



MBIT
mind & body infusion therapies



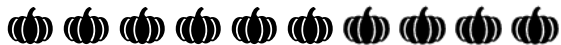
October Issue 2022

BOBO GAZETTE

Letter From The Editor

October is my favorite time of year. The leaves on the trees turn such beautiful colors. Also, my favorite holiday is Halloween! I get to dress up in my favorite outfits and beg for sweet treats. I don't get sweet treats; I get meaty treats but that's ok too. So dear readers, stay safe and relax. This month's issue provides more info bout Covid that we found helpful.

Love To All, Bobo



Lake County Community COVID Risk Alert for week ending September 12, 2022

MEDIUM

If you are at high risk of getting very sick, wear a high-quality mask or respirator (N95) when indoors in public places.

If you have household or social contact with someone at high risk for getting very sick, consider self-testing to detect infection before contact and consider wearing a high-quality mask when indoors with them.

New Skin Care Treatment

Call MBIT for more information.

The Pandemic Is Not Over Yet

The suspension of pandemic precautions and misinformation about the pandemic imply that COVID-19 is "near the end". On the contrary, the World Health Organization (WHO) warned tht these factors, combined with the more transmissible and dangerous Omicron B.5 variant, have cause an increase in COVID-19 cases globally.

Masking, handwashing and avoiding large gatherings continue to be important in combating COVID-19. And while the CDC relaxed and removed the mask-wearing requirements indoors by those who are fully vaccinated (67% of US population and 48% eligible are vaccinated with the booster), it is more important then ever for those who are not yet vaccinated to stay vigilant, continue to observe basic safety measures and get vaccinated.

CONVENTIENT WEB SITES

vaccines.gov

(Find a location near you)

covid.cdc.gov

(Information on all things COVID)

www.lcghd.org

Lake County General Health District

Symptoms to watch for COVID-19

- Fever and/or chills
- Cough
- Shortness of breath/Difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Loss sense of smell or taste
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Treatments for COVID-19

There are various prevention and treatment protocols published by Front Line COVID-19 Critical Care Alliance. Flccc.net

Prevention includes common sense public health actions such as good hand hygiene, avoiding crowded public gatherings and adequate ventilation.

To learn more about prevention protocols please visit the Front Line COVID-19 Critical Care Alliance site at FLCCC.NET. Its list of prevention, treatment and post exposure include various levels of Ivermectin, Zinc, Melatonin, Mouthwash (3x a day), Steam inhalation, Vitamin D, Tumeric, Nigella sativa (black cumin), Vitamin C, Quercetin and Probiotics.



The New York Times Reported 9/15/2022 on New Vaccine

For the first time, the United States is rolling out Covid vaccines updated to match variants that are currently dominant, as well as the original strain. This [bivalent character](#) will provide a better response to the most threatening variants today but probably to future variants, too, because when the immune system faces different versions of the same virus it generates broader protections overall.

This is terrific news, and there's more. Not only will a booster with the new vaccines decrease the likelihood of infection and severe illness and help reduce transmission of the virus; it could also decrease the likelihood of developing long Covid.

The bad news? The boosters are getting so little fanfare, and so much unfounded skepticism, that too few people might get them, and lots of people who need not get sick, suffer or die will get sick, suffer or die. The Centers for Disease Control and Prevention has said that a national survey found that [72 percent of respondents](#) said they were likely to receive an updated booster. But to actually get them vaccinated requires making the boosters easily accessible and making sure people know about their benefits.

MIND AND BODY INFUSIONS

OFFERS POST-COVID IMMUNE BOOST
AND VITAMIN INFUSIONS CALL FOR
APPOINTMENT

440-256-8660