

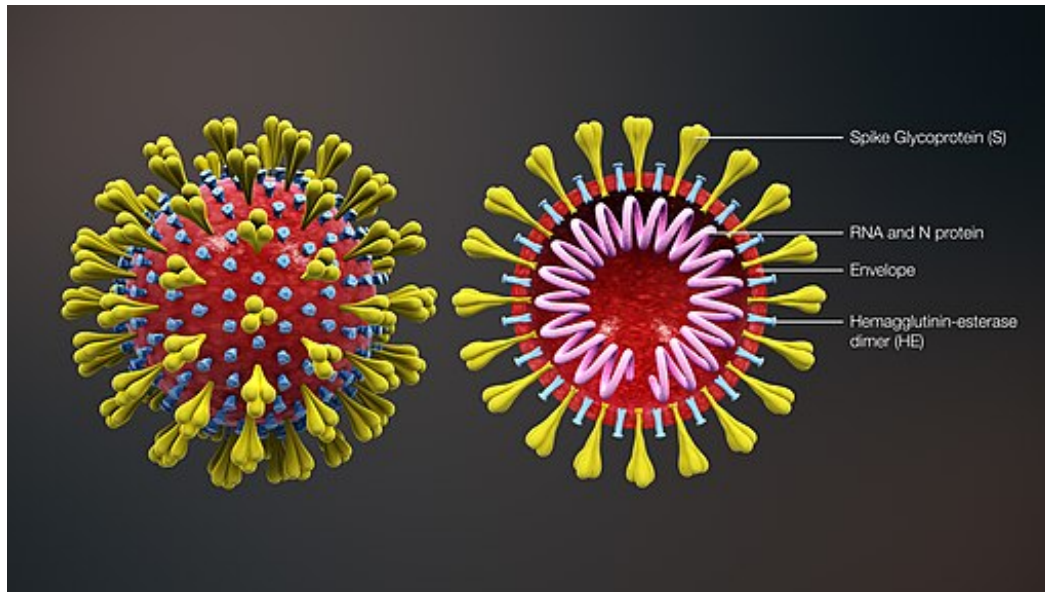


ADVANCED
PREVENTION
WELLNESS
Optimizing Wellness to Live Your Best



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Practical Pandemic Preparedness

I hope everyone had an amazing holiday season and are moving forward with their New Year's resolutions and more! Also wishing everyone a Valentines filled with love.

I've been getting daily emails and questions about the Corona virus pandemic, so I decided it would be a good time to share my thoughts, and opinions from experts in the field. My intention is by no means to induce fear, but to encourage preparedness so you can feel ready, and reduce any anxiety.

In 2017, I sent out a newsletter on emergency preparedness following hurricane Harvey. This newsletter has some of those recommendations, but is focused on pandemics preparedness.

Why care about being prepared? Because being prepared can save lives. Simply wearing a mask on a flight of coughing passengers and washing your hands is a primary prevention strategy. A secondary prevention would be your ability to maintain supportive care for a sick family member with stored food and water when grocery stores are closed and hospitals are turning people away. China has thousands that have been turned away.

We should all strive to be prepared with the essentials. If you have the space and finances for a 3-6 month food supply, then why not stock up? You're also leaving that last can of food at the grocery store for the unprepared majority. So it's not selfish, but altruistic as you are not consuming food supplies others are struggling to get.

I'd love to see the majority of our populace become a "smart tribe" and be reasonably prepared. My estimate is that less than 10% currently fall into that category of reasonable preparedness.

Yes, I walk my talk and have a 6 month food supply for family, home solar panels with Tesla battery backups to power my home in outage, first aid supplies, Ham radio, a 2 month supply of water, water purification system, seeds, and much more. Some might consider me a serious "prepper" too, but without an arsenal or a bunker I don't fall into that category. Common-sense reasonable preparedness can be accomplished with a budget even below a grand.

Below I've provided a basic list of supplies and links to useful sites to understand the risks and strategies to stay healthy.

Please forward this to friends and family to enhance their level of preparedness. Best in health and readiness!

Fred Grover Jr. M.D.

Corona Virus Image above credit- Wikimedia commons, free image

Dr. Grover's short list for emergency preparedness for Pandemics and other disasters (enhanced from my 2017 version)

- Keep yourself as healthy and in shape as possible at all times.
- Maintain a mindfulness based daily practice to keep stress under control. Read my book [Spiritual Genomics](#) for a toolkit of mindful based strategies. A lower cortisol level enhances immunity.
- Get plenty of sleep, and if your sleep is a concern, consider a sleep study.
- Get the flu shot, especially if you are at risk for flu; ie: elderly, children, lots of exposure (health care workers, frequent travelers) This kills thousands every year, and if you are taken down with the flu and Corona gets ya, your done. Update pertussis vaccine if needed too.
- Inform yourself about the current pandemic and avoid major hot zones.
- [Coronavirus facts, prevention and treatment by CDC](#)
- Bookmark and monitor this page by [John Hopkins for Corona Virus monitoring.](#)
- Obtain N-95 masks (Amazon, pharmacy or Home Depot) (for viral, smoke, and dust protection) At least 2 each. Hard to find now, but should be in stock again soon. [More on facemask use.](#)
- Don't come in to office if you think you have Corona virus. Call and we will tell you where to get tested. Stay home to avoid spread to others and where mask.
- Consider [purchasing a pulse ox.](#) They are 15 bucks and if your oxygen levels are below 85 in Denver, it's time to call me or go to the hospital.
- [Learn the differences between a cold/flu/corona virus.](#) A high fever (104), severe muscle aches, weakness, shortness of breath are redflags to call me about though.
- Common colds, sore throat, low grade temp, sinus congestion simply need supportive care, not antibiotics. [Treatment of common cold](#)
- Consider immune boosting supplements such as Vitamin D, Host defense immune support, Olive defense, and our new [Immunotix 500](#). We are stocking up on these just in case. Use code **revmd** for online

orders on xymogen or swing by our office.

General Preparedness for all disasters-

- Water supply for at least a week. Get a BPA free container from REI or Bass Pro Shops, or a 55 water gallon drum from Amazon. Store it next to your water heater if space allows. Remember to fill your tub and use your water heater for emergency water if needed, too.
- Backpacker water purifier like this or similar. REI has a great selection.
- Food for a month or longer- Costco emergency food is a reasonable option, or even order gluten free on Amazon. Don't forget extra food for pets if applies.
- Camp stove, or extra propane for your outdoor grill.
- Robust first aid kit. This size at least.
- Family disaster plan and location to meet if all communication is down.
- Personal Medication supply and hygiene supplies for 2 wks or more.
- Trusty Swiss Army knife or similar, manual can opener.
- Fire starting materials. I like to have water proof matches, or flint/steel.
- Duct tape, 4 rolls
- Bleach to disinfect, gloves
- Solar charger, rechargeable AA batteries (6 or more). Adapters and cords to charge cell phone with it.
- Emergency radio
- Emergency whistle
- Important documents saved in watertight container. Video inventory of house and belongings saved to CD, jumpdrive, or SDcard. (update annually)
- Extra cash in safe or other secure location.
- LED flashlights, headlamp, lanterns, and extra batteries. A flashlight that can strobe for emergency signaling.
- Sleeping bags and emergency blankets. You can wrap an emergency blanket around your bag to increase thermal rating and keep it dry. Consider a tent if you don't have one.
- 2 way hand radios, one pair. I keep one in my car with extra batteries. Pick a channel and write it down on back of each radio to use with paint pen.
- Generator (gas/propane) for the more serious preppers. If you have a garage and room for one, otherwise a more robust solar panel system to roll out into backyard with roll out panel. Siphon to drain gas out of car if needed into generator; from auto-parts store.
- Survival seeds, gardening tools, shovel.
- Survival book or many other good ones out there. Hardcopy of course.
- Get a faraday bag if you want to protect your cell and electronics from a nuclear or solar flare EMP. Some believe that your microwave oven can serve as a reasonable faraday cage. Just don't run it with your laptop in it!!
- Consider adding potassium iodide to your medical kit, to be used in case of nuclear attack.
- Fishing and hunting supplies if desired. (Pellet gun rifle with sight on it recommended) I personally prefer my compound bow and a large quiver.
- Self-defense supplies if desired. The easiest is bear spray. You won't miss an intruder with this! If you have a gun or plan to purchase one always secure it in gun safe and take safety courses and advanced self-defense shooter classes. It's more of a threat to your life and family if you are not extremely proficient in shooting, handling one safely, and locking it up. Keep in mind, we lose 30,000 Americans annually from

homicide, suicide and accidental gun related injuries. (ref: CDC)

- Large duffle bags x 2-4 if you have to evacuate. "Go bags" Always best in my mind to stay put when possible. You can load up much of your supplies in a go bag. Store at least 3 ft above ground if possible.

Honestly this is my short list! If you want to be even more prepared, you can see more expanded lists in survival books. Don't get carried away with it, focus on the basics and you will be more prepared than most Americans with greater peace of mind. Of course if your space or finances are limited, simply do what you can. I'd love others feedback and ideas if interested in sharing.

Let's send prayers to those suffering from the Coronavirus to recover, and to help keep this contained, develop a vaccine, and prevent further expansion of this pandemic.

Best in health,

Fred

Here are additional links to learn more about preparedness-

- [Ready.gov](https://www.ready.gov)
- [CDC](https://www.cdc.gov)
- [FEMA](https://www.fema.gov)

Awakening Gaia

Dr. G published his second book, Awakening Gaia in December! Available in office for just 7 dollars, or [online here](#). Experience several amazing spiritual adventures with Dr. G from his travels around the world. Here is a video interview discussing book from last week.



Conscious Business Zone with Fred Grover Jr,
MD

Valentine gifts and promos!

- **10% off Vivace** microneedling therapy with exosomes or stem cell therapy.
- **10% off PRP**(platelet rich plasma) and **Stem cell therapies** including

vampire facelift, hair prp, o-shot and p-shot.

- **10% off Stem cell therapies to joints.** (knee/shoulder)
- Do a **combo** of **Botox** plus **Juvederm** or **Voluma** in one appointment and **get 10% off.**
- All **protein powders** for weight loss, detox, brain health **15% off**
- **Lattisse-** buy 2 boxes and get **10% off**
- Skin Medica **TNS essential serum and recovery serum 10% off**

More Valentines offers next Monday!
Offer expires end of February.

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STAY CONNECTED:

