

# DISASTER RECOVERY

Tools for Healing  
from Natural Disasters

by Dr. Shiroko Sokitch, MD

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In fall of 2017, the city of Santa Rosa, CA, caught fire. Thousands of people lost everything, and many barely escaped with their lives. My office has been there for over 24 years. Although my office wasn't burned, we were in the evacuation zone and I was unable to help my patients when they needed it most. As the days went on, I felt so much suffering; I wanted to do more to help people recover and heal. I held a few free clinics and plan to hold more to help people who are struggling with the emotions and stress of what is going on. But that only helped a few people. So I came up with this event, to provide as much help and support as possible for healing from the effects of a disaster.

Natural disasters cause many problems for people. We often speak of the property damage, but what about the physical effects of being in a fire zone, or hurricane? Each disaster causes unique physical concerns, but some things are common in the disaster settings.

I wrote this book to make it easy to look for the problems you could face in most disasters, and how to solve them. Each page will cover one issue and how to solve it.

We always want to practice preventive medicine, but when disaster strikes, it's hard to predict what it will do. So, for our purposes, preventive medicine means being as healthy as possible beforehand, so that you have the resilience to withstand the trauma of the event.

Please remember, these are suggestions of things to look for and are not intended to take the place of your relationship with your physician. If you have symptoms, it is best to seek an expert to help you see if you are suffering from disaster related issues. Also, many of these issues we have highlighted here are often more complicated than stated. Our intention is to provide you with an easy reference guide in a case where you are struggling with health effects of disaster, and to guide you in some things to do to help you understand what symptoms you are having. Your best bet is to eat a healthy diet high in fresh vegetables.

## POSSIBLE PHYSICAL EFFECTS OF DISASTER

- ✓ Smoke damage
- ✓ Heavy Metal Exposure
- ✓ Environmental Toxins
- ✓ Mold exposure
- ✓ Parasites
- ✓ Adrenal Stress

## EMOTIONAL TRAUMA

PTSD

## DISASTER PREPAREDNESS

Some of these comments come from the experiences people had here in Sonoma County during the fires.

Be as ready as you can check out <http://do1thing.com>

## SMOKE DAMAGE: REFERENCE TALK BY DR. ANNE MARIE FINE

- ✓ Exposure to more toxins, heavy metals – including mercury, lead, asbestos, plastics
- ✓ Damage to Lungs and other organs.

### 1. Symptoms

- ✓ Shortness of breath
- ✓ Headache
- ✓ Tearing or burning of eyes
- ✓ Cough
- ✓ Asthma
- ✓ Heaviness in chest

### 2. Prevention

- ✓ staying indoors
- ✓ minimizing exercise
- ✓ keep windows closed
- ✓ keep AC and heat off if possible – it circulates outside air into home
- ✓ close fire place vents
- ✓ wear a mask
- ✓ get an air purifier

### 3. Supplements for lungs

- ✓ Glutathione
- ✓ NAC
- ✓ Vitamin D
- ✓ Cordycep Mushrooms

### 4. Diet

- ✓ pears
- ✓ pine nuts
- ✓ lotus root

## HEAVY METAL EXPOSURE – REFERENCE TALK BY WENDY MYERS

### 1. Assume that heavy metal toxicity is always possible with our environment

### 2. Symptoms

- ✓ Brain fog
- ✓ Fatigue
- ✓ Achy
- ✓ Supersensitive skin
- ✓ Strange rashes
- ✓ Persistent infections that don't resolve with treatment
- ✓ ADD behavior issues in children
- ✓ Mood problems
- ✓ Sleep problems

### 3. Testing

- ✓ blood
- ✓ urine
- ✓ hair
- ✓ organic acid testing

### 4. Treatment Options *(not to be tried all at once)*

- ✓ Pectasol C with Biosil – take it away from other supplements
- ✓ Cilantro tincture
- ✓ Chlorella
- ✓ Cholecol
- ✓ Metal X Synergy DFH
- ✓ Support other minerals when you detox heavy metals – trace mineral supplement – acts as heavy metal competition
- ✓ Magnesium – often depleted, needs to be supported, easily lost

### Diet

- ✓ cilantro
- ✓ chlorella
- ✓ spirulina
- ✓ parsley
- ✓ organically grown mushrooms

## ENVIRONMENTAL TOXINS – TALK BY DEANNA MINNICH, PHD

### & AVIVA ROMM, MD

We are exposed to toxins every day, all the time, but when disaster strikes we get a higher concentration of toxins.

Best to maintain as clean as possible diet, supplements, and environment but recognize that we can never avoid them completely.

### 1. Symptoms

- ✓ Might be vague symptoms of fatigue
- ✓ Headaches
- ✓ Difficulty losing weight
- ✓ Estrogen dominance
- ✓ More prone to estrogen symptoms
- ✓ Early onset periods in young girls

### 2. Treatment Options *(not to be tried all at once)*

- ✓ Glutathione – liposomal
- ✓ Methylation Support – good quality multi vitamin
- ✓ Vitamin C
- ✓ N. Acetyl Cysteine – precursor for glutathione
- ✓ Turmeric

### 3. Diet

- ✓ Eat a rainbow – focus on fresh organic fruits and vegetables of all colors. The colors contain antioxidants that help support immune health and detox pathways.
- ✓ Aim for up to 9 cups of vegetables a day when feeling extremely toxic.
- ✓ Eat good fats – such as ghee, avocado, nuts, coconut oil – help system handle toxins better
- ✓ Flax meal – helps bind estrogens, and clear toxins in addition to great source of omega 3
- ✓ Avoid processed foods, sugars, pesticides, and other chemicals
- ✓ Also use good quality cookware such as stainless steel or titanium, avoid plastics as much as possible.

## MOLD EXPOSURE – REFERENCE DR. ANN SHIPPY

### AND JILL CARNAHAN TALK

Mold is a common problem after flooding. If your disaster involved water flowing through your home, taking proper care of your home, and making all efforts to dry it out is important. Mold can cause severe symptoms of illness.

#### 1. Symptoms

- ✓ Fatigue
- ✓ Vertigo, dizziness
- ✓ Chronic Headaches – like icepick
- ✓ Brain fog
- ✓ Memory issues
- ✓ Sinus congestion, chronic cough, SOB
- ✓ Sudden Weight gain – no other changes
- ✓ Increased urinary frequency
- ✓ Diarrhea, gas, bloating
- ✓ Sweats easily
- ✓ Joint and back pains and stiffness

#### 2. Diagnosis

- ✓ Moldy smell
- ✓ Visible mold
- ✓ Real Time Lab – tests for mycotoxins
- ✓ Micrometrics – ERMI test

#### 3. Treatment Options *(not to be tried all at once)*

- ✓ Get out of the environment if you can!!! Can't get better if continued exposure
- ✓ Take Binders – May need to take from 4-6 months
  - Cholestyramine – 4 grams, 4 times a day - prescription binder
  - Welchol –
  - Clay/Charcoal –
  - Zeolites –
  - Glucomannan

- ✓ Support Glutathione -
  - Liposomal glutathione
  - N. Acetyl Cysteine
  - Vitamin C
- ✓ Sauna - get body sweating
- ✓ Dry Brushing
- ✓ Support sinuses
- ✓ Silver with xylitol
- ✓ Biofilm treatment

## PARASITE EXPOSURE REFERENCE TALK BY ANN LOUISE GITTELMAN AND JAY DAVIDSON, DC

### 1. Symptoms

- ✓ Digestive disturbance - can be chronic
- ✓ Itching in rectum
- ✓ Gas, Bloating, pain
- ✓ Joint Pain
- ✓ Liver pain
- ✓ Skin Rashes
- ✓ Brain fog
- ✓ Fatigue

### 2. Diagnosis

- ✓ Hard to get accurate stool test and find them
- ✓ One good test is Diagnostic Solutions MAP test – looks for DNA instead of trying to find in culture
- ✓ Some people say to do parasite cleanse at least annually

### 3. Treatment Options *(not to be tried all at once)*

- ✓ Many over the counter parasite cleanses – I usually find that combination products work better for getting rid of parasites than single herbs. Usually takes 6-12 weeks using herbs and less time using medications. I treat with both if needed.
- ✓ Parasmart is one good product
- ✓ Ann Louise Gittelman has products she has developed
- ✓ Biocidin/Biotonic – Biobotanical Research products
- ✓ Medications – if you're working with a physician who has tested

### 4. Diet

- ✓ Good fats
- ✓ No sugar
- ✓ No dairy
- ✓ Lots of vegetables
- ✓ No grains

## ADRENAL STRESS – REFERENCE TALK BY DR. ALAN CHRISTENSON

Adrenal symptoms are complex and involve many hormones. This is just a very brief outline of some of the symptoms – there are many books which detail this more specifically.

### 1. Symptoms

- ✓ Excess Cortisol
  - Anxiety
  - Unable to sleep
  - Irritable
  - Restless
  - Stressed
- ✓ Deficient Cortisol
  - Extreme fatigue
  - Unable to function
  - Memory issues
  - Brain fog

### 2. Treatment Options *(not to be tried all at once)*

- ✓ Vitamin C
- ✓ Adaptogens including:
  - Holy Basil
  - Ashwaganda
  - Ginseng
  - Combination adaptogen products
- ✓ Deglycerhized licorice
- ✓ Phosphatidyl Serine – lowers cortisol – helps sleep

### 3. Diet

- ✓ Make sure to have high protein meal at breakfast – can help balance cortisol
- ✓ Some carbs necessary to support adrenal fatigue
- ✓ Good fats – nuts, avocados, flax, chia seeds
- ✓ Lots of vegetables
- ✓ Many books available on adrenal support diet – Magdalena Wzelaki, Dr. Alan Christensen, Izabella Wentz, and Dr. Sara Gottfried

# PTSD

After any disaster – symptoms of Post-Traumatic Stress Disorder can become a problem. In the case of the fires in Santa Rosa, many people barely escaped their homes before they caught fire. Many were wakened suddenly in the middle of the night with fire bearing down on them.

## 1. Symptoms

- ✓ Anxiety
- ✓ Sleeplessness
- ✓ Irritability
- ✓ Fear
- ✓ Easily startled
- ✓ Can't tolerate seeing the places involved
- ✓ Food cravings
- ✓ Flashbacks

## 2. Treatment Options *(not to be tried all at once)*

- ✓ Acupuncture – see talk by Sarica Cernoahouse, LAc -very good for helping anxiety and calm stress, research shows that soldiers treated with ac have fewer symptoms of PTSD
- ✓ EFT – Emotional Freedom technique – tapping – see talk by Dr. Craig Weiner
- ✓ EMDR – See talk by LoraLee Carter, LCSW
- ✓ Meditation – see talk by Kerry McClure
- ✓ Heart Math – see talk by Ritamarie Loscalso, DC
- ✓ Breathing exercises – see talk by Debora Wayne
- ✓ Homeopathy - Aconitum napellum 30C potency (3 times per day for 3 days) - this can help people feel like they can come back into their bodies after a shock/trauma situation
- ✓ Supplements – B vitamins supports nervous system
  - Vitamin D supports immune system and adrenals
  - Vitamin C – supports immune system and adrenals
  - Multimineral – supports nervous system and hormones

## DISASTER PREPAREDNESS

It's a good idea to have a pair of heavy shoes, a crowbar, and a jacket near your bed in case something happens at night. These are things you can have handy all the time. I have a bag next to my bed with shoes, a jacket, and a small crowbar.

Have a few days' supply of bottled water and shelf stable food available.

Keep your car gas tank full.

I've talked about having a disaster bag and you can learn more about how to do that on the <http://do1thing.com> site.

## MAKE A DISASTER BAG

I did this on my own before I learned about <http://do1thing.com> site.

Get a big back pack – that can hold some stuff

And have some version of the following in it:

- ✓ Cash
- ✓ Back up hard drive for your computer – keep this up to date at least weekly
- ✓ Passport, other important ID
- ✓ Safe deposit box key
- ✓ A set of clothing including underwear
- ✓ 3-day supply of medications, supplements you need
- ✓ Readily available snacks
- ✓ A bottle of water
- ✓ Chargers for your devices
- ✓ Rain protection such as a plastic poncho
- ✓ First aid kit
- ✓ Copies of important documents you don't want to lose

# About Dr. Shiroko



Dr. Shiroko has a dream – to help her patients have miracles of healing in their lives. Her quest to find the best answers to healing led her to integrate the best of Western Medicine with Chinese Medicine. During her second year of surgical residency – she realized that she couldn't provide the care she wanted to give by being a surgeon. While still in surgery she fell in love with Chinese Medicine and decided to pursue her education as an acupuncturist. She worked as an Emergency Physician for 10 years while studying Chinese Medicine and creating her dream medical center.

Dr. Shiroko opened Heart to Heart Medical Center in Santa Rosa, CA in 1993. Combining modern technology and advancements in Bioidentical Hormone Replacement Therapy with the ancient remedies of Eastern Medicine has allowed Dr. Shiroko to realize her passion for helping her patients live the best lives they can. She is an expert at helping you navigate the understanding of Western medicine in combination with alternative medicine. Her unique perspective will help you understand what your soul and body are trying to communicate to you.

She is quite excited to be the only doctor of her type in the area. Since January of 2000, she has also written an alternative medical advice column in three local Sonoma County Newspapers. In May of 2009, she and her friend Sivan Garr, spiritual teacher, decided they wanted to help a larger audience with their work. They began filming Perspectives on Healing, a public access television show which they did for 2 years. It is still airing in several cities in California.

In her office, she specializes in listening closely so that she understands your health concerns and is able to guide you to finding the best treatments. In addition to acupuncture, she works with craniosacral therapy, herbs, nutritional supplements, specific diagnostic tests, exercise and diet to help you find the best balance for your body. Her extensive understanding of the spiritual/emotional connection to your physical problems will help you to heal at a greater depth with more lasting results.

There is no one size fits all medicine here. Each person is an individual with unique responses to treatment and each needs a personalized approach. With Shiroko's 100 Percent Healing approach, you will learn about each element of your healing path.

If you have questions about any health concerns, Shiroko will spend time with you to help you understand it and find your way to wholeness.

To inquire about Dr. Shiroko's CE programs and keynote speeches please contact: [drshiroko@hearttoheartmedicalcenter.com](mailto:drshiroko@hearttoheartmedicalcenter.com) or call 707.524.9640