

**Opinion on Community Lock-down Re:
Self-Isolation with No Symptoms and No Contact with those Infected
Some Heady Thinking: Update March 31, 2020**

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This Covid-19 is not something that just popped onto us unbeknownst to us. We knew something like this is always in the future. From the data so far the people at high risk are those who are older AND have one or more comorbidity risks like:

- High blood pressure
- Diabetes
- Heart disease
- Vascular disease
- Pulmonary disease
- Cancers
- Immunosuppressive disease
- Transplanted organs (Thus, being immuno suppressed.)
- Etc. + more

And, the next lower population at risk range would be older people who are healthy, (no comorbidities), but may have a possible lowering of their various immune system functions even though they should have more disease fighting antibodies in their bodies than the younger population. If they were physically fit they would be stronger. However, a great number of the elderly are not physically fit and that might raise their risk due to a lowered pulmonary fitness.

Shutting the country down seems to be to protect those at risk people and lower the numbers of people rushing to emergency wards of hospitals.

Younger people, who will most likely get this disease anyway at some point in their life and survive it, will also be shut down and put out of work by self-isolate policies. Crashing the entire economy is a very strong medicine for sure, and it has side effects. If we think about it, the amount of money federal and provincial governments are allocating to economic support were instead put toward readying the healthcare system for this kind of a crisis then the community's economy would not have to be driven into near bankruptcy by fear tactics.

It seems to me that lessons in past pandemics need to be re-visited. Better readiness needs to be instituted. Pandemic support policies need to be put into place. Was our healthcare system really unprepared for this? Does our country need to be dependent on other countries for pharmaceuticals and for mechanical equipment? Think hospital respirators and medications on that one. Is the USA really going to consider Canadian's needs? I think not, given the present presidential mind set and track record. Canadians need to become self sufficient.

True Death Rate may have been exaggerated in the COVID-19 pandemic. The reasons for that exaggeration have yet to be uncovered. I sure hope I am wrong on this one. Some experts say the

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real death rate could be closer to 0.025 % to 0.625% if you include all cases including those unsymptomatic cases. Ah thus, there is really not enough statistical data to make any call on death rate because testing for COVID-19 immune globulins has not been done, and is not being done sufficiently to grasp true statistical rates. When one sees the term 'total cases' then one needs to know if all UNSYMPTOMATIC case have been included in that case count. And there is the rub to quote Shakespear. And so, such a severe lock-down in the country that we are experiencing now may be unjustified, unwarranted and just jumping-the-gun so to speak in racer's parlance. Best to ensure a strong, healthy, flexible health care system for the future now that the lock-down damage has already been done in our country. In addition, Italy may not be a good barometer for our country to use as their heavy statistical load of comorbid cases and age related cases, may be skewering the results. We wait on further, more accurate, statistical data. Is such a severe lock-down warranted? Is it warranted to continue the country wide lock-down? We wait on EVIDENCE-BASED data so our leaders can make evidence-based decisions for us as a province and a country.

One manpower solution might be to bring chiropractors and dentists into the main stream healthcare system at least on an on-call basis, and trained as support workers of some pertinent type. That will immediately boost healthcare manpower. That process will also take some time,,, time way past this present pandemic time-line needs, unfortunately.

The next solution is to make a list of the shortages that we have now and ensure that those shortages in manpower and supplies does not occur again in the future. Those are all political decisions via self sufficiency, like produce our own products, supply our own manpower etc.

Small businesses have two overheads, one for the business and one for the personal dwelling. Is a small government handout going to cover both? It seems the crisis we are in right now seems to be stimulated by the failure of the healthcare system to be prepared for this with manpower and supplies.

Flattening the Curve Policy, Ah,,,, The Epidemiological Curve

Flattening the curve is being used as the reason for this shutdown, ostensibly to avoid hospital admissions crashing the system as was evident (is still evident) in Italy. At the same time the logic is promoted that **Herd Immunity** (70 to 80% of the population immune naturally from having acquired the disease), **Plus** an immunization medication will thus, with these two, will render the disease controllable. However, an 18 month waiting period for an immunization cure, is not soon enough to prevent crashing the hospital system. And further, isolating everyone will markedly

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slow down the Herd Immunity to get to that 70 to 80% level. Thus, we have a conundrum. We are between a rock and a hard place caused by not being prepared. Might some sort of isolation be reasonable? Possibly. We are all still waiting on more statistics, more evidence.

If you look carefully at these comorbidities you see that poor Wellness is tied into each of them. Failure to STAY well sets you up for a fall. **How about helping people get well and stay well?** Why is that not an option, not just lip service but, actual help, one-on-one help?

We offer one solution, WELLNESS RISK MANAGEMENT (WRM).

The science is there BUT, are we all doing the science? Ah,,,,,, NO.

Wellness Risk Management is a parallel solution to benefit individual people and the community. WRM can work in conjunction with all the other HEROIC and preplanning measures. We suggest people enrol in the WRM Research program and get measured for Wellness Risk. We will then **MANAGE** that risk with specially trained Wellness Risk Management Instructors to be trained in the future. The type of Wellness they would target would be specifically Multidimensional SELF-Help Wellness covering Chronic Disease Prevention Strategies. That means cover the basic **Five Pillars of Optimal Health Secrets**.

<https://www.wellnesswithpain.com/Dr.-Ouellette's-Five-Pillars-of-Optimal-Health-Secrets.html>

At the same time the measurement program can help clinicians by measuring specific red flags, yellow flags and other important clinical indicators.

The questions are:

- | | |
|--|---------------------------|
| • How to do this measurement? | We have a solution model. |
| • How to MANAGE the Risk that was measured? | We have a solution model. |
| • How to train Wellness Risk Management Instructors? | We have a solution model. |

Wellness starts with **measurement**. There are at least 126 things people can do for themselves, by themselves in Self-Help format. Are they doing them? Why not? How do we tell? Well, we **Measure Online**. We gain accurate Wellness Risk numbers and log them in a chart.

Managing Wellness Risk is achieved through online workshops to help people complete their Wellness Risk Management Action Plan custom developed for them by the program algorithm.

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A roll out of a Wellness Instructor Trainer program will commence when numbers warrant. Instructors will be trained in the mandate all instructors must agree to.

Our **WELLNESS RISK MANAGEMENT** model provides 38 numbers to:

- Grade multidimensional Self-Help **Wellness Risk**
- Give people Red Flagged scores and Yellow Flagged scores as priorities
- Provide a Progress Chart File listing all the scores that includes space for 5 measurements
- Provide an 8 item Action Plan list of priorities to work on now
- Provide a 35 page customized Wellness Risk Report of Findings
- Provide a 35 page Wellness Risk Management Instructor's notes
- Provide a two page Health Care Provider's explanation file.

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**Making Wellness a Priority
Creating Value for Society
Helping Business Manage Wellness
Teaching Evidence Based Wellness**

**When we meditate on Wellness,
we learn that Action is the ONLY truth.**

**Measuring, Mitigating and Managing
Wellness RISK and Wellness
COMPLIANCE**

<https://WellnessRiskManagement.com>

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