

THE TRUSTEE

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DAYLIGHT

The coronavirus vaccines are available in good numbers in Ulster County. Members can avail themselves of free vaccines at the county operated sites. In New York state, 7.5 million total COVID vaccine doses have been administered; a million shots a week; 139,209 in 24 hours. 25% of New Yorkers have received both shots and 14% have received one shot. Still, the number of eligible individuals still far exceeds the supply arriving from the federal government. The J&J vaccine was cautiously pulled from distribution when blood clots (and one death) occurred among a ratio of one in a million people. It's important if you are the one and, as Ulster County has good supplies of the Pfizer and Moderna vaccines, the vaccination schedules were only minimally impacted.

The second shot of the Pfizer and Moderna vaccinations are scheduled four weeks apart. The NY Times reported Great Britain preferred to give the first shot to as many people as possible, thus, delaying the second shot for up to 12 weeks. The result has shown the effectiveness of one shot and the possible effectiveness of waiting longer for the second shot as infection rates have dropped below levels in the U.S. It's pointed out Pfizer and Moderna, in an effort to get the vaccines in arms, never tested any other time period for the two shots. So, we're still learning. There is a NYS vaccine dashboard, updated daily, available at: ny.gov/vaccinetracker.

As more sectors of the community open, it remains a priority to stay vigilant as in-person activities can have consequences. As COVID-19 is still spreading (70,000 daily cases nationwide), especially in a state as densely populated as New York, continue to wear a mask, social distance, and wash hands.

The virus variants are prominent among new infections and, as scientific studies continue, we are discovering the effectiveness of vaccines.

If there is a medically necessary need for you to be tested, you will have \$0 cost share (co-pay) on medically appropriate COVID-19 testing during the national public health emergency period. Medically appropriate testing is ordered by a physician or health care professional for the purpose of diagnosis or treatment. Tests must be FDA authorized to be covered without cost sharing. Generally, plans do not cover testing for employment, education, travel, public health or surveillance purposes, unless required by law.

pH- THE KEY TO A HEALTHIER YOU

You're probably most familiar with a pH factor from testing the water in your aquarium or your pool or spa, but it's most important to have a balanced pH in your body. Take it from Tom Brady, the ageless football player, or from Joy Gross, the nutritionist who operated the Pawling Health Manor for many years. They have remained youthful by understanding the effects foods, exercise, stress, and the air you breathe have on your body. The foods you eat affect your pH level. According to Rose Wellness, virtually all types of diseases thrive in an acidic environment and are linked to inflammation, heart disease, obesity, diabetes, autoimmune diseases, and chronic pain. You can discover your body's pH level using pH test strips with an early morning urine test. On the 10 point scale, a pH level lower than 6.5 is too acidic; 7.5 and higher is too alkaline. Ideal levels are between 6.5 and 7.5.

High acidic levels draw minerals, like magnesium, potassium, calcium, and sodium from your bones and organs to help to neutralize and eliminate the acidity and it results in undiscovered mineral deficiencies. Mild acidity can result in yeast infections, fatigue, weight gain, acne, cavities, allergies, and premature aging. When acidity continues, it may result in various kidney bladder infections, osteoporosis, cardiovascular issues, and breathing issues. Joy Gross has promoted “green” smoothies made with only green vegetation. Tom Brady favors banana berry smoothies, an intake of 80% fruits and vegetables (mostly green), 20% proteins, and doesn’t eat many foods, including processed foods, dairy, caffeine, Gluten foods (wheat, pasta, cereals), and white sugars. The traditionally typical Western Diet promotes high acidity levels. Your body will work harder to neutralize acidity during metabolism or the bladder and kidneys work harder to eliminate acidic waste products. Your body will try its best to regulate acidic levels, but the harder it has to work, the greater the damage. When a system in the body becomes too acidic, the blood pulls alkaline from another system, like the small intestine, to assist neutralization. This affects digestion. Or, calcium can be drawn from the bones to neutralize excess acidity elsewhere and result in osteoporosis.

Next Month: Identifying Foods