

Healthcare Issues Update

“Pearls of Wisdom”

1) Immune system boost elements.

From birth our bodies are supplied with a powerful defense immune system that effectively wards off enumerable bacterial and viral infections, in addition our immune system is constantly destroying developing cancer cells. Human technology has assisted this process by adding vaccines, supplements, and optimally improving the overall quality of life. However this incredible system is under attack by environmental toxins, STRESS, and aging.

During this current pandemic of Covid-19 it is imperative that we all boost our precious immune system, utilizing the following methods: A) Sleep 6-8 hrs per night B) Proper diet C) Decrease your stress level D) If applicable, exercise 3-5 times per week (cardiovascular) E) Adding immune supplements. There are plenty of supplements available, however

I have formulated a list that I have been taking since the outbreak of the current pandemic: Vitamin C-2000 mg per day Vitamin D3-5000 units 00 per day - Zinc caps-50mg per day - Quercetin-500mg per day - Selenium-200mg per day All the above supplements are available over the counter.

F) Securing your annual Influenza vaccine. Please Guys, despite your previous reservations, UNFOUNDED conspiracy theories, and simple procrastinations, THIS IS NOT THE SEASON TO SKIP RECEIVING YOUR FLU VACCINE!!

2) SHINGLES - This excessively painful and frequently persistent disease is caused by the virus, HERPES ZOSTER. This same virus causes childhood Chickenpox. Chicken pox vaccine has been available for decades and currently few children catch this uncomfortable disease. However as we age so does our immune system, and those of us who have had childhood chickenpox or who have been vaccinated are significantly susceptible to acquiring the adult form of chicken pox, called SHINGLES. 1 out 3 adults will acquire SHINGLES in their lifetime. SHINGLES vaccine is currently available everywhere! This vaccine may not entirely prevent you from acquiring SHINGLES, however if you acquire the disease your course will be short and very mild.

IF YOU HAVE NOT HAD CHILDHOOD CHICKENPOX AND COME IN CONTACT WITH AN ACTIVE SHINGLES INDIVIDUAL, YOU WILL NOT GET SHINGLES BUT STAND A CHANCE OF ACQUIRING CHICKENPOX.

Folks, with Covid-19 increasing in frequency and severity, our immune systems need all the support available. Secure our SHINGLES vaccination.

As usual, if you have any questions, please do not hesitate to contact our office regarding your medical concerns. If we cannot provide you with a satisfactory response, we will point you in the correct direction to fully answer your questions and concerns.

Thank you, Brownell H Payne, MD

Medical Director, Clear Path Life Center

3756 Santa Rosalia Dr #505 • Los Angeles, Ca 90008 • 323-903-5452 • info@clearpathlife.org

Rheumatoid Arthritis

Rheumatoid arthritis, or RA, is a form of inflammatory arthritis and an autoimmune disease. For reasons no one fully understands, in rheumatoid arthritis, the immune system, which is designed to protect our health by attacking foreign cells such as viruses and bacteria, instead attacks the body's own tissues, specifically the SYNOVIUM, a thin membrane that lines the joints, causing pains in the joints and inflammation that's systemic, meaning it can occur throughout the body.

Rheumatoid arthritis is a chronic disease, meaning it can't be cured. Most people with RA experience bouts of intense disease activity called flare ups, that usually resolve with anti-inflammatory meds and heat. In some people the disease is continuously active and gets worse over time. Others enjoy long periods of remission with no disease activity or symptoms at all. Evidence shows that EARLY diagnosis and aggressive treatment to put the disease into remission is the best means of avoiding joint destruction, organ damage and disability.

The symptoms and course of rheumatoid arthritis vary from person to person and can change on a daily basis. Your joints may feel warm to the touch, and you might notice a decreased in range-of-motion, as well as inflammation, swelling and pain in the areas around the affected joints. Joints are always affected on both sides of the body.

Treatment of RA is usually a multiple program that consists of medications, physical therapy, and REGULAR EXERCISE. Sometimes, surgery is used to correct joint damage. Remember, EARLY aggressive treatment is key to good results.