



[Integrative Medicine](#): Healing Oriented, Evidence Based Medicine grounded by Wisdom

As we continue to navigate uncharted waters, we are here for you to provide evidence based care, grounded in wisdom. We are working hard to keep up with the latest information and relay it to you and apply it in our practice. There is a lot of misinformation circulating and we want to remind you to continue to draw on your LIVEIT toolbox and to use sound judgement. We all want answers and it can be frustrating that there is still so much we do not know about this virus. Many of us are getting caution fatigue and the ever changing, sometimes conflicting information can be overwhelming. Whether you do not feel well or want a physician to partner with to create a personalized plan for you and your loved ones during this time, we are here to support you; mind, body, & spirit!

We are continuing to operate virtually; offering phone & video appointments & seeing patients in the office when it is specifically arranged after we meet over telemedicine when a physical exam is required. Labs are open & taking appropriate precautions- and available for blood draws if Dr. Julie orders bloodwork and IF you feel comfortable visiting them.

As a reminder, for the time being we are available for telemedicine consultations for your immediate family and loved ones anywhere in the state of Texas for abbreviated medical visits and not requiring the initial long first intake appointment to get established with our office. We are also continuing our Solidarity Visits through May.

Welcome baby boy!

Theresa & her family are excited to introduce baby boy Grayson Ronald Hernandez, born Sunday May 3rd at 7:01am! They are all doing great!

While Theresa is on maternity leave, her patients can follow up with Dr. Julie as needed!



Caution Fatigue & Navigating Uncertainty: This Thursday!

Join Dr. Julie & Lake Travis Community Library for a free zoom meeting on



Thursday, May 14th at 4pm: Caution Fatigue: Navigating Uncertainty & its effects on our health. [Tune in](#)



Serving Size: 6 capsules daily
(180 capsules per bottle/ 30 day supply)
Vitamin A (as Vitamin A Palmitate) 5500mcg
Vitamin C (as Ascorbic Acid) 2000mg
Zinc (as Zinc Picolinate) 40mg
N-Acetyl-L- Cysteine (NAC) 1200mg
Quercetin 1000mg

Basic Immune Support Supplement available!

Due to the high demand for immune supporting supplements, many are becoming more and more difficult to purchase. Many suppliers are on back order. As COVID19 continues, we wanted to be able to offer our patients an affordable option for immune support supplementation– so we created a custom formulation available for purchase through our office. (contactless pick up or via mail.) The cost is \$52 per bottle which includes 180 capsules (1 month supply). Contact us to learn more!

from the blog

For the month of May, we are offering Solidarity Visits. We will see patients over telemedicine (new and existing) and they will only need to pay what they can.

We have extended our Solidarity Visits offering through the month of May, new & existing patients will only need to pay what they can for appointments.



PPE has been on our minds and in the news a lot lately. Certainly it is important to follow CDC guidelines and wear protective gear as advised. External PPE is important to protect us (& especially our frontliner healthcare workers) from encountering the Coronavirus &/or decrease the volume of 'viral load' if we do encounter it. One term you may have not heard as much about is what I like to call "Internal PPE". We must also

COVID19 Antibody Testing Advisory

Austin Public Health released a [statement](#) "You may have seen ads for companies and medical practices marketing antibody tests for COVID19. These tests could theoretically identify people who have recovered from COVID-19, and may have developed immunity to the virus.....We do NOT recommend taking these tests, even those with EUAs, until further evaluation of them has been done. Even if any are accurate, what to do with that information is up for debate. At this point, they are a waste of your money, and worse, may cause you to alter behavior that would otherwise protect you."

If you do choose to do an antibody test, there has been more accuracy reported via venipuncture than the finger prick method.

Until we have more information on the accuracy and utilization of antibody testing for COVID19, **we are generally NOT recommending this testing for our patients.** We will continue to research this matter and keep up with the latest information on testing. For more information, check out our [COVID19 testing blog](#) or if you have specific questions, please contact us for an appointment.

*Believe in yourself, Believe
in your health!*

