



Coffee w/ Dr. Hennie – 4/30/2020 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](#).*

COVID-19 testing follow-up

- COVID has brought up so many issues that we have typically been able to ignore, i.e. the food security needs of so many people
 - o Good Ideas are made in crisis like this!

- RI and MA are now interested in providing testing in two ways
 - o 1. Do you have the infection?
 - o 2. Are you immune to the infection?
 - Currently they are pressing the swabs to find DNA of the virus in your system
 - o If they are saying that if you can get a test, go ahead and get it (Hennie recommends this)
 - Who has provable immunity to this virus?
 - This will inform how to 're-open' the country

- You can currently call Hennie's office to make an appointment to get tested (833-8BIOMED)

- A lot of online companies are currently offering anti-body testing
 - o Many of these haven't been approved and are not reliable
 - o Quest lab and (one other lab) have accurate testing

*Hennie will post a list of questions that you need to ask the company about the sensitivity and specificity of the test

- You could be infected with the virus and feel symptoms 3 days to 25 days after
 - o It's not about the virus it's about the internal environment (of the person) that the virus could live in
 - o The way to manage this besides testing is to make sure that you're strong and healthy
- We will discuss what you can do to be one of the people who has no symptoms, or someone who recovers quickly
 - o You are a carrier only for a short period of time
- The WHO wants to quantify this virus as it does, but this doesn't work, and is why we need Biological Medicine

With extension of MA stay at home order, and increasing cases, what can we do prevent and stay healthy?

- There are social, financial / economic consequences of these orders
- We need to read outside the box – there is so much conflicting information
 - o Do what you need to do to stay safe
- This virus (like every other) will always be out in the public
- This virus is a very natural part of the earth system (as information)
 - o Things like SARS and Ebola and Zika didn't come to the US, so we didn't have to pay attention - COVID is a wake-up call.



- You need to pay attention to being healthy!
- The next weeks of these sessions will be focused on how to build your health and immune systems

Is social isolation diminishing our immune systems?

- Yes, this could cause a spike in other viruses or illnesses. It will always be worst in the people that are most vulnerable.

What's your perspective on the issues of developing immunity to COVID-19?

- You have immunity to a lot of things that we don't measure. You have probably been exposed to Coronavirus – but we don't have the accurate measurements to test it.
 - Most important is to build your immunity.
- If you think of life on earth, it's not a mistake that we are social beings and there is a web of bacteria and viruses that will always be there.
 - It's all information – most people will be fine from COVID.

If you're outside, how safe are we from this virus (how contagious are we)?

- There are some guidelines that are coming out that are drastic, because we don't know what to say... (In Hennie's opinion)
- Outside is the way the world is...
 - Using a mask while running or walking isn't always necessary
 - If you had COVID in your system, then you could be cycling the virus deeper into your system

If a person had the regular flu and COVID, would they be counted as COVID?

- They are often assuming that terrible respiratory illnesses in the hospital are COVID
 - Testing can't keep up, and there is no reason to try to have everyone tested
 - Testing is for people who are well
 - Which is useful for epidemiology
 - I don't think we have accurate numbers, but they are controlled numbers
- We are not currently seeing massive influxes of the virus as places are re-opening

We are hearing warnings about ventilators, are they the wrong solution to this?

- Up until this epidemic, ventilators are used for 3 or 4 days when people are at the end of their lives.
 - With the idea that if we do the breathing for you, you should be able to come off of the ventilator
- Now, if the virus acutely enters the lungs, it is exhausting to breathe.
 - First people are given oxygen to take stress off the lungs (oxygen levels need to be 90%)
 - The ventilator takes the burden off of breathing, but this is not ideal, and the rest of your body has a hard time on the ventilator
 - What we know is that using ventilators for long periods of time is not good - It could do harm to other parts of your body
- Ventilators are to unburden you, to see if your body can come back to life if you are not getting enough oxygen into your tissue.

Why should you not take Tylenol with the virus? (for those who don't tolerate aspirin and ibuprofen)

- Tylenol depletes you of glutathione (an important detoxifier)
 - If you are taking a lot of Tylenol, make sure you replace your glutathione
 - NAC, is on our list and helps you make glutathione



- If you can take the others – not as a stop gap measure – they could be better

With perimenopausal symptoms, how can you re-balance your system?

- The endocrine (hormone) system is important
 - o Perimenopause as a part of this can last a long time, up to 10 years
- The idea that it's an imbalance is not necessarily true, these can be natural changes in hormones
 - o This is often usually coupled with a stressful time in life (kids, works, etc.)
- There are lots of things that you can do to fix your symptoms, that can inform your personal body system
- The idea that menopause is a big failure is not true!

Can you address osteoporosis during menopause age?

- Osteoporosis is something I believe that is a symptom of generalized decline in nutrition
 - o Your bones change the way they reproduce themselves during menopause (and for men as well) mid 40's-mid 50's
- This is often a disease of heavy metals
 - o Not a fan of medications for osteoporosis, there are lots of side effects for these
- Referencing a new test for COVID (Remdesivir) often during drug testing, they are only talking about the successes of that drug - and not of all of the ways that it failed (side effects)
 - o Be very careful when 'the' treatment or vaccine is made

How can you manage a-fibrillation naturally?

- There a lot of herbal things that work for a-fib
 - o Hawthorn for example
- A-fib is an irritation / inflammation in the rhythm of your heart
 - o You need to have a specific assessment of why your rhythm is off
 - o Some of the drugs can be useful in the mean-time but then you need to work on the root cause which is different for different people
- This is a Biological Medicine approach
 - o The difference in Biological Medicine and regular medicine is vast.
 - There are lots of modalities to understand
 - The idea is that everyone's history and causes are different
 - They need to be understood and assessed per individual, not the symptom
 - You always look at the same systems: GI, Endocrine, Immune, etc.
 - Then you can see which systems are off balance
 - Then an individualized protocol is made to best address your root cause

With the widespread use of hand sanitizer, will there be effects?

- How long have we had hand-sanitizer (not very long)!
- I suggest that everyone forgets about hand sanitizer
 - o We have lived healthy and long with soap and water
- What are we doing to the world by dis-infecting the world?
 - o This could be more detrimental by ridding the world and your bodies of all of your biome.
 - o This especially effects children
- Wash your hands before and after you go out