



Fei's Article on Covid-19



Fei's Personal Experience with Covid-19:

Link to My Personal Journey Working with People that has Covid-19:

<https://www.astrosoftware.com/CovidByFei2020.pdf>

Dear Cosmic Patterns and Matrix Software Friends,

Thank you for your continued support!

All of my newsletters in the past have been announcements about software and other astrology services. Today, however, I want to share with you some of my experiences during this very difficult year of 2020 and share some reflections on the pandemic and how it has changed our lives.

I talk to dozens of you every day and I send dozens of emails every day. I love this work of helping and assisting you. The past few months have been different from any other time period during the decades that I have been doing this work.

I talked to so many of you on the phone who had experienced or still experiencing this pandemic getting into your household. My heart goes out to all of you, I feel you but giving comforting words, encouragement, supporting and empathizing does not seem enough for me. In order to be able to help our community during this difficult time, I want to share what I have experienced and observed fighting this pandemic so that you have more information about this that are otherwise not available out there.

Please note however that I am not a physician nor a licensed medical practitioner. Everything that I mention below is just suggestions and just sharing my experience and observation. Given below are practical suggestions for dealing with symptoms of Covid and do NOT replace medical treatment. You

must consult a licensed health care professional. I am only a friend sharing my personal experiences.

- **Medical disclaimer: I am NOT a health care professional and am not liable for any actions you take or any damage that occurs from following the suggestions that I am providing below.**

Based on my observation by helping 2 covid patients get through this, I observed that covid-19 drains the body fluid rather quickly. It is in fact very fast causing the person's body to be quickly dehydrated without even knowing it.

When the body suffers severe dehydration the symptoms are: Extreme thirst, Fatigue, Dizziness, Confusion. The person can also become extremely irritable and depressed. It also weakens the immune system and the natural reaction of the body is to have fever. Severe body pain also starts because there is not enough fluid to help the muscles move freely and flexibility is a huge issue. Every move is painful due to dry muscles. My observations are confirmed by medical experts. See, for example:

- https://www.newswise.com/coronavirus/coronavirus-dehydration-concerns-solutions-addresses-by-board-certified-internist-who-facilitates-donation-benefitting-hydrating-health-workers-test-positive-patients-in-hard-hit-states/?article_id=728078

With the above observation, I would like to suggest the following when you or your love one or friend, family, etc. first start to feel the symptoms:

A) Make sure that the patient drinks a lot of water to hydrate the muscles.

B) When there is fever, make sure the fever is contained. Taking extra strength Tylenol worked extremely well for both people that I cared for with Covid 19. Follow the guidelines on the box label on how many dosage, hours, and days to take it. The patients I worked with did not get full results on a reduced intake of Tylenol so I recommend that you follow the guidelines that is on the packaging.

C) Any drink with electrolytes will help tremendously. Coconut water has natural electrolytes in it.

D) Make sure you go for a walk if possible even if it requires a bit of effort and when it is just inside your house. It is important that the body is mobile so that the muscles do not become stiff.

E) Eat 3 times a day even when it is just a small meal. Loss of appetite can be extreme and sometimes just getting a few tablespoons of soup required effort for my patients. Hot soup with ginger and lemon grass worked very well with my patients. It can be vegetarian and you can also add your favorite protein.

F) Breathing Exercise: Even if you are not having a hard time breathing, it is best to do the breathing exercise everyday. Inhale slowly and deeply, then exhale by slowly releasing the air. Repeat this exercise several times until it feels comfortable. Do this exercise 3 times a day especially before going to bed. Consult a medical professional about this too. Breathing is one of the most critical issues with Covid 19. Please please please talk to your medical professional about things to do regarding breathing. Most likely encouraging this kind of gentle breathing exercise will be recommended along with other suggestions.

If you are having a hard time breathing, you must contact a physician immediately or go to the emergency room immediately.

G) Avoid touching your face or any part of your face. Always have a clean face towel with you to use to wipe your face if you feel any itch.

H) Taking a bath every day if at all possible is very important. It will make you feel comfortable.

The rest of the things that I did are very much detailed on the article that I posted online. (See page 2 above link to my personal journey...)

Feel free to share this information to any of your family, friends, colleagues, neighbors. etc.

If you have any questions, feel free to send me an email at kepler@astrosoftware.com