

# SHIFT with STEPH

## 6 Steps to Advocating For You and Your Loved One.

***FIRST, EVERYONE CHOOSE 5 PEOPLE TO CONTACT 3 TIMES A DAY TO SEE THEIR FACE AND HEAR THEIR VOICE. CHECK UP ON PEOPLE!!!***

I will explain the roadmap for Covid19 support for you and your family.

Since my early 30's, I have been a health advocate for both children, both parents and now Mark. This is not new for me and I have no issue embracing my calling... none.

### **1) Be all you need to be!!**

You might have to create a new alter ego. I am relatively annoying and naturally curious. Nagging a Dr. is truthfully no big deal. For some of you, this may feel uncomfortable and you may need to switch hats from being a little incognito to a cape with a BIG "A" on it. Noooooo This is not the scarlet letter... you are an Advocate!

Much of what I will be talking about will be regarding testing, but I also want to introduce you to investigating wellness. We are going to learn how to think differently about our bodies and the bodies for our loved ones. I am obviously not a doctor, but I understand just enough about the human body, some of that is from Pharma sales where I had to learn the disease states, and the rest was just basic "I want a high quality of life" and what modalities do I employ to make that happen. So let's think about the best we have felt and pick apart how this virus can make you feel and why you need to get tested.



## **2) Pay attention!**

If I woke up and my favorite fruit, breakfast burrito or drink started to taste weird or just couldn't fathom the taste of something I normally enjoy.... That may mean something. If you are drinking less and feel sluggish or a little sticky, grab a thermometer and just track your temp for the next 4 hours, same with your bathroom habits. Previously, most common symptoms of COVID-19 were fever, tiredness, and dry cough, but now we can add a change in taste or smell. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. The cough may take days to develop. Some people become infected, but don't develop any symptoms and don't feel unwell. LIKE ME!!

Please track your symptoms or your loved ones' symptoms in excruciating detail. Please look in the mirror or look in the face of your loved one. The eyes and voice can tell a lot.

## **3) Don't wait!**

I was forced to call all over my city to get answers but now you can get tested in most municipalities more easily. If you are failing in some way, each hour CALL 911. Get the name of everybody you encounter in the hospital or your doctor's office. If you call the Broward County Florida Health Department, take the name of everyone you encounter, along with a date and time of interaction.

State what you need...Testing? Once you are tested, a protocol of what is next? Medication, what are the adverse reactions? Carefully review discharge notes and understand why you may need to return to the ER or hospital. You may want to invest in an Oxygen Saturation finger monitor (pulse oximeter) to check your lung function (especially those who have an underlying health condition or people over 60). The normal range is 94-100%. Below 90% is the initial stage of pulmonary decline. Please do not wait to call 911.



#### **4) Do not back down!**

You must make noise, respectfully. If you do not get the answer you need, please ask around. It took me three days and phone calls to 4 medical facilities to finally get Mark access to our primary care, which was the process we had to go through to get him evaluated and eventually tested.

#### **5) Plan a healthy recovery program.**

The seat of our immune system is in the gut and organic fruits and veggies will assist in the healing and repair of your immune system. I am a believer in immune booster supplements and credit Mark's recovery to diet, alkaline water, supplements, and affirmations of healing.

#### **6) Visualize the most victorious and positive end result.**

I was asked if I ever thought about losing Mark and I replied, "NO WAY". Largely, because he was not hospitalized and the morbidity rate was not nearly what it is, but I ALWAYS saw him healed.

As I navigate and study for my Positive Psychology coach certification, I really believe I am being called to do this advocacy work and support the community in a multitude of ways, relative to this CV19 situation. We are all in this together and know, I AM here for you.

Blessings,  
Stephanie

Check [HERE](#) for more information on prevention from the CDC!

"You Become What You Think About" Jasper Harris- 1924-2019

