

## **My Passion 4 Health** is Dr. Mary Ackerley's practice

Below are COVID 19 RESOURCES mentioned in Dr. Ackerley's 03/26/20 ZOOM meeting with the Tucson Mold Support Group ([video replay here](#))

1. **Stephen Buhner's Herbal Treatment for Coronavirus Infections:**
  - a. <https://www.stephenharrodbuhner.com/wp-content/uploads/2020/03/coronavirus.txt.pdf> (3/1/20)
  - b. Also see his update  
<https://www.stephenharrodbuhner.com/wp-content/uploads/2020/03/coronaupdate.pdf> (3/15/20)
2. **Tapping Solution - Emotional Freedom Technique (EFT) App:**  
<https://www.thetappingsolution.com/> (available for iOS and Android)
3. **Rib Raising Technique:**
  - a. Review the video at <https://vimeo.com/122370203> and read more at <https://functionalpsychiatry.com/the-rib-raising-technique-for-better-rib-movement-and-relaxation-2/>
  - b. See the handout "Osteopathic Home Exercises for Lung Infections" by Eva Shay, DO  
<https://iseai.org/wp-content/uploads/2020/03/Osteopathic-Home-Exercises-for-Lung-Infections.pdf>
4. **Postural Drainage to Release Lung Secretions:**  
<https://www.youtube.com/watch?v=vxFUPdFc1eM> (many videos on that channel and elsewhere on YouTube)
5. **QIGONG for Lungs and Immune System:** (Google this – many free videos available on YouTube).  
Some examples:
  - a. Mimi Kuo-Deemer [https://youtu.be/qQv6qKtbd\\_g](https://youtu.be/qQv6qKtbd_g)
  - b. Energy Arts Bruce Franzktis  
[https://www.youtube.com/watch?v=VKRdUe2\\_SB0&t=373s&utm\\_](https://www.youtube.com/watch?v=VKRdUe2_SB0&t=373s&utm_)
6. **Useful Equipment to Have at Home:**
  - a. Thermometer
  - b. Pulse Oximeter
  - c. Incentive Spirometer
  - d. Nebulizer <https://justnebulizers.com/>
7. **How to Disinfect Your Home:**  
<https://www.forbes.com/sites/amydobson/2020/03/18/whats-the-best-way-to-disinfect-your-home-tips-for-how-and-what-to-clean-during-coronavirus/#692f474c1eaa>

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