

# Acute Care 101: Three Stages of Acute Care

Last week I shared with you a story about Kelsey and how her acute symptoms appeared over the course of twenty four hours. The first symptoms, mental and emotional, were very subtle and are generally misinterpreted or go unnoticed by most. Her physical symptoms appeared within the next twenty four hours. This information is particularly important now as we are approaching flu and cold season. I hope you may begin to take note of these early symptoms in yourself and those whom you care for.

Today I'm going to pick up where we left off with Kelsey's story and explain the 3 different stages of care required for the acute illness.

## Stage One

So, the morning after what seemed like a "bad day at work" Kelsey woke with a fever and pounding headache. These were the first symptoms she recognized and knew she was going to need some support. The care Kelsey chooses to provide herself this first twenty four hours of physical symptoms plays a critical role in how long her symptoms will last, how intense they will be, and how soon she will be back in action. Here's what I suggested for Kelsey and suggest for all acute illness during these first twenty four hours.

## Therapies for Stage One

- An **Acute Gemmotherapy Protocol** (per presenting symptoms) with frequent, hourly dosing.
- A **Restricted Plant Based Diet** that alkalizes the body's pH, supports optimal elimination and lymphatic cleansing, hydrates and is easy to digest. My recommendation is only raw fruits and vegetables in the

form of smoothies, juices, or peeled and cut throughout the day. If there is an appetite and no vomiting or diarrhea, then a vegan soup of miso broth or vegan pho broth with rice noodles and greens is good for an evening meal. By limiting yourself to foods that keep the body alkalized, eliminating, and hydrated, the energy needed to heal is not diverted for digesting.

- **Bed Rest** for the first 24 hours with the onset of physical symptoms. With adults this is the most controversial part of my advised protocol. It is important to note however that there is a substantial difference in time of recovery between those who take to bed immediately and those who wait until they have worn down their adrenal glands by “powering through.”
- **Increased Fluids** to include warm lemon water with honey, herbal alkalizing teas (Ginger, Tulsi, Dandelion are all good) and coconut water.
- **Warmth** on the kidneys by using a heated pad or water bottle to support them in this important stage of filtration and elimination.



## Stage Two

After the first twenty four hours, Kelsey's body's response to

the therapy would be clear. As a practitioner, I am looking to determine if further support is needed from a Homeopathic remedy and additional Gemmotherapy. Questions I would ask Kelsey include:

1. Is your energy level improving or decreasing?
2. Is your appetite increasing or decreasing?
3. Is your thirst increasing or decreasing?
4. Is your mood improving (from irritability or sadness)?
5. Are there new physical symptoms?

Kelsey's response will help me determine how I apply the following therapies for Stage Two of care. If she is still feverish and weak, she needs to continue all of the Stage One therapies another day and I will suggest a Homeopathic remedy. If she is improving and her energy level and mood is as well, she can continue with the Stage One therapies according to these directions:

### **Therapies for Stage Two**

- The **Acute Gemmotherapy Protocol** doses may become less frequent if there is improvement.
- **The Restricted Plant Based Diet** continues until 80% recovered—still avoiding all animal proteins and processed foods.
- **Bed Rest/Physical Rest** after the 24 hours of complete rest is dependent on symptoms and of course adjusted to what is realistic. In a perfect world one would stay home and take regular breaks to actually lay flat to support the work of the kidneys if there is improvement from Stage One.
- **Increased Fluids** continue as in Stage One.
- **Warmth continues** if still on bed rest or each evening.
- **Homeopathy as** needed, based on symptoms.

If Kelsey is following this plan I can be sure she won't be down for long. Whether she has lingering symptoms or not is

more of a matter of the state of her elimination before all this began. Check in next week to see what I suggest for her in Stage Three of Acute Care.