

Coffee w/ Dr. Hennie – 4/23/2020

Synopsis/Notes

**These notes are NOT intended to be an exact transcription. They are summary notes compiled by a Marion Institute team member. If you have any questions, please reach out to us or cross reference with the [BioMed Center New England Resources Page](#).*

What do we anticipate will be necessary for children to re-enter school?

- It's a hard question with so much information out there!
- The specialists in epidemiology will be the ones to ultimately decide, their guidance should be able to give us an outlook for the fall.
- It's important for kids to have a schedule throughout this.
- The real trick is to not be overwhelmed by worry of what is to happen
- Control measures (distancing) will continue to be implemented

- The immune system supports that we've discussed will help prepare kids to go back to school and stay healthy
 - o Vaccinations are concerning for all of us – and we need to watch and wait
 - We cannot speed up the development of it safely
 - o Get tested if you can!
 - We want to know who has been infected (most of us will be immune from this already)

How do you talk to your kids about COVID? (To avoid stress)

- Kids like a flexible and gentle routine (teenagers especially – have access to lots of information)
 - o Answer your children's questions
 - Right now is a good time to get active in teaching them how to build their own immune systems!
 - Empower your teenagers to start taking care of their own health – **what you model** makes all the difference!
 - Support their understanding of the situation, rather than forcing a view.
 - o Peer influence is extremely important!
- There is now talk about a second wave – this always happens with flu(s) (is not unique to COVID)

Hennie is still doing 'tele-health'

- The root of your immune system is mostly in your gut (this informs other systems)
- Our immune systems are worn out (more than ever in history), and is seen in chronic illnesses
 - o This is a wakeup call to all of us, proving that we need a more wholistic approach to caring for ourselves

Would you recommend a Nutraeval (blood and urine test – will be available at BioMed Center soon) test to presumably healthy teenagers to identify unknown deficiencies?

- Yes, It gives you an idea of what systems may be overloaded
- Also, would suggest a stool test once per year
- Getting kids outside in the fresh air every day is important!
 - o From kids to adults
- We need to test our kids in more modern ways than CDC recommends

Are you aware of stool testing for COVID?

- No, The virus gets broken down by the time that it's in the stool
- Testing now if for the DNA of the virus

Will the test show if we already had COVID-19 or just if we have it at time of testing?

- There are several parts of the virus you can test for
- There two kinds of tests:
 - o Nose-swab (suggesting that everyone gets in line to get tested)
 - This shows that you have the illness with or without symptoms
 - o Look at the antibodies in your blood (would be helpful to 're-open the world')
 - This was not reliable, but now there are tests to show if you have an IGG immunity to it
 - 40% of people have had the virus and are asymptomatic
 - You CAN be tested if you do not have symptoms (Hennie's office is now available to test)
 - There is a movement to test everybody
 - o Check in with your State Department of Health for availability of testing and if you need to be referred.

What's your guidance for childhood dosing of supplements for children?

- Get your children to eat a variety of fruits and vegetables (going by color is important)
- Supplements that reduce viral growth will be posted (Quercetin, Resveratrol, etc.)
- 100 pounds is an adult does
 - o ¼ does if under 25 pounds
 - o ½ a dose if over 25 pounds
- Gaia Herbs, Creekside kids makes supplements
- Guna remedies are homeopathic remedies (children are very sensitive to these)

*Rainbow diet is posted from last week

- Use games to get kids to eat different fruits and vegetables
 - o Go shopping (even online) with your child, try to engage them in the process
- Getting supplements into children can be tricky
 - o You can mix it into something sweet, i.e. a smoothie
 - o There are also liquid drops and chewable
 - o Or you can make a natural gelatin flavored with fruit into serving sizes

Does having a peanut allergy mean my child is more at risk for COVID?

- When kids are allergic to an emergency extent (to peanuts), it means one branch of the immune system is overburdened.
 - o But this does not necessarily make you more at risk
- Environmental allergies, does mean that some of the immune system is occupied
 - o Important to help build up immune health
- Your body will always get healthier – it is never too late!
 - o We are connected to Nature – look how the earth has healed just from the decrease in daily pollution.

My son has a compromised respiratory system (asthma), what do I do to prepare?

- Asthma is a chronic illness due to assaults on immune system that means the airway is hyper sensitive.
 - o First you want to take extra care for the child as they are predisposed, but not necessarily to getting a serious case of the virus
 - Be vigilant about children's symptoms

- Any child who is wheezing – the airway is swollen and it's hard to breath out, this can cause panic in the child
 - Help them calm down and breathe deeply -though it may feel counter-intuitive to them.
- If your child is having issues – get help sooner rather than later, and get tested
- Make sure you have the asthmatic medications, and work hard to help the asthma calm down and be healed – it can be healed!

How do you deal with the emotional health of your children (especially with learning disabilities?)

- There is no easy solution – let everybody off the hook (including yourself)!
 - o Children learn all the time!
 - o Take advantage of the time to rest
 - o We are losing the 'village play' flexibility for children, relax the rules and let kids have free play
 - o You can create a meditation and help with breathing exercises that the whole family can do
 - o Don't make more stress than you need!

Why do pediatricians do / or not do...?

- Often pediatricians are not paying a lot of attention to the patients (they are overly focused on allopathic means)
 - o You can request tests from your pediatrician
- Check in with your teenager
 - o If there grumpy (keep your humor – they are being a good teenager)
 - But check for strange or anxious thoughts they may have

Should I have a test before going to a new job?

- Yes, and you may need to be tested several times

Oral health is important, and informed by a good diet!

- Make sure there is not soreness and bleeding in teeth and gums
 - o Take time to gently floss
 - o Rinse your mouth or brush after you floss

From [kelly bento](#) to [Everyone](#):

09:39 AM

As a dental hygienist I would strongly suggest adults and children pay particular attention to oral hygiene. There has been so much talk of hand hygiene, the same principle applies to oral hygiene because often times the mouth is the initial entry point of this virus.

Is peanut butter bad or unhealthy?

- No, peanut butter is great for you - some just have that allergic reaction, and nut butters are wonderful
- It's important to buy fresh peanut butter, just like everything, eat a variety of nuts is important

Hand Sanitizer – are homemade ones ok?

- They should not substitute soap and water – hand sanitizer is never superior!
- Before you choose a hand, sanitizer go to EWG.org to find a safe brand
 - o They could be toxic (isopropyl alcohol and other chemicals) if it gets into your blood stream
- There is also an app to download on your phone to test the quality of products.

Are there podcasts that you recommend?

- Bioneers has fabulous podcasts about COVID.
- You can listen into integrative doctors (if they are not acting allopathic!)
 - o Aviva Rohm (pregnant women and children)
 - o Martha Herbert from Harvard
- Listen to podcasts that give you creative energy!