long can the country be kept in geographic isolation, and ultimately what price we are prepared to pay for health and employment.

In this newsletter I encourage you to be vigilant in taking measures to avoid the disease. I also review the strategies I wrote about in the [COVID UPDATES](#), which strengthen the immune system reducing the chance of illness.

MILLHOUSE NEWS

PERSONNEL CHANGES

Osteopath Ghassan has moved from 130 Millhouse to 739 Chapel Road. You can phone 09 265 2227 or [book online](#) at Botany Specialist Sports Osteopaths for an appointment to see Ghassan.

Dr Stephanie has moved into the vacated room at 130 Millhouse and available for consultation every day.

Dr Daniel now has his own consulting room at 128 Millhouse, and has extended his hours, so appointments are available every day except Wednesdays.

We welcome Dr Avani (see opposite) to Millhouse. She will see patients who have struggled to regain their health with conventional therapy, such as those with complex medical conditions. Dr Avani visits on Wednesday afternoons at 128 Millhouse.

COVID's CONTINUING CHANGES

Some good things have come out of the COVID experience.

Limiting Waiting Room Numbers means less opportunity of catching a cold or flu when visiting Millhouse during the winter months.

Wearing Masks in the Waiting Room for all with nasal or respiratory symptoms will protect others from being infected.

Perspex screens now protect our reception and medical staff from infectious illness.

Paywave Electronic Transaction is now the preferred method of payment and eliminates handling of possibly-contaminated cash. We would appreciate if this can be used for all transactions.

NO On-line Bookings will continue under ALERT LEVEL ONE to ensure all are asked, before coming into the clinic, whether they may possibly be at risk of carrying Covid-19 or other flu-like illness. This lessens the chance of our patients and staff becoming infected. We will give prompt notice when the on-line bookings resume.



PRACTICE NURSES

All our nurses continue to see patients with acute needs and to offer lifestyle advice to those with chronic disease.

CPR TEAM TRAINING UPDATE was recently held at 130 Millhouse, preparing our staff for all possible emergency situations. The photos show team resuscitation and Dr Dan with a baby practice manikin.

MILLHOUSE WELCOMES

Dr Avani Karl



I have known Dr Avani for a number of years. She is a very experienced family medical practitioner who has undertaken Functional Medicine (FM) training - a holistic paradigm which focuses on finding the root cause of illness especially in complex diseases, by exploring genetic predispositions, triggers, environmental factors, lifestyle issues and social influences that lead to inflammation and sickness - FM aims especially to help those with chronic complex illnesses who have struggled to regain their health with conventional medicine.

Dr Avani's areas of interests include women's and children's health and complex medical disorders.

A Functional Integrative Consultation requires more time and Dr Avani will see patients for 1 hour initially, charging \$350; a lesser fee will apply for follow-up visits.

Dr Avani is available for consultation on Wednesday afternoons at 128 Millhouse.



JULY 2020

COVID-19 - THE FUTURE

There is much uncertainty about what will be the ongoing worldwide effects of COVID-19. The pandemic has continued into the northern hemisphere's summer. Even though we know 30 minutes of sunlight (ultraviolet light) can inactivate the coronavirus, and that living outdoors decreases the contagion, the public health measures of increased social distancing, restricting large gatherings and closing schools, which primarily reduce indoor exposure, have been the most effective in limiting viral spread. Placing infected individuals in quarantine isolation has also been successful.

If the 1918 Spanish Flu - which continued for two years, with four successive waves, affecting a third of the world's population and killing more than 20 million people - is anything to go by, there will be ongoing surges of COVID infection until at least 50% of the population develop herd immunity, or an effective vaccine is found.

Continue to be vigilant:

Know Your Risk. If you are a smoker, elderly, or suffer from chronic disease, especially cancer, poorly-controlled diabetes, heart, or respiratory disease, your immune system will be depleted, and less able to fight infection, so putting you at most risk of COVID infection.

Continue to Wash Your Hands thoroughly as this is the main way to avoid personal contact with the virus from contaminated surfaces. Remember to carry a small sanitiser bottle to disinfect your hands when washing is unavailable.

Wear Protective Face Masks if you enter a high-risk area (hospitals, clinics, airports, planes) and men, remember that being clean-shaven is an advantage.

Cough and Sneeze into your armpit, elbow or handkerchief to prevent release of infected droplets over others.

Keep Your Distance and do not shake hands, hug, kiss, or hongi with anyone who has respiratory symptoms or is unwell.

VITAMIN D

In the USA and United Kingdom, dark skinned ethnic communities have suffered disproportionately with COVID-19, and many have asked whether this is due to having low levels of Vitamin D.

In June, the UK government required two research advisory groups to investigate this claim, but both quickly reported that the current available evidence could not substantiate this finding. However this [view was challenged](#) by many international authoritiesⁱ including researchers at Trinity College, Dublin, Ireland who stated that *'a substantial proportion in the Northern Hemisphere are Vitamin D deficient ..and it is time for governments to strengthen recommendations for vitamin D intake and supplementation....vitamin D deficiency correlates with poor sunlight exposure, age, hypertension, diabetes, obesity and ethnicity - all features associated with increased risk of severe COVID 19.*

The French National Academy of Medicine also released a statementⁱⁱ stressing the [importance of Vitamin D](#) in fighting COVID-19 and recommending that everyone be supplemented. They advised all over 60 years to have a blood test and if found to be deficient, to immediately receive Vitamin D 50,000-100,000iu and continue with ongoing daily supplementation. (In Auckland, FREE Vitamin D testing is restricted so a fee of approximately \$60 will often be charged for this test.)

Vitamin D is a steroid hormone that promotes the innate immune system, which I covered in *6 May 2020 COVID Update 8* and is the first line of defence against microbes, including coronaviruses. Vitamin D primarily works by releasing antimicrobial peptides, cathelicidins and defensins, that directly kill the invading microorganisms but also stimulates the immune surveillance dendritic cells, found in the tissues lining the body's external environment, that detect the presence of viruses and bacteria. Vitamin D is also responsible for triggering macrophage cells that devour and kill pathogens and plays a role in regulating and suppressing the cytokine inflammatory response that causes the Acute Respiratory Distress syndrome that characterizes the severe and often lethal forms of Covid-19.

In the Covid Updates I highlighted other **protective nutrients** that if taken daily will enhance and provide protective action for the immune system:

Vitamin C that empowers the immune and endocrine systems. **Zinc** which influences the immune system and has viral protective action.

Magnesium that is critical in the synthesis and activation of vitamin D, and a co-factor in many of the enzymes involved in vitamin D metabolism. **Selenium** for its antiviral properties. **Melatonin**, which is high in children and may be the possible reason few are infected, also enhances the immune system.

Consider Quercetin and Astragalus as well as consuming a colourful diet rich in immune boosting flavonoids.

Yours in good health,

Dr Richard J Coleman

'There is growing speculation that the Black, Asian and minority ethnic communities were being disproportionately impacted by coronavirus is due to endemic low levels of vitamin D' UK 'The Telegraph' June 2020

Protective Nutrients For Covid & Influenza Prevention

Vitamin C 1gm x3 daily

Vitamin D 2000 - 5000iu daily

Zinc 20mg daily

Magnesium 400mg daily

Selenium 100micrograms daily

Melatonin 2-4mg night

May add quercetin up to 500mg daily

Diet: flavonoids dark coloured fruit & vegetables & spices

ⁱ <https://www.nutraingredients.com/Article/2020/07/02/Experts-criticise-government-review-of-Vitamin-D-for-COVID-19#>

ⁱⁱ <http://www.academie-medecine.fr/wp-content/uploads/2020/05/20.5.22-Vitamine-D-et-coronavirus-ENG.pdf>