



Wirth Chiropractic is open and will continue to operate as usual, and will continue to monitor the situation and make adjustments to our policy as more information is given.

We are taking steps and following CDC Guidelines to help keep our staff, patients and community safe. While we always strive to keep our office as clean as possible, we are adding to the effort. While this is not a complete list of what steps we are taking, these are what we are asking of our patients and staff initially.

LIVE CHAT

PATIENTS ONLY WITH AN APPOINTMENT are allowed in the office. (No kids, family or friends are allowed in the building)

If you or your immediate family are experiencing any fever or flu-like symptoms please call to reschedule your appointments. (We are screening ALL patients at the door!!)

If you have any recent international travel, please call to reschedule your appointment.

All patients must wash their hands immediately upon check-in to our office.

We are also limiting patient flow in the office to prevent too many people being in here at one time.

6. Our staff will continue to make sure any surface will be cleaned and sanitized on a regular basis throughout the day.

While some may think that these steps are not necessary, please keep in mind that we have family, patients, and patients family members who are immunocompromised and are at a much greater risk for serious complications due to the Coronavirus and COVID-19.

Your immune system is your #1 defense against all bacterial and viral infections. Fortunately, we have ultimate control over the state of our immune systems and our families. Here are some of the best practices that we follow even in our own homes.

*GET PLENTY OF SLEEP. Often minimized as a source of immune response but studies have shown that deep sleep improves the immune system directly.

*HYDRATION. The #1 deficient nutrient in most Americans is WATER. Staying hydrated is critical for EVERY biochemical process in your body including your immune system.

*GET ADJUSTED. Regular chiropractic adjustments have been proven to boost your immune system. This is accomplished by improving the state of the nervous system which in turn improves the immune system.

*EAT WELL. Be sure to eat a healthy diet. Avoid sugars if at all possible and do not overeat. This helps sustain a proper blood sugar level and prevents the moments of being “famished”. We all know what happens when “you’re so hungry you can eat a cow”.

*HEALTHY SOCIALIZATION. Although the government is encouraging “de-socialization”. I encourage you to reconnect with your nuclear family through conversation, family games and lots of hugs and cuddling. Family communication and physical touch have long been associated with decreased stress and improved overall health including the immune systems of the entire family.

IMMUNE SYSTEM HEALTH ✖

GIVE YOUR IMMUNE SYSTEM A BOOST!

Wills Chiropractic · March 24, 2020 · Chiropractic

Your immune system is one of the most complex systems in your body and your body's own personal defense system. If you want to keep your self healthy, you have to help your immune system. As COVID-19 continues to spread, it is particularly important to keep your immune system strong. Here are our tips to help boost your immune system.

[Read More →](#)

Tagged: Chiropractic Care, Immune System Health, Immune System, Tips for a Healthy Immune System, Healthy Immune System

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TIPS TO STAY HEALTHY

Wills Chiropractic · March 18, 2020 · Health and Wellness

It seems like no matter where you turn, there is a new update on the coronavirus (COVID-19) pandemic. Hand sanitizer, toilet paper, and canned goods are flying off the shelves along with other essential items. This may seem stressful, but keep in mind that there are steps you can take to avoid getting sick in the first place. Here are our tips to help you stay healthy from illnesses including coronavirus, the flu, and even the common cold.

[Read More →](#)

Tagged: Health and Wellness, Health and Wellness Tips, Immune System, Tips for a Healthy Immune System, Healthy Immune System, Immune System Health

♥ 0 Likes  Share



To our NCFC member family,

Amid uncertainty and fear over the development of Covid-19, we wanted to provide you with up to date information from our center and our commitment to social responsibility in curtailing the pandemic.

The information of closures and restrictions can be overwhelming to say the least. Though we do not know how long the collective activism will have to hold together and how many more changes are ahead of us, we do know that the best thing to do right now is to make sure we are all taking great care of each other and ourselves!

Most importantly, taking care of our immune systems so that if you do come in contact with the virus (Covid-19 or any other virus) your body can quickly fight it! I will be making a personal commitment to share a bi-weekly email and post about self-care techniques to ensure robust health to you and your family! Though it may seem we have no control over the outside world, we do have so much control within our world. So please make sure to check our emails regularly and join us on FB and Instagram!



Here's a quick list of things you can do to boost your immunity:

GET ADJUSTED

Over the following weeks we are expanding our office hours as we know how important a strong immune system is to fight any virus your body comes in contact with – an adjustment alone can boost your immune response by 200%! Now is when your body needs chiropractic more than ever.

These are the steps and protocols we are placing to ensure safety, respect and high-quality health care at North County Family Chiropractic:

1. We are consistently wiping down all surfaces within North County Family Chiropractic.

2. We have removed all the toys from the kid's area. We apologize ahead of time if your kiddos favorite toy is missing when they come in! We know that the Zoo toy is the kids favorite but the Zoo will be getting a deep cleaning and will return soon.

3. All tables will be cleaned after every adjustment. We will be using 70% alcohol/hydrogen peroxide mixture wipes. If you prefer plant-based wipes we won't be able to provide those at this time.

4. We are both expanding and stretching out our schedule! Please note that we may call you to move your appointment time a few minutes up or down to accommodate for open space. These changes will also keep the waiting room to half of its capacity. Come in, get an immune boost and head home! Waiting outside is also a great option for anyone that would like.




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 Menu

MEASURES TO MINIMIZE COVID-19 INFECTION

[Home](#) / [News](#) / Measures to Minimize COVID-19 Infection


Measures to Minimize COVID-19 infection and maximize your immunity to protect yourself, family, and loved ones:

1. Receive regular frequent chiropractic adjustments to enhance your entire body performance including your immune system.
2. COVID-19 clinic protocols involve social distancing during your clinic visit. Our large indoor and outdoor reception area allows for 6 feet distance between patients entering and exiting our clinic. Additionally our frequent disinfection protocols and procedures have always been and will remain exceptional. Our large clinic facility allows patients to be adjusted without coming near (6 feet) of other patients. All Doctors will wash and disinfect hands in between patients (this is more effective than glove procedures).
3. Protect and confine your elderly loved ones (80+ yrs old) and minimize any public contact especially those with chronic illness such as: cardiovascular disease, lung disease, immune disease, and/or diabetes.
4. Practice excellent hygiene which involves frequent washing of hands for 60 seconds in hot water with lathering soapy disinfectant suds.
5. Hydrate with 2-3 liters of pure fresh water per day. Eliminate intake of any processed foods and increase fresh fruits, vegetables, and high protein food sources (preferably organic). Vitamin and mineral supplements (consult with your Doctor of Chiropractic for recommendations).
6. If you have a fever, shortness of breath, and cough do not visit our clinic and immediately report to a local medical facility for COVID-19 testing and if necessary treatment and quarantine.
7. For healthy non symptomatic individuals limit public exposure to essential workplace employment and activities such as visits to your Doctor of Chiropractic and/or other health care professionals, grocery shopping, and necessary supplies.




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We're Here to Get You Better




PAIN CARE
It's Time to Get Healthy




TEAM
Experienced & Proven Staff



CONSULTATION
Schedule A Consultation

 Tony

Welcome to Well Being Chiropractic! A live, real person is available to talk at no obligation. How can we help you?



*This information is not intended to imply that chiropractic adjustments can cure Covid-19 infection nor can it prevent you from contracting Covid-19 if exposed.



PAIN RELIEF
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Measures to Minimize COVID-19 Infection

[Home](#) / [News](#) / [COVID-19](#)

Measures to Minimize COVID-19 infection and maximize your immunity to protect yourself, family, and loved ones:

1. Receive regular frequent chiropractic adjustments to enhance your entire body performance.
2. COVID-19 clinic protocols involve social distancing during your clinic visit. Our indoor reception area allows for 6 feet distance between patients entering and exiting our clinic. Additionally our frequent disinfection protocols and procedures have always been and will remain exceptional. Our clinic facility allows patients to be adjusted without coming near (6 feet) of other patients. All Doctors will wash and disinfect hands in between patients (this is more effective than glove procedures).
3. Protect and confine your elderly loved ones (80+ yrs old) and minimize any public contact especially those with chronic illness such as: cardiovascular disease, lung disease, immune disease, and/or diabetes.
4. Practice excellent hygiene which involves frequent washing of hands for 60 seconds in hot water with lathering soapy disinfectant suds.
5. Hydrate with 2-3 liters of pure fresh water per day. Eliminate intake of any processed foods and increase fresh fruits, vegetables, and high protein food sources (preferably organic). Vitamin and mineral supplements (consult with your Doctor of Chiropractic for recommendations).
6. **If you have a fever, shortness of breath, and cough do not visit our clinic and immediately report to a local medical facility for COVID-19 testing and if necessary treatment and quarantine.**
7. For healthy non symptomatic individuals limit public exposure to essential workplace employment and activities such as visits to your Doctor of Chiropractic and/or other health care professionals, grocery shopping, and necessary supplies.

Thank you.

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Free Consultation

Don't live with the pain any longer. Schedule a free consultation today with Dr. Paul lattoni and Dr. Evangeline Lau at Warm Springs Chiropractic in Fremont to see how chiropractic care can help you with pain relief.

[SCHEDULE NOW](#)

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TOMS

LOCATIONS

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COVID-19 Information



To our Vitality family,

Things have been dramatically changing over the last few weeks and it is our commitment to keep serving and providing a safe environment where anyone can come to make sure their spine is functioning and healthy. We will be open normal hours as we were deemed essential by the state of Washington.

We have increased sanitation in numerous ways to ensure that we are acting responsibly, in accordance with the CDC. Here are just a few of the steps we have taken:

- The door leading to the front desk will now remain open so patients can keep their hands free of contact with other patients.
- All pens are constantly being sanitized, along with chiropractic tables and other surfaces that see regular contact.
- Waiting room chairs have been removed to ensure distance between each patient.
- Masks and gloves are made available at the front desk.
- Distancing appointment times so that there are never too many people in tight quarters.

Here are a couple of the reasons chiropractic care has been deemed essential and will remain open during this time:

- If Chiropractic adjustments help regulate the nervous system, and the nervous system controls the immune system, then chiropractic adjustments will help to maintain a healthy immune system.
- Here is some research to affirm this: In 1989 "Ronald Pero, Ph.D., chief of cancer prevention and research at New York's Preventative Medicine Institute as well as a professor of medicine at New York University" followed up that discovery. He found over a three year study, looking at the immune system of the following patient types: People receiving chiropractic care, some having cancer and additional terminal illnesses, and the general public not under chiropractic care: patients under chiropractic care for 5

New
**PATIENT
SPECIAL**

CLICK HERE

OFFICE HOURS

Monday	8:30am - 6pm
Tuesday	2pm - 5pm
Wednesday	8:30am - 6pm
Thursday	9am - 11am
Friday	9am - 5pm
Saturday	By Appointment
Sunday	Closed

Massage Therapy by appointment only



We are continuing to see patients during the COVID-19 outbreak with diligent social distancing and safety protocols. If you need chiropractic care please give us a call. We are here to help!

5 Simple Tips To Fortify Yourself Against Coronavirus

Immune System

There is so much happening in the media right now around coronavirus. I wanted to give you some simple, practical tips to fortify yourself in case you do get exposed.

As with anything in our society, when extreme views are being expressed I find that the truth is somewhere in the middle. In my opinion, the level of fear and panic around this outbreak is disproportionate to the actual danger. By the same token, to deny that there is a danger is also irresponsible and problematic.

Because of the way statistics are recorded, in the beginning of an outbreak the death rate will appear much higher than it actually is. The reason for this is that mild cases (people with few or no symptoms) are not recorded. With that said it is clear that elderly people (especially with pre-existing health conditions) are at a higher risk for coronavirus being a serious issue. [Click here for a great article if you want to read more about these points.](#)

When it comes to a viral infection there are 2 things we have to consider. First is our exposure to the virus and second, how well your immune system responds. Taking reasonable precautions to limit your exposure (washing your hands ect.) makes total sense. Yet, I would argue that it may be even more important to focus on strengthening your immune system so you'll be protected in case you do get exposed.

So what can you do to boost your immune system? Here is a list of my top 5 tips. I'll give you more details below.

1. Make sure you're getting adequate Vitamin D.
2. Eat very little or NO sugar.
3. Reduce your stress.
4. Get adjusted regularly.
5. Support your gut health with diet and probiotics.

1. Vitamin D

Having adequate Vitamin D levels is one of the most powerful ways you can support your immune system. Most of us are not getting enough sun this time of year so its important to supplement to make sure you get enough. A good baseline dosage is 1000 iu per day per 25 pounds of body weight.

2. NO Sugar

Sugar is a double whammy. It pushes your body to be more acidic, creating an environment where viruses can thrive and it drives systemic inflammation which suppresses your immune response. Seriously limiting your sugar is a really good idea.

3. Reduce Your Stress

Chronic stress suppresses immune function. The irony here is that being afraid of getting sick makes you more susceptible to getting sick. Exercise, yoga, meditation, getting plenty of sleep, and being with people you love are all powerful ways to reduce your stress.

4. Get Adjusted Regularly

Your immune system is largely controlled by your brain and nervous system. Regular adjustments can de-stress and balance your brain, allowing it to coordinate your immune system more effectively.

5. Support Your Gut With Diet And Probiotics

The majority of your immune cells live in your gut and they need fuel to function. The good bacteria in your gut produce something called butyrate which feeds your immune cells. Eating a diet with a good variety of veggies and supplementing with probiotics is just what those good bacteria need to thrive. [Click here for a short video clip](#) of Dr. Kiran Krishnan, the guy who developed the probiotics that I carry here at Vibrance, talking about their effect on the immune system. If you'd like to pick some up just let me know.

If you need any support please reach out to me. Lets keep you healthy and strong so just in case you get exposed, **coronavirus will not take you down!**

Lots of Love!

Dr. Jesse

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Newer Post

[Stress Hormones Crush Your Immune System](#)

Older Post

[That Time I Adjusted A Hummingbird](#)



Less Stress · Better Brain

HOW TO BOOST YOUR IMMUNITY

// & STAY HEALTHY DURING CORONAVIRUS



Vero Family,

We pray this finds you well! We know the shelves are starting to look empty and no cleaning products or toilet paper in sight. So much coming at us all and it can be scary. We know that the best thing to do right now is to make sure we're all taking great care of each other and ourselves. Most importantly, taking care of our immune systems so that if you do come in contact with the virus, your body can quickly fight it, as it's designed too!

HERE'S A QUICK LIST OF THINGS YOU CAN DO TO BOOST YOUR IMMUNITY:

1. **Feed your body the good stuff!** More greens, less processed, less sugary food & less dairy. Stay hydrated. 🌿 {[Read This Article For More Information.](#)}
2. **Supplement your system.** Vitamin C & D3, Elderberry Syrup, Ginger, Garlic and Colloidal Silver 💙 {[Read This Article For More Information.](#)}
3. **Manage your stress levels.** In times like this, our stress levels sky rocket. Stress is known to cause 90% of all illness and will only dramatically decrease our body's ability to FIGHT. Amidst all the unknown and chaos right now, try and find peace. Meditate, stay away from social media, love on your people, and stay calm. 🧘 {[Read This Article For More Information.](#)}
4. **Get plenty of restful sleep.** Your immune system requires large amounts of energy, so it depends on adequate sleep to function at full capacity 😴 {[Read This Article For More Information.](#)}
5. And of course, **wash your hands!** 🧼

WE ARE ALSO TAKING STEPS HERE AT VERO:

1. We are consistently wiping down all surfaces. 🧽
2. We have increased the frequency of our deep cleans performed by our external cleaning company as well as our team. 🧼
3. All surfaces and tables are cleaned consistently and we have sanitizing wipes throughout the office if you feel more comfortable doing it yourself.
4. If anyone calls in with any mention of not feeling well, we will make special accommodations and will plan accordingly. 🤒
5. We are abiding by the 10 person per area limit and are limiting the number of people in our reception area at a single time to less than 10.

During this time, let's all do our part to combat what we can control and keep using chiropractic to strengthen our immune system. There's no better time than NOW to ensure your body has the ability to adapt to any virus and exposure out there.

Come in, get an immune boost and head home! 🏠🚪

COVID-19 Update

We are here for you Cedar Valley!

March 2020



Dear patients, friends, and family of Vanderloo Chiropractic,

We know that your inboxes are full of COVID-19 updates, so we don't want to overwhelm you with communication, but we do want to share an update from us. Please read to the end.

First off, **WE ARE OPEN!** We truly believe that your chiropractic care is one of the most important defenses against this or any virus. Your nervous system is the master system that controls all of the other systems in your body, including your immune system. Getting adjusted helps keep your immune system strong! Vanderloo Chiropractic has always, and will continue, to maintain a clean and sanitary environment for our patients and staff.

With so many news stories, it's understandable to be concerned about COVID-19. Please know that the precautions we already take every day to prevent the spread of infection, also helps prevent the spread of COVID-19.

We want our patients to feel secure knowing that your health and well-being are very important to us.

Just like you, we have families we care about and want to keep healthy and safe. When something like the coronavirus hits the news, it can make us worry about everyday decisions. We feel compelled to respond with some encouraging and empowering words.

One of the most important things we can do is continue with our normal lives, doing the things we enjoy and need to stay healthy, while taking reasonable precautions. Living our lives keeps us healthy and happy and teaches our kids good behaviors.

The person best equipped to take care of you is you, but we've got your back (pun intended)! We clean our offices many times a day and every evening before we leave. Antiseptic wipes and other cleaners are used on every surface someone contacts. As we increase the frequency of cleaning, you may see us doing this even more often now. Even before the Coronavirus, we made it a point to wash our hands and use hand sanitizer all the time.

Accessibility View

✕

In General:

Wash, wash, wash your hands. Did you know that regular soap and water are more effective than hand sanitizer (and apparently easier to find right now)? To really get clean, wash for at least 20 seconds – which just happens to be how long it takes to hum Row-Row-Row Your Boat three times.

Be sneeze- and cough-courteous. Coughing or sneezing into the inner crook of your arm, or into the collar of your shirt, catches the droplets that would otherwise end up in the air or on the surfaces around you. Most viruses are transmitted through droplets, so this is important.

Save the mask for Halloween. The benefit of a mask is that it controls the outbound expression of germs when someone coughs or sneezes. If you're healthy, a mask won't be very effective in preventing the spread of germs. If you're sick and need to be out in the world, a mask can help protect those around you when you cough or sneeze. If you do become sick, please seek appropriate medical attention.

Don't touch your face! The easiest way to get sick (with any kind of virus) is to introduce germs from your hands to mucus membranes – like your eyes, nose and mouth. Kids may have a hard time with this one, please help gently remind them!

Netflix and chill. If you're not feeling well (whether it's coronavirus or an old-school cold) please stay home, cuddle with your pet or a blanket and catch up on your favorite show. We'll see soon.

Out in the World:

Wipe it out. Many of us do this anyway but grab one of those wet wipes at the grocery store entrance to clean the cart handle.

Declutter! A clean desk or counter makes it easier to run a cleaning cloth across.

Personal space. Keep at least 3 feet between you and someone who is sneezing or coughing. Own your bubble.

Sharing = caring? Not right now! We're usually all about sharing, but for now the kindest thing you can do is avoid sharing food, drinks, utensils, etc. Public toys may not be as available in office during this time, so you are encouraged to bring your child's favorite toy to your visit. (What will we do without the trains?!?)

Breathe in, breathe out. Ventilation is a good thing. Weather and location permitting, crack a window.

Taking Care of Yourself:

Be on your best behavior. Keep yourself in good shape by getting plenty of sleep, being physically active, drinking lots and lots of water, and eating nutritious foods. A stressed body is a weakened body, so manage your stress through exercise, yoga, prayer, meditation, or conversation with a trusted friend.

Self-care matters! Caring for yourself is the best thing you can do for your overall health, including getting your **CHIROPRACTIC ADJUSTMENTS!** If you're pregnant or breastfeeding, consider reading Dr. Aviva Romm's [article](#). Keep breastfeeding!

We are humbled by your loyalty, and we take our responsibility to our patients, families, friends, and community very seriously.

From the onset of this situation, we have been listening to the appropriate sources for accurate and up-to-date information. Please know that we are taking extra precautions to sanitize our office and are following the CDC Public Health Guidelines.

As things evolve, we are actively monitoring the situation and assessing risks, and are ready to implement immediate changes to ensure a high level of safety, should such a need occur. We will continue to communicate with you in a timely and transparent way so you can continue to visit us with confidence.

For over 44 years, we have been committed to providing our patients and community with high-quality chiropractic care and amazing customer service. We'll be here throughout this situation to serve you, our loyal patients, and take whatever steps are necessary to make sure your health and safety are protected as you visit us during this time. We appreciate your loyalty and patience.

Please take good care of yourselves and each other.
See you soon,
Vanderloo Chiropractic
P.S. Get adjusted!

CORONAVIRUS: The Facts, the Factors, and the Role of the Nervous System

May 08, 2020



The coronavirus claims daily headlines across the nation and world. The sensational reports tend to focus on tragedies and the ultimate reality that sicknesses can be deadly. Other positive realities and facts exist as well. **The coronavirus is a common virus that causes an infection in the nose, sinuses, or upper throat.** Most coronaviruses do not accompany the deadly outcomes catching media headlines.

People infected with the coronavirus report coughs, fever, and respiratory issues. Some extreme cases involve pneumonia. Antibiotics do not work against this viral attack on the immune system. Recovery primarily involves the strength of the immune system. The best weapon for the coronavirus and the flu begins with building a strong, proactive immune system.

One drop of blood contains five million red blood cells, seven thousand white blood cells, and thousands of platelets. These cells work feverishly to heal and defend the body against foreign invaders. The most amazing element of the process comes from the fact that the body adapts and responds naturally and without a conscious decision to do so. **The entire process of adaptation and response operates under the direction of the central nervous system.**

Scientists discovered the unique connection between the central nervous system and the immune system and continue to compile research and evidence about the process. Chiropractic plays a key role because of the spine's relationship with immunity. Research shows that when the spine remains immobile or misaligned, the body operates in a heightened state of stress equivalent to being in battle. Operating in a heightened state of stress weakens rest, immunity, and growth within the nervous system. Gentle Chiropractic adjustments improve immunity by allowing the nervous system to function at maximum capacity for healing and repair. Chiropractic adjustments increase movement and improve alignment while reducing stress. **Evidence shows that people who receive regular adjustments report stronger immunity after beginning Chiropractic care.**

Research from 2010 determined that patients who received Chiropractic adjustments showed increased levels of a specific signaling molecule in the body called Interleukin-2. Interleukin-2 regulates the activities of white blood cells which are responsible for immunity. The molecule impacts the body's natural response to microbial infection and helps the body recognize and create specific responses that neutralize foreign invaders. **This protein molecule was found to be higher in those who received Chiropractic spinal adjustments when compared to those who did not.**

The primary focus of a Chiropractic adjustment does not center on treating a specific symptom or condition. The increased health and function from an adjustment represents an outcome which originates when interference is removed from the nervous system. While other professions focus on changing the environment to suit a weakened body, **Chiropractic pursues strengthening the body to suit the environment.**

Four Keys to Improving Immunity:

1. Stay on track with adjustments to keep the autonomic nervous system in balance.
2. Consume adequate amounts of Vitamin D, a major immune booster.
3. Add 30-60 minutes of extra sleep to the daily routine. Inadequate sleep depletes immunity.
4. Drink water and remove sugary drinks and snacks from the diet. Sugar drains immunity.
5. Move the body. Exercise increases lymphatic flow and provides significant immune benefits.

Chiropractic & OsteopathySeptember 2010

["Interleukin 2-regulated in vitro antibody production following a single spinal manipulative treatment in normal subjects."](#)

JA Teodorczyk-Injeyan, M McGregor, R Ruegg, HS Injeyan

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CORONAVIRUS (COVID-19) UPDATE



Over the past several weeks there has been a huge emphasis placed on COVID-19 and its impact on the world. After scouring resources and speaking with people ranging from researchers & epidemiologists to public health experts and health care professionals, we felt it important to address the issue.

THERE ARE 3 CONSIDERATIONS AS WE SEE IT:



1. Epidemiologic Concerns - deals with the incidence, distribution and control of diseases

2. Immunological Concerns - branch of biology that covers the study of immune systems
3. Preparatory Measures - Involves proactive pursuit of solutions while collaborating health professionals

Let me start by saying that all three are of equal importance and each consideration carries its own concerns. As with most complex problems, we believe that COVID-19 requires a multifaceted approach in order to achieve true resolution. Most **Epidemiologic Concerns** rest with slowing the transmission of the Coronavirus also known as "flattening the curve", in part, to prevent an unsustainable load to our health care infrastructure. This is probably the single greatest threat to our community, as it would strain healthcare resources along with healthcare personnel, negatively impacting our ability to provide care for true life threatening conditions or complications that members of our community may face. The primary reason testing and quarantine measures are being discussed is to address these epidemiologic concerns.

While COVID-19 has not proved to be a major problem in healthy populations, it is proving to be a challenge to those whose immune system is compromised. This very fact warrants attention and action because no life is expendable. So as we receive updates and or instructions keep in mind that every recommendation is not just for us, it is to benefit ALL of us. The **Immunological Concerns** rest with limiting exposure to those who are at greater risk for having complications and how to effectively support them, should they become ill. Currently the CDC still says that there is "No specific treatment for COVID-19 is currently available. Clinical management includes prompt implementation of recommended infection prevention and control measures and supportive management of complications, including advanced organ support if indicated". Furthermore, "corticosteroids should be avoided, because of the potential for prolonging viral replication as observed in MERS-CoV patients, unless indicated for other reasons." Yes, there has been a lot of communication regarding rushing a vaccine to market. Our concern is that steps, designed to test safety for humans, are being skipped in the interest of time for a virus that the CDC still believes that "Most will be able to recover from at home".

This means that the best course of action still rests with strengthening our immune systems if we are not ill and supporting it if we are, to give us the best opportunity to recover. Therefore the next logical question is what **Preparatory Measures** should be taken to stack the odds in our favor.

WHAT MEASURES CAN YOU TAKE TO PROTECT YOURSELF?



1. Exercise Good Manners

Most of the recommendations coming from every health related agency in the world fall underneath this category. All of which should be things that we exercise on a regular basis already.

- Wash your hands frequently for at least 20 seconds
- If you cough or sneeze please do so into a tissue and then discard
- Avoid touching your face, in particular your eyes and nose
- Sanitize surfaces regularly

2. Consider Supplementing with Vitamin C & Vitamin D

Both Vitamin C and D have been shown to have a favorable impact on the immune system along with having antiviral properties. It would be an excellent idea to have your Vitamin D levels tested by a healthcare professional and potentially supplement those levels.

3. Load your diet with Anti-Viral Foods & Eliminate Sugar Intake

Sugar suppresses immune function so leave the twinkies alone please. Listed below are few different foods that have been shown through research to have antiviral properties.

- Garlic
- Turmeric
- Echinacea
- Peppermint

And many more... Google is your friend and at the bottom of this page are links to resources to get you started.

4. Get Adequate Sleep

Getting continuous sleep, in particular REM sleep has also been shown to positively impact immune modulators. So in times of high stress, it remains extremely important to carve out time to ensure adequate sleep is acquired.

5. See Your Local Chiropractor

As you can see, from the non-inclusive list above, there are several things that can be done proactively to ensure that your immune system is strong or to strengthen it in the event that it is compromised. Chiropractic has been shown through research to positively impact key immune compounds that are key to fighting off and protecting against bacteria and viruses. Check out the links below highlighting their link to immune compounds, IgG and IgA.

Our hope is that after we recover as a community there is a new found value on proactively keeping our defense(immune) system high.


WHAT MEASURES ARE WE TAKING?



Our stance and the decisions that we are making as a result of COVID-19 are not out of fear but in respect of our responsibility as a health professional in the State of Florida and empathy for the community that we serve.

1. All disinfectants that are being used by our office are shown on List N which is a list of appropriate disinfectants compiled by the Environmental Protection Agency (EPA).
2. We had the entire office sanitized over the weekend and will continue doing each night in preparation for the next day.
3. All of our team have access to hand sanitizer with at least 70% alcohol, which is being used regularly.
4. Tables, chairs and equipment are being sanitized regularly.
5. If you are immunocompromised and would like to make special arrangements to be seen we will accommodate you. Also if you are at-risk and are in need of anything from errands to supplies, please let us know as we are making provisions to help there as well!

COVID-19 FACTS & HOW TO PREPARE



CORONAVIRUS

ONSET: SUDDEN

SYMPTOMS

Fever
Dry Cough
Muscle Ache
Fatigue

INCUBATION

1-14 Days
(can go up to 24 days)

EMERGENCY WARNING SIGNS

Difficulty Breathing
Persistent Chest Pain
Bluish Lips or Face

WHO'S MOST AT HIGH RISK?


Older people and People who have serious chronic medical conditions

RECOVERY

2 weeks for mild cases
2-6 weeks for severe cases

TREATMENT

According to the CDC there is no treatment available that means your immune system is your best bet!



SO WHAT SHOULD YOU DO?

- EXERCISE GOOD MANNERS**

Wash Your Hands & Cover Your Mouth
- CONSIDER SUPPLEMENTS**


Vitamin D
Vitamin C
- EAT ANTI-VIRAL FOODS & NO SUGAR**

Garlic
Turmeric
Echinacea
Peppermint Oil
- GET ADEQUATE SLEEP**

6-8 Hours of Continuous Sleep
- SEE YOUR LOCAL CHIROPRACTOR**

Support Your Immune System with a Strong Nerve System

YOUR HEALTH.



YOUR CHOICE.

— VITAMIN C LINKS:

- Ruben Manuel Luciano Colunga Biancatelli, Max Berrill & Paul E. Marik (2020) The antiviral properties of vitamin C. *Expert Review of Anti-infective Therapy*, 18:2, 99-101, DOI: 10.1080/14787210.2020.1706483 (<https://www.tandfonline.com/doi/full/10.1080/14787210.2020.1706483>)
- Kim Y, Kim H, Bae S, et al. (2013) Vitamin C Is an Essential Factor on the Anti-viral Immune Responses through the Production of Interferon- α/β at the Initial Stage of Influenza A Virus (H3N2) Infection. *Immune Netw.* 2013;13(2):70-74. doi:10.4110/in.2013.13.2.70 (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3659258/>)
- Carr AC, Maggini S. Vitamin C and Immune Function. *Nutrients*. 2017;9(11):1211. Published 2017 Nov 3. doi:10.3390/nug111211 (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5707683/>)
- Mariangela Rondanelli , Alessandra Miccono,et al. (2018) (<https://doi.org/10.1155/2018/5813095>)

- Self-Care for Common Colds: The Pivotal Role of Vitamin D, Vitamin C, Zinc, and Echinacea in Three Main Immune Interactive Clusters (Physical Barriers, Innate and Adaptive Immunity) Involved during an Episode of Common Colds—Practical Advice on Dosages and on the Time to Take These Nutrients/Botanicals in order to Prevent or Treat Common Colds Hindawi Evidence-Based Complementary and Alternative Medicine Volume 2018, Article ID 5813095, 36 pages (<https://doi.org/10.1155/2018/5813095>)

+ VITAMIN D LINKS:

+ HIGH SUGAR DIET (HSD) LINKS:

+ GARLIC LINKS:

+ TURMERIC LINKS:

+ VITAMIN OR MINERAL DEFICIENCIES LINK:

+ ECHINACEA LINKS:

+ PEPPERMINT LINKS:

+ SLEEP LINKS:

+ CHIROPRACTIC LINK:

 **NEW PATIENT SPECIAL OFFER(/special/)**

”

Norma

Norma G. had what usually takes surgery to get rid of. Norma did not want surgery. Her friend, Maria Family Spinal Care. Maria heard of others healing cysts, through upper cervical chiropractic, and be help Norma. After only one month of care, Norma was able to avoid surgery! Her cysts were gone a

CORONAVIRUS

ABOUT



The coronavirus is a common virus that causes an infection in the nose, sinuses, or upper throat.

THE



Most coronaviruses do not accompany the deadly outcomes catching media headlines. People infected report coughing, fever, respiratory issues, similar to a severe cold.

VIRUS



Antibiotics don't work against this viral attack. Recovery primarily involves the strength of the immune system.



**EVIDENCE SHOWS
PEOPLE WHO
CONSISTENTLY RECEIVE
CHIROPRACTIC
ADJUSTMENTS REPORT
STRONGER IMMUNITY.**

HOW CHIROPRACTIC CARE STRENGTHENS YOUR IMMUNE SYSTEM

Scientists discovered the unique connection between the central nervous system and the immune system. They continue to compile research and evidence about the process. Chiropractic plays a key role because of the spine's relationship with immunity.

Research shows that when the spine remains immobile due to misalignments, the body operates in a heightened state of stress equivalent to being in battle. Operating in a heightened state of stress weakens rest, immunity, and growth within the nervous system.

Gentle chiropractic adjustments improve immunity by allowing the nervous system to function at maximum capacity for healing and repair. Chiropractic adjustments increase movement and improve alignment while reducing stress.

6 KEYS TO IMPROVING YOUR IMMUNITY

01

Wash your hands, clean your cell phone or other devices you use frequently. In the office, we have disinfectant wipes available for you to clean the table before your adjustment. We continue to utilize our intensive cleaning and sanitizing procedures including sanitizing all areas and equipment in the office throughout adjusting hours.

02

Consume adequate amounts of Vitamin D, a major immune boosting.

03

Add 30-60 minutes of extra sleep to the daily routine. Inadequate sleep depletes immunity.

04

Drink water and remove sugary drinks and snacks from the diet. Sugar drains immunity. Drinking water flushes toxins out of the body.

05

Move the body. Exercise increases lymphatic flow and provides significant immune benefits.

06

Get chiropractic adjustments to keep the autonomic nervous system in balance. Research shows regular chiropractic care has the potential to boost the immune system by up to 200%!



Research from 2010 determined that patients who received chiropractic adjustments showed increased levels of a specific signaling molecule in the body called interleukin-2. Interleukin-2 regulates the activities of white blood cells which are responsible for immunity. The molecule impacts the body's natural response to microbial infection and helps the body recognize and create specific responses that neutralize foreign invaders. This protein molecule was found to be higher in those who received chiropractic spinal adjustments when compared to those who did not.

DID YOU KNOW?

Coronavirus:

The Facts, the Factors, and the Role of the Nervous System

The coronavirus claims daily headlines across the nation and world. The sensational reports tend to focus on tragedies and the ultimate reality that sicknesses can be deadly. Other positive realities and facts exist as well. **The coronavirus is a common virus that causes an infection in the nose, sinuses, or upper throat.** Most coronaviruses do not accompany the deadly outcomes catching media headlines.

People infected with the coronavirus report coughs, fever, and respiratory issues. Some extreme cases involve pneumonia. Antibiotics do not work against this viral attack on the immune system. Recovery primarily involves the strength of the immune system. **The best weapon for the coronavirus and the flu begins with building a strong, proactive immune system.**



One drop of blood contains five million red blood cells, seven thousand white blood cells, and thousands of platelets. These cells work feverishly to heal and defend the body against foreign invaders. The most amazing element of the process comes from the fact that the body adapts and responds naturally and without a conscious decision to do so. The entire process of adaptation and response operates under the direction of the central nervous system.

Scientists discovered the unique connection between the central nervous system and the immune system and continue to compile research and evidence about the process. Chiropractic plays a key role because of the spine's relationship with immunity. Research shows that when the spine remains immobile or misaligned, the body operates in a heightened state of stress equivalent to being in battle. Operating in a heightened state of stress weakens rest, immunity, and growth within the nervous system. Gentle Chiropractic adjustments improve immunity by allowing the nervous system to function at maximum capacity for healing and repair. Chiropractic adjustments increase movement and improve alignment while reducing stress. **Evidence shows that people who receive regular adjustments report stronger immunity after beginning Chiropractic care.**

Research from 2010 determined that patients who received Chiropractic adjustments showed increased levels of a specific signaling molecule in the body called Interleukin-2. Interleukin-2 regulates the activities of white blood cells which are responsible for immunity. The molecule impacts the body's natural response to microbial infection and helps the body recognize and create specific responses that neutralize foreign invaders. **This protein molecule was found to be higher in those who received Chiropractic spinal adjustments when compared to those who did not.**

The primary focus of a Chiropractic adjustment does not center on treating a specific symptom or condition. The increased health and function from an adjustment represents an outcome which originates when interference is removed from the nervous system. While other professions focus on changing the environment to suit a weakened body, **Chiropractic pursues strengthening the body to suit the environment.**

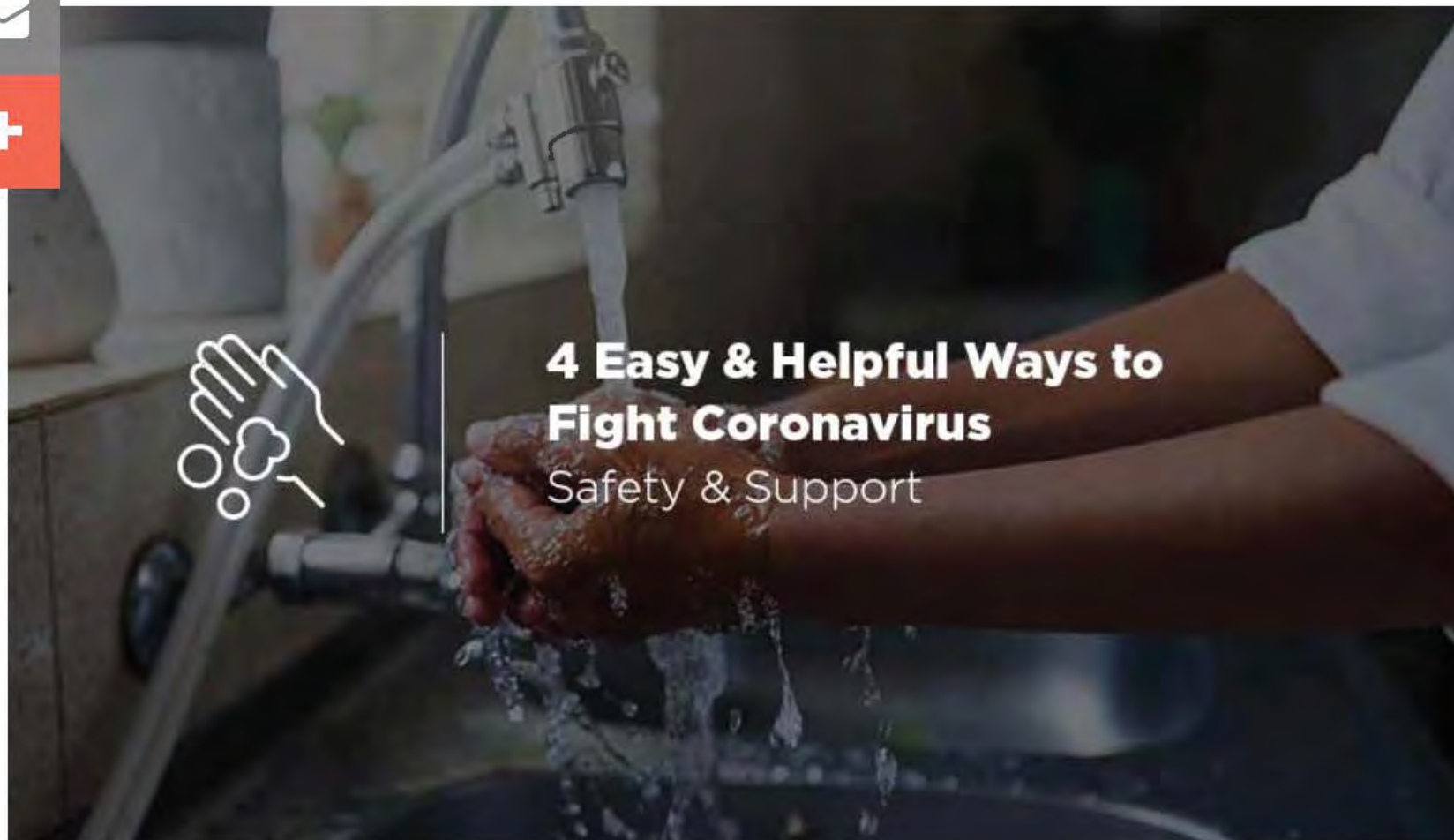
Four Keys to Improving Immunity:

- 1) Stay on track with adjustments to keep the autonomic nervous system in balance.
- 2) Consume adequate amounts of Vitamin D, a major immune booster.
- 3) Add 30-60 minutes of extra sleep to the daily routine. Inadequate sleep depletes immunity.
- 4) Drink water and remove sugary drinks and snacks from the diet. Sugar drains immunity.
- 5) Move the body. Exercise increases lymphatic flow and provides significant immune benefits.



Easy & Helpful Ways to Fight Coronavirus

Sara Butler



Coronavirus (COVID-19) has been dominating news headlines as of late. Canned goods and hand sanitizer may be flying off the shelves faster than you can say zombie apocalypse, but the truth of the matter is that some of the best things you can do to avoid getting sick from Coronavirus are some of the same things recommended by the chiropractors at The Joint Chiropractic to help you stay healthy when faced with a variety of illnesses, including the common cold and flu.

Yes, Coronavirus is concerning and more than a little scary. You may not even know where to begin to keep you and your family healthy, but focusing on the basics is a good place to start.

Wash Your Hands

You've likely heard this a million times but get ready to make it 1,000,001 -- [you must wash your hands](#) frequently. Simple handwashing with warm water and soap for at least 20 seconds is your first line of defense from germs and is key to protecting yourself.

Find A Chiropractor Near You

Enter your zip code below to find a chiropractic office near you.

ex: 85209

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You should wash your hands before meals, after using the restroom, and after you've been in public where people are actively spreading germs, such as handling doorknobs and public touch screens. Also make sure not to touch your face when you're out and about because touching a germy object, such as a door handle, then touching your face is a great way to expose yourself to germs.

Eat Right

A healthy immune system [starts in your gut](#). A balanced diet full of whole grains, fresh fruits and vegetables, lean protein, and healthy fats will keep the good bacteria in your gut happy. This microbiome is one of your body's first lines of defense when it's exposed to germs, so keep them healthy and you will keep yourself healthy too.

It's a good idea to cut down on added sugars because they can throw off the balance of good and bad bacteria in your gut. Make sure you stay well hydrated, too.

It certainly doesn't hurt to increase your intake of Vitamin C, either as a food source or supplement, or Vitamin D, which you can get from a few minutes in the sun, fortified foods, or as a supplement.

Sleep Well

It may be difficult to get a good night's rest when you're worried about pandemics, but if you're not getting a minimum of seven to eight hours of sleep each night, then you're doing your body (and immune system) a serious disservice. When you sleep, your body uses the time to rest and rejuvenate. Sleep is integral to your overall health and wellness, so make sure you're getting enough of it.

If you find that you have trouble sleeping, then check your sleep environment. The room should be cool, dark, and quiet. Also take a look at your nighttime routine, making sure that all electronics are turned off at least one hour before bed and you're doing what you can to relax in that time to prepare your body for sleep. Scrolling through social media and reading about recent outbreaks probably isn't going to help you get the sleep you need, so turn it off and tune it out.

See the Chiropractor

Chiropractic care focuses on the function of the central nervous system, which just so happens to regulate every single function in your body. Regular chiropractic adjustments focus on the removal of spinal joint dysfunctions that can impact how your central nervous system communicates with the rest of your body. When your body is able to communicate freely and efficiently, then every system can work optimally to help you stay healthy.

You cannot control the Coronavirus (or the flu or common cold either!) but what you can control are the things you do to support your own health. There's no new way to outsmart a virus, all you can do is go back to the basics to help you stay healthy.

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Boost Your Immune System with Chiropractic Care

BY MARK WILLIAMS ON APRIL 10, 2020



Many people associate chiropractic care with the treatment of back and neck pain. [Chiropractic treatments also address disorders that affect your nervous system](#). The immune system is closely tied to the nervous system, meaning that health in one area affects health in the other.

The spread of the Coronavirus should have everyone thinking about their immune system. If you live in or around **Fort Worth, TX**, one of our chiropractors can administer non-invasive and drug-free treatments **chiropractic care to boost your immune system**. Our office is currently open, and we are taking great precautions to provide a safe and sanitary environment for our patients.

How Does Chiropractic Care Boost Your Immune System?

An impaired nervous system can lead to a weak immune system. The nervous, immune, and endocrine systems are linked and communicate through the use of special messenger molecules. A disruption in either of these systems can have negative effects on the others.

Given the direct connection between the nervous and immune systems, spinal decompression and other treatments that we offer can play a critical role in boosting your immune system. Chiropractic adjustments help the entire body work better by improving nervous system function.

Beyond addressing neural dysfunctions, chiropractic care reduces stress and boosts red blood cell counts. Both of these additional benefits can improve the health and effectiveness of your immune system.

How Does Chiropractic Care Work?

If you are a new patient, your first visit will include paperwork, consultation, examination, and possibly x-rays. You may be found to be a good candidate for spinal adjustments, physiotherapies, or soft tissue therapies.



Boosting Your Immune Function To Protect Yourself From Disease & Infections



Though it should be taken seriously, COVID-19 caused by the coronavirus is only one of a slew of viruses spreading around this winter in the United States. The Centers for Disease Control has issued infection prevention habits to curb the spread of the virus around our communities. These recommendations include washing your hands with soap and warm water for 20 seconds or more and avoiding going out when you are feeling ill.

These recommendations only scratch the surface of disease spread and prevention. Our body has a powerful ability to identify and manage foreign invaders like viruses and bacteria. The immune system is a complicated and elegant process that, when functioning correctly, can keep germs from multiplying and spreading and causing serious complications.

We want to add to the CDC list of disease prevention habits with some additional recommendations for maintaining or improving our body's natural, healthy immune response. Taking measures to maintain a healthy immune system not only prevents severe complications from viruses like COVID-19 but also ensures that we are healthy and robust to take care of others who might not be able to fight off infections.

Dr. Timothy Stein DC • March 12, 2020

The Sky is Not Falling

Contrary to what has been popularized and pushed in the media, the sky is not falling. Like most of you, I have been monitoring the rapidly growing “concerns” and progression of the Coronavirus story (specifically COVID-19). That said, I honestly had no intention of chiming in on this topic or conversation, as this is not something I would typically would speak on. However, I have been asked by hundreds of people to please speak into this topic. So, in line with the vision of our office being centered around speaking truth into, and providing answers for families, and given the amount of unclear or incomplete information being published on this topic, I hope to provide some clarity and comfort to you in this brief post.

That said, we do have a very real responsibility to ourselves, loved ones, community, and I believe God, to walk in wisdom rather than respond in fear. We’ve been given this gift of life and should cherish and steward it well. And, while we ourselves might currently be at low risk, we should “serve” those at higher risk by diligently trying to prevent the spread of this Coronavirus.

To start, let me first say that COVID-19 is a real thing, and it is a Medical matter. As such, this virus really is beyond our scope in the realm of “treatment”. This is not just a disclaimer. Our focus has and always will be targeted on what creates, promotes, and fosters health OVER what causes disease. This is the drum we have always beat, and we are intentional about being defined by what we are for, rather than what we are against.

As the pendulum swings, there seems to be extremes (always, right?) on both sides of this discussion, sadly birthed from incomplete or inaccurate information on both ends. The sky is not falling, but this is also not just “fake news.” So what is it? What’s a more informed, complete, or comprehensive perspective look like? And, what can you do about it? All great questions... I’m glad you asked (ha)!

COVID-19 is a virus, specifically a strand of Coronavirus, that spreads through respiratory droplets and affects the Respiratory Tract primarily. Symptoms are most often mild and include: fever, cough, and shortness of breath. This is very similar to other viruses, and can often be confused with upper respiratory conditions like a common cold, flu, or even allergies, which makes it nearly impossible to gather accurate statistics on (more below).

An alarming and completely counterproductive phenomenon that is happening with this “pandemic” is the amount of fear, stress, and downright panic it (or it’s caricature as presented by the media) is invoking. It’s well known that stress weakens our immune system. Some reports even go as far as to say 80-90% of all illness or disease, including cancer, is related to or caused by stress. Regarding Chronic Stress, one article says: “*Long-term **stress suppresses or dysregulates innate and adaptive immune responses** by altering the Type 1-Type 2 cytokine balance, inducing low-grade chronic inflammation, and suppressing numbers, trafficking, and function of immunoprotective cells. Chronic stress may also increase susceptibility to some types of cancer by suppressing Type 1 cytokines and protective T cells and increasing regulatory/suppressor T cell function.*” Stress crashes our defenses and lays us susceptible to illness... a message we’ve “preached” for years now. **This is the foundation of Chiropractic**; that the body has within it an innate ability to fight off illness and disease, and if healthy and taken care of, it does a really good job at it! The Primary Premise of Chiropractic is that “the body is a self healing & self regulating.” This is not alternative medicine. This is Science! This quote above says this very thing, from a medical research perspective.

No wonder it is spreading so fast. People are freaked out, and the media is driving that bus which they hope arrives at crazy-town. Sadly, many of them (media) are likely doing more harm than good, as the result is a large population of people with lowered resistance, and a higher susceptibility to infection because of the fear they are being pushed toward. That’s as high as my “soap-box” gets here.

So, with all the hype, what is *not* gaining much popularity regarding this “pandemic” is who is getting it? It is not shocking that ***unhealthy people tend to get sick (and sicker) more often***. Such is that truth with COVID-19. As reports of the affected, or infected, people surface, and specifically those who have sadly passed away as a result, many of them already suffered from chronic disease processes like diabetes, COPD (smokers), and Cardiovascular disease, etc. In fact over 60% of the deaths in the US were in Washington, and have been linked to a single nursing home. One news article on this says: “Since February 19, 26 residents have died, 13 of whom were confirmed to have COVID-19, the illness caused by the virus. In total, 19 deaths in the state have been tied to the center.” Wait, did you catch that though? 26 residents of that facility died in the past 3 weeks, which is sad for sure... but **only 50% of those deaths were linked to Coronavirus**. Also, 51 residents of this facility have been confirmed to have contracted the virus, with only 3 being transferred to the hospital, the others being monitored in the home. I do not want to be presumptuous or seem inconsiderate with this delicate matter, but if it wasn’t Coronavirus, the common flu or any other infection might have had the same effect, right?

Okay, so what do you need to know? Actually this link [here](#), from the CDC, does a great job of updating and informing you on precautions and steps to take in prevention. Please read it because my intention with this post is not to tell you to wash your hands and sneeze into a crooked elbow. However, being that the CDC and WHO have always been focus on disease prevention (or control), I believe they are lacking or missing, a KEY element. Health! ***The best defense is a strong offense! The best prevention you can gain is found in being healthy.*** Our choices have consequences, and if those choices over the years have lead to a less than ideal current health status, then the consequence is a greater susceptibility to COVID-19, or any illness in general. Sorry, did that sound “naggy?” I hope not! It is the conversation that should be had, but will not boost ratings or create a buzz. People, stuck in a stress response, do not think logically or act rationally (video coming on this soon). This is why Costco is sold out of TP and Water. When the panic button is smashed for any of us, we become emotionally driven and do things we otherwise would not. (***side note, this is exactly what we see in ADHD and Neurodevelopmental Kids we see and help!***). I kind-of understand the risk of being quarantined, but I doubt our water source will get polluted (more than it already is, ha) or that our ability to light a fire and boil water if need be will be gone. And it’s just 14 days, how much crap are we talking about here in two weeks time?

So, build your health. Don’t lock yourself inside unless you are an infections threat. MOVE! The best defense to a stress response is movement (insert chiropractic adjustment too). So forget that New Years resolution that’s long gone; Exercise as if your life depends on it (too harsh? probably!). Also, eat right! Instead of driving to Costco for last minute “prepper supplies” (which, come on people, you should already have all that stuff... it’s not if, but when... ha, again probably too much info.) maybe *run or walk to the local grocery store, or even better yet, a produce stand if you have one in your area, and load up on fruits and veggies.*

And, the final thing I will leave you with, for now at least, is that Chiropractic time and again has proven to boost immune function. You knew that was coming, and that I would say it! But seriously, the science and straight up results we see at Straightahead are undeniable. Remember all that nerdy talk in the beginning of this post about stress suppressing immunity? Well, guess what Chiropractic does? It helps our bodies better regulate and control our stress and therefore immune response. This is by no means saying Chiropractic treats Coronavirus. What I *am* saying is that Chiropractic naturally boost our immune system, raises our defenses, & optimizes our health and healing potential...all things that promote our well-being and give us more “fight” against illness. So, perhaps the greatest thing you can do for your family during this time of infectious (and/or infection) uncertainty is Straightahead... Get check. Let’s chat and take a look at how well (or unwell) your body is functioning and responding to stress. We don’t guess we test, and we have the technology to do it!

Okay, one more final thing... While kids are among the lowest population at risk, we, as always, are working diligently to make sure our office is as clean and safe as possible for your family.

Measures to Minimize COVID-19 infection

[Home](#)

Measures to Minimize COVID-19 infection and maximize your immunity to protect yourself, family, and loved ones:

1. Receive regular frequent chiropractic adjustments to enhance your entire body performance.
2. COVID-19 clinic protocols involve social distancing during your clinic visit. Our indoor reception area allows for 6 feet distance between patients entering and exiting our clinic. Additionally our frequent disinfection protocols and procedures have always been and will remain exceptional. Our clinic facility allows patients to be adjusted without coming near (6 feet) of other patients. All Doctors will wash and disinfect hands in between patients (this is more effective than glove procedures).
3. Protect and confine your elderly loved ones (80+ yrs old) and minimize any public contact especially those with chronic illness such as: cardiovascular disease, lung disease, immune disease, and/or diabetes.
4. Practice excellent hygiene which involves frequent washing of hands for 60 seconds in hot water with lathering soapy disinfectant suds.
5. Hydrate with 2-3 liters of pure fresh water per day. Eliminate intake of any processed foods and increase fresh fruits, vegetables, and high protein food sources (preferably organic). Vitamin and mineral supplements (consult with your Doctor of Chiropractic for recommendations).
6. **If you have a fever, shortness of breath, and cough do not visit our clinic and immediately report to a local medical facility for COVID-19 testing and if necessary treatment and quarantine.**
7. For healthy non symptomatic individuals limit public exposure to essential workplace employment and activities such as visits to your Doctor of Chiropractic and/or other health care professionals, grocery shopping, and necessary supplies.

Thank you.

*This information is not intended to imply that chiropractic adjustments can cure Covid-19 infection nor can it prevent you from contracting Covid-19 if exposed.

COVID-19: How Chiropractic Care Can Help Boost Your Immune System

With the recent events concerning the coronavirus and amidst flu season, you may find yourself looking for new ways to help boost your immune system. In addition to following the recommendations given by the CDC concerning prevention, you may be rummaging through your medicine cabinet or in the health aisle of your grocery store looking for something to do the trick. However, while many products on the market promise a variety of health benefits, it is usually hit or miss when it comes to their effectiveness and even if they are truly healthy for your body. When it comes to your health, you can never be too careful. For this reason, we would like to offer an alternative, natural option to fueling your immune system: chiropractic care! It is believed that chiropractic care can boost the immune system and statistics show that patients (kids in particular) are sick less often.



YOUR SPINE AND THE IMMUNE SYSTEM

The immune system is the body's first line of defense against infection, and how you treat your body can drastically impact its effectiveness. Factors such as nutrition, exercise, posture, rest, and spinal health are important to have a strong immune system. When the spine is misaligned dysfunctions in the nervous system can occur. This can cause stress on various parts of your body and lead to a weak immune response. This response can help explain why many patients who suffer from inflammatory conditions tend to have weaker immune systems such as those with rheumatoid arthritis and other autoimmune disorders.

As we have already established, the immune system is heavily reliant upon the nervous system for its strength. So how can you strengthen the immune system? Simply by ensuring the health of your nervous system! A chiropractic adjustment helps to correct misalignments, decrease inflammation, and relieve pressure within the spine. All of these can benefit your spinal health and improve the well being of your nervous system, triggering a strong immune response. With a healthy body and a boost in your immune system, you can tackle the day ahead knowing that your body is prepared to fight off any threat to your health- all thanks to your initiative to care for your spine!

ADDITIONAL WAYS TO IMPROVE YOUR IMMUNE RESPONSE

As we mentioned above, there are multiple factors to improving your immune response and not just keeping your spine in alignment. Practicing good habits for nutrition and getting plenty of exercise and rest are also very important to optimizing your immune response and maintaining a healthy defense system for your body. When examining your diet, try to limit your sugar intake as it is not good for your immune system, and is simply not a healthy choice for your body. Alternatively, consider foods that have large amounts of Vitamin C in them such as fresh fruits and vegetables. Vitamin C is essential in achieving and maintaining that immune system boost, and is good for you! Additionally, it is important to supply your body with plenty of Vitamin D. Spending some time outdoors taking a brisk walk or simply enjoying your morning coffee on the porch will not only give you some fresh air but will also help supply your body with those vitamins that are best supplied by the sun. Of course, you will want to remember your sunscreen!

During this season of frequent illness, do your body a favor and schedule an appointment for a chiropractic adjustment. By nurturing your spinal health you will also be nurturing a strong, healthy immune response! For more information or to schedule an appointment, contact Stellhorn Chiropractic today.

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First name or full name



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Monday:
12:00pm – 6:00pm

Tuesday:
2:00pm – 6:00pm

Wednesday:
12:00pm – 6:00pm

Thursday:
12:00pm – 6:00pm

Measures to Minimize COVID-19 infection

[Home](#) > [News](#) > [Measures to Minimize COVID-19 infection](#)

Measures to Minimize COVID-19 infection and maximize your immunity to protect yourself, family, and loved ones:

1. Receive regular frequent chiropractic adjustments (according to Dr. Donald Pero's, PH. D., Chief of Research at New York's Preventative Medical Institute and Professor of Medicine at New York University). Dr. Pero's research study of 107 individuals who received long term chiropractic care chiropractic patients had a remarkable 200% greater immune competence than those who didn't receive chiropractic care. Despite a wide range of ages in this study, immune competence did not show any decline with age and remained uniform for the entire group. It is for this reason that new patients are encouraged to keep their chiropractic appointments to increase their immune system defenses and protect against all infectious diseases. Existing patients are encouraged to keep their adjustment appointments and to consider an increase in their frequency in their adjustments to maximize their immune and nervous system function.

2. COVID-19 clinic protocols involve social distancing during your clinic visit. Our large outdoor reception area allows for 6 feet distance between patients entering and exiting our clinic. Additionally our frequent disinfection protocols and procedures have always been and will remain exceptional. Our clinic facility allows patients to be adjusted without coming near (6 feet) of other patients. Dr. Carr will disinfect hands in between patients (this is more effective than glove procedures).

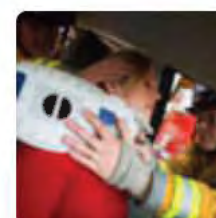
3. Protect and confine your elderly loved ones (80+ yrs old) and minimize any public contact especially those with chronic illness such as: cardiovascular disease, lung disease, immune disease, and/or diabetes.

4. Practice excellent hygiene which involves frequent washing of hands for 60 seconds in hot water with lathering soapy disinfectant suds.

5. Hydrate with 2-3 liters of pure fresh water per day. Eliminate intake of any processed foods and increase fresh fruits, vegetables, and high protein food sources (preferably organic). Vitamin and mineral supplements (consult with your Doctor of Chiropractic for recommendations).

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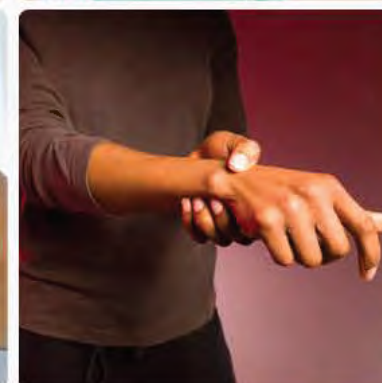
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Coronavirus: The Facts, the Factors, and the Role of the Nervous System

The coronavirus claims daily headlines across the nation and world. The sensational reports tend to focus on tragedies and the ultimate reality that sicknesses can be deadly. Other positive realities and facts exist as well. **The coronavirus is a common virus that causes an infection in the nose, sinuses, or upper throat.**

Most coronaviruses do not accompany the deadly outcomes catching media headlines. People infected with the coronavirus report coughs, fever, and respiratory issues. Some extreme cases involve pneumonia. Antibiotics do not work against this viral attack on the immune system. Recovery primarily involves the strength of the immune system. **The best weapon for the coronavirus and the flu begins with building a strong, proactive immune system.**

One drop of blood contains five million red blood cells, seven thousand white blood cells, and thousands of platelets. These cells work feverishly to heal and defend the body against foreign invaders. The most amazing element of the process comes from the fact that the body adapts and responds naturally and without a conscious decision to do so. The entire process of adaptation and response operates under the direction of the central nervous system.

Scientists discovered the unique connection between the central nervous system and the immune system and continue to compile research and evidence about the process. Chiropractic plays a key role because of the spine's relationship with immunity. Research shows that when the spine remains immobile or misaligned, the body operates in a heightened state of stress equivalent to being in battle. Operating in a heightened state of stress weakens rest, immunity, and growth within the nervous system. Gentle Chiropractic adjustments improve immunity by allowing the nervous system to function at maximum capacity for healing and repair. Chiropractic adjustments increase movement and improve alignment while reducing stress. **Evidence shows that people who receive regular adjustments report stronger immunity after beginning Chiropractic care.**

Research from 2010 determined that patients who received Chiropractic adjustments showed increased levels of a specific signaling molecule in the body called Interleukin-2. Interleukin-2 regulates the activities of white blood cells which are responsible for immunity. The molecule impacts the body's natural response to microbial infection and helps the body recognize and create specific responses that neutralize foreign invaders. **This protein molecule was found to be higher in those who received Chiropractic spinal adjustments when compared to those who did not.**

The primary focus of a Chiropractic adjustment does not center on treating a specific symptom or condition. The increased health and function from an adjustment represents an outcome which originates when interference is removed from the nervous system. While other professions focus on changing the environment to suit a weakened body, **Chiropractic pursues strengthening the body to suit the environment.**

Four Keys to Improving Immunity:

- 1) Stay on track with adjustments to keep the autonomic nervous system in balance.
- 2) Consume adequate amounts of Vitamin D, a major immune booster.
- 3) Add 30-60 minutes of extra sleep to the daily routine. Inadequate sleep depletes immunity.
- 4) Drink water and remove sugary drinks and snacks from the diet. Sugar drains immunity.
- 5) Move the body. Exercise increases lymphatic flow and provides significant immune benefits.

Yours in Health,

Dr. Brian W

5 Tips To Help Decrease The Spread Of Coronavirus (COVID-19)

PUBLISHED ON MARCH 13, 2020

At the Springfield Wellness Center, our highest priority is the health and safety of our patients and community. Over the past several weeks, the Coronavirus (COVID-19) has rapidly spread to pandemic levels, demanding the attention of not just our community, but the entire world. The virus spreads among people in close contact primarily through respiratory droplets that travel from person to person with coughing or sneezing. In the United States, entities such as businesses, schools, and even major sports leagues across the have halted operations to decrease the spread of this virus.

As health care providers in the Springfield area, we wish to share with you some tips on how to optimize your health to help prevent the spread of COVID-19. Here are 5 ways you can optimize your health and help protect your families and loved ones.

#1 STAY HOME IF YOU ARE SICK

Common symptoms of COVID-19 are fever, cough, and shortness of breath, and can range from mild to severe. If you are experiencing any of these symptoms, or other illness-related symptoms, the best thing you can do to prevent spreading any illness is to remain at home.

#2 WASH YOUR HANDS FREQUENTLY

With the virus spreading through respiratory droplets after coughing and/or sneezing, it is vital to wash your hands frequently. This will help prevent spreading from person to person by means of both direct contact (i.e. handshakes) and indirect contact (i.e. doorknobs). While this should be a staple of everyday hygiene, it is especially important during time periods like flu season and viral outbreaks like COVID-19.



#3 GET ADJUSTED

One of the best things you can do for your immune system, your body's main defense system, is get adjusted by your chiropractor. Your nervous system is the master system of the body, and a well-functioning nervous system will lead to a well-functioning immune system. Proactively boosting your immune system through chiropractic can help keep you healthy and strong during this time.

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MEASURES TO MINIMIZE COVID-19 INFECTION

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Measures to Minimize COVID-19 infection and maximize your immunity to protect yourself, family, and loved ones:

1. Receive regular frequent chiropractic adjustments to enhance your entire body performance including your immune system.
2. COVID-19 clinic protocols involve social distancing during your clinic visit. Our large indoor and outdoor reception area allows for 6 feet distance between patients entering and exiting our clinic. Additionally our frequent disinfection protocols and procedures have always been and will remain exceptional. Our large clinic facility allows patients to be adjusted without coming near (6 feet) of other patients. All Doctors will wash and disinfect hands in between patients (this is more effective than glove procedures).
3. Protect and confine your elderly loved ones (80+ yrs old) and minimize any public contact especially those with chronic illness such as: cardiovascular disease, lung disease, immune disease, and/or diabetes.
4. Practice excellent hygiene which involves frequent washing of hands for 60 seconds in hot water with lathering soapy disinfectant suds.
5. Hydrate with 2-3 liters of pure fresh water per day. Eliminate intake of any processed foods and increase fresh fruits, vegetables, and high protein food sources (preferably organic). Vitamin and mineral supplements (consult with your Doctor of Chiropractic for recommendations).
6. **If you have a fever, shortness of breath, and cough do not visit our clinic and immediately report to a local medical facility for COVID-19 testing and if necessary treatment and quarantine.**
7. For healthy non symptomatic individuals limit public exposure to essential workplace employment and activities such as visits to your Doctor of Chiropractic and/or other health care professionals, grocery shopping, and necessary supplies.


Thank you.



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Book Your Appointment

Don't live with the pain any longer. Schedule your appointment now with our chiropractor and see how chiropractic care can help you recover from an auto accident injury.

SCHEDULE NOW

Auto Injury Symptoms

- Headaches & Dizziness
- Whiplash & Neck pain
- Shoulder & Upper Back Pain
- Lower Back Pain

*This information is not intended to imply that chiropractic adjustments can cure Covid-19 infection nor can it prevent you from contracting Covid-19 if exposed.

Mar 13

Statement on COVID-19

Due to the notice of confirmed cases of COVID-19 in Florida, we wanted to update you on procedures we are implementing to keep you and your family safe during this time. We are closely following the centers for disease control's guidelines/recommendations on the steps we can take to help prevent and spread the virus. We're also keeping close tabs on the lead of local government. We want you to be confident in knowing that we are taking any and all measures to stay on the forefront of this. We can comfortably tell you that there is no need to panic or worry. If we all do our part and follow the simple guidelines from below everything will be OK.

Cleaning Measures:

Prior to the outbreak of COVID-19, our team members would disinfect the adjusting tables before and after shifts, and periodically throughout the day as needed. **We have disinfectant wipes available to our Practice Members in each adjusting room.** You are more than welcome to use these at any time, before and/or after your adjustment. Due to the recent pandemic, **we are now increasing our frequency of cleaning these adjusting tables to every 30 minutes**, and taking extra precautions to clean all surfaces of our office throughout the day, including: door handles, keyboards, countertops, computer screens, etc.

We asked you assist in our efforts by sticking to the following protocol:

- If you're feeling any less than 100%, please stay home and away from the public.
- If you're experiencing fever, cough, or shortness of breath- seek medical attention.
- Upon entering our office, please sanitize your hands. When leaving please do so again.
- If you cough at our office (for whatever reason) please wash your hands.
- Place face paper down on the adjusting table prior to laying down for your adjustment. This regular use of face paper serves as an additional safety measure to protect the practice members that we serve.

Education & Research:

We understand that there is a swirl of anxiety and fear regarding the present situation. It is our goal to put you at ease amidst this global event. We have a host of resources on our website, and in our office, to help you better understand the vital role that chiropractic care has on your health and your immune system.

What Can YOU Do Now to Protect Yourself:

1. **GET ADJUSTED!** It is now more important than ever to stay on track with your weekly chiropractic adjustments. **PREVENTION** of sickness and dis-ease is key! In fact, we have several practice members receiving extra adjustments this month, to boost their immune system. We are eager to keep you well-adjusted through this time. With specific, neurologically-based chiropractic care, should you contract any illness, your healing and recovery times will experience a boost.



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There is a tremendous amount of fear at the moment surrounding the Coronavirus.

I am not going to say that there is nothing to worry about; however, there has been much more fear generated than is merited. And all of the attention is put on how bad it might get instead of on what you can do to build your immune resistance. The tragedy is that is where all of our empowerment would be. It is important to remember that exposure to any virus or bacteria is the smaller part of the equation. It is much more important focus your efforts and energies on building and boosting the function of your immune system. Remember that the reason medical doctors and nurses are not all constantly sick even though they have non-stop daily exposure to sick patients coughing and sneezing all around their offices is that when your host resistance, your immune function, is high the germ doesn't get a chance to establish itself and cause sickness. The reason that we are still here after all of these years and the dominant species on Earth is that our immune systems are fully capable. If you don't feel that yours, or a loved one's, is then change that and if you've been told by the experts that there is nothing that you can do be one of those people that proves the experts wrong. People are told every day that it's hopeless for them and then they do the thing that the doctor laughed at, told them not to waste their time with, and get better. Maybe you can be one of those people too.

I want to share with you what I am doing to protect myself and my wife, Jen, during this time.

Here's the disclaimer: these statements have not been evaluated by the FDA, the CDC, the FBI or the KGB. This is what I am doing for myself and since COVID-19 is a medical condition and I am not a medical doctor it would not be within my scope of practice to tell you how to treat or prevent COVID for yourself or your families. Hopefully that satisfies anyone that is particular about that sort of thing.

To begin with; why should you listen to me? I have not had a single day of work missed in almost 25 years now. That is not to say that I have not had any sort of cold in 25 years. What it means is that when I have, I got over it in less than 24 hours in most cases and it was a minor nuisance that rarely was anyone else able to detect. But perhaps I am just genetically stronger you say? When I was a child I was constantly sick. I was always green either in my nose, or sinuses or lungs. Every cut or scrape I ever got became infected. I lived on antibiotics and cold medicines. I was more friends with the nurses at my doctor's offices than with the kids down the block. My mother never let us eat any kind of junk except on one of our birthdays, but otherwise there was no soda, chips or Little Debbie's in the house. I was fed duck, lamb, veal, asparagus, spinach and everything else that is really healthy, but not the kind of foods kids usually like to eat so that should have kept me pretty healthy, but nonetheless I was not. Until I was 10 years old and started receiving Chiropractic care that my health changed for the better. I am, apparently, not genetically superior to everyone else, yet I have found a system that has worked to keep me much healthier than the average person, I would argue, and it could work for you too.

Also, I have not needed any medication in over 20 years now. No ibuprofen, no antibiotics, no Neosporin, nothing. That should speak volumes too.

If you want the Cliff's Notes version or are allergic to reading any more than 1 page here it is. If you want more detail about the specifics of what I do for each of these strategies keep reading.

More Specifics

The key pillars of what I do to keep my immune system high: eat extremely well (I am very diligent about knowing what I am putting into my body and what has been added to my food), stay well hydrated, stay active, get great quality and quantity of rest, get plenty of sun to keep my Vitamin D levels high, releasing stress, cultivating my microbiome (the good microorganisms that live inside of our bodies that make up 70% of our immune system). The cornerstone of all of those things is keeping my nervous system in peak performance mode with Chiropractic care.

There are specific things that I do differently with each of these things when I am either having, or trying to avoid, an immune response, like right now.



More Specifics: Diet



This is a time when I find it to be even more important that usual to purify my diet. That means no artificial flavors, colors or preservatives. No foods known to be highly contaminated with insecticides (mostly neurotoxins) or weed killers (seen the news stories about the link between Roundup and cancer and how much Roundup has made it into our food supply?). That would include genetically modified organisms (GMO) such as corn, canola and soy as well as crops that are intentionally killed to make the harvest easier like wheat and many other grains. I think a grain-free diet is always a good idea, but especially now not only because of the Roundup issue, but also because the impact most grains have on blood sugar is pretty high and that suppresses the immune system. Also, and this is the least fun one, no alcohol at all during that time. I am a dark beer kind of guy and even brew my own beer, but during this time and until it has blown over, I will be abstaining. If I am supposed to be going out with friends for a drink after work and I have the tiniest little bit of a sore throat, then I either don't go or I nominate myself to be the designated driver. It's not worth it to me to let it turn into something bigger. I also jack up the servings of vegetables and

fruits and dial down the amount of meat for a while. Most beneficial bacteria thrive in an alkaline environment and most pathogens thrive in an acidic environment and so I am trying to alkalize my body a little more, or at a minimum, not acidify it. Sodas, coffee, teas, grains and meat all push us towards acidity in our body and greens and other veggies push us towards alkalinity. I don't feel that I need to rush out and get the pH 8.4 bottled water, just drink water that is not in plastic bottles and avoid the acidifiers. My usual serving count of fruits and veggies is 10/day but during an immune issue I will take it up to 12 a day. Juicing is key to being able to do that. My Vitamix gets a lot of use.

More Specifics: Hydration



Whereas I might normally indulge in a caffeinated coffee either Saturday or Sunday (but not usually both) I will either avoid the coffee altogether or choose swiss water method decaffeinated coffee. If I am already feeling the beginnings of a cold then I avoid it altogether, no matter how good it smells. The usual quantity of water for me is 100 oz of water but I'll go even higher when dealing with a cold or trying to prevent one. And like I already said I avoid anything dehydrating. Other culprits that are dehydrating are high fructose corn syrup, artificial flavors, sweeteners, colors and additives, carbonation (yep, even your "essenced" sparkling water is dehydrating), and of course, alcohol.

More Specifics: Activity

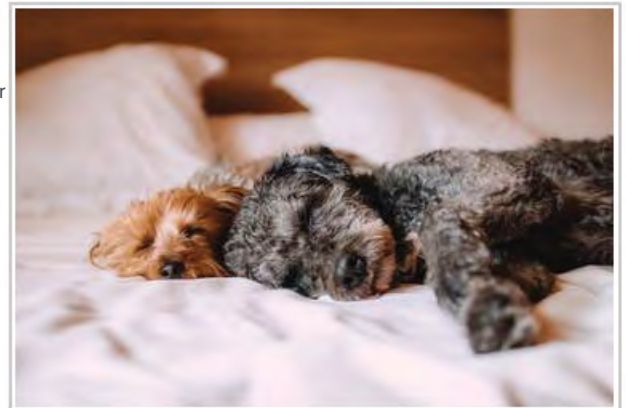
Notice I did not say exercise. We should not need exercise if we are active enough throughout the day. When exercise becomes a need is when we have to concentrate a whole lot of movement into a pretty short period of time to offset sitting for most of the day. I do sit some, but I have no place to sit at my computer at all and while I am caring for patients it is a ton of movement. The common thought was that, since our immune system requires a lot of energy, it was wise to rest during an immune response. More recent research has found that while we are actively exerting ourselves we are producing higher quantities of immune globulins and interferons, immune boosting chemicals. During an immune situation exertion and increased activity becomes a higher value for me. But I am not really a gym and weights kind of guy; it bores me to tears. Instead that is the day that I will decide to take on a



hard project out in the yard and moving fast while doing it, enough to get a good sweat going. If you like the gym then you could do that.

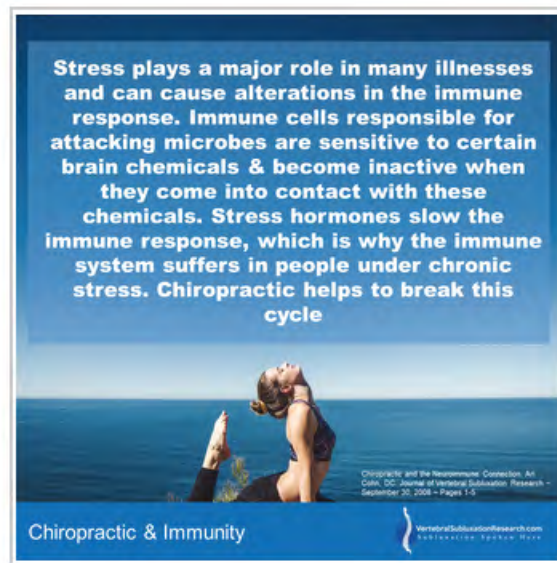
More Specifics: Rest

Work hard and then rest hard. I generally fall asleep easily and wake after 6 hours of sleep ready to go. But, from time to time there is something that is worrying me or stressing me and I don't fall asleep as easily. Then I will use a technology called binaural beat technology. Binaural beats cause our brain waves to speed up or slow down, depending on the frequency of the binaural beat used. Slowing our brain waves down the right amount and right way can make it easier to get to sleep when sleep is not coming easily. The effect is only while listening to the binaural beats; there is no lasting change. There are a ton of apps you can put on your phone for binaural beats, but I steer clear of those and stick with the pioneers of the technology. I could pick up a guitar and make some noise, but not anything that would be functional as listenable music. I could put brush to canvas, but I couldn't paint anything that would function as art. Any monkey can use simple software to create binaural beats, but there is a real art to creating something that will work and get the change you are looking to see. The brand of that I recommend is Hemi-Sync (www.Hemi-Sync.com). They have a lot of option to help with sleep, but 'Sleeping through the Rain' and 'Seaside Slumber' are my go-to's. I feel that the idea of choosing a temperature to keep the room at because some study found that most people sleep better at some cold temperature makes no sense. Are you 'most people'? I am certainly not. I sleep best when I am toasty and warm. And fortunately, for now, so does Jen. I will probably be able to sell tickets to the knockdown drag-out fights over the thermostat that will be coming someday.



More Specifics: Stress Release

There is no getting rid of stress, but we can change our body's response to stress. That's where I focus. For me, accomplishment is one of my best stress relievers. Knocking things off of the todo list and having a sense of accomplishment makes the stress melt away better than anything else, with the exception of vacationing. Perhaps that is because, for me, one of the bigger sources of stress is seeing the list of things that have to get done grow faster than I can get them done. The other key to successfully handling that is getting more critical with what I let on my list. Anyone and everyone will put more and more on our plates, if we let them. Getting realistic with what can be accomplished in a day and a week and being willing to say "No" is super important to keeping the stress from getting out of control. I set control measures in place when I first established my practice to be sure that I would have the time to get done the other things that have be done in addition to caring for patients and then still have times on



the weekend to just be with myself and be with Jen. I could push harder and build an even bigger practice and be even more successful, but watching my mentor go through his 4th divorce taught me that finding work-life balance had to be a high priority for me, and for the quality of care that I want to provide. No one gets better when the doctor is burnt out. But, in spite of watching like a hawk who I am letting put what on my plate, things will happen and the proverbial poop will hit the fan. The cortisol that our bodies produce to help us deal with the kinds of stress that are life or death situations is still produced with today's much less intense, but persistent, types of stress. Cortisol has many functions in our body and one of them is to suppress the immune system. Who cares about germs if you have a saber tooth tiger trying to eat you? Hemi-Sync is a powerful tool that I use for helping with high stress situations too. "Surf" is my go-to for stress release. And if all of that is not enough for the stress of a crisis there is always my boat. For others there is shopping, or golf or crocheting, but for me getting out on the water is the best stress release of all, as long as the motor starts.

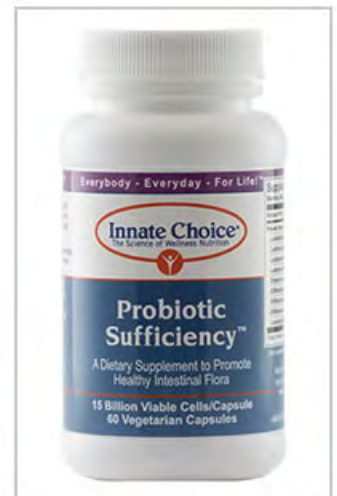
More Specifics: Vitamin D

Vitamin D is an important part of the immune system and most Americans seem to be very deficient in it these days. The long sleeves and pants that are part of many of our work attire, the indoor jobs and the pervasive use of sunscreen that we have been convinced is the smart thing to do has us deficient in something that human kind has always had all it could need. Vitamin D is found very little in any foods and our gut does not absorb it very well. What I do for myself is to go outside early in the year, late February to early March here in the Savannah area and get my shirt off and be outside in shorts. I get as much skin exposed as possible when the sun is not intense enough to burn and start working on building a base tan so that I can be out on the water all day later on in the year and not burn. I will only use sunscreen if I am traveling somewhere that the sun is much stranger than home earlier in the year than I have been able to get a base tan going and know burning would be unavoidable. Even then, I make my own sunscreen from Zinc oxide, titanium dioxide, coconut oil, mango and shea butters, beeswax and honey. I know everyone has been convinced that sunscreen is the solution to all of life's woes, but the research does not support that, or the safety of the chemicals in commercially available sunblocks. Research suggests that sun exposure does increase one's risk of skin cancer but decreases the risk of mortality from all types of cancer as a whole. The FDA has recently recognize that the chemicals in sunblocks do cross the skin barrier and get into the blood stream (I suspect that the spray-on sunblocks are even worse since the person spraying and everyone around them is breathing in those chemicals and most likely getting them into the blood that way) and that many of those chemicals are unsafe. I believe that our bodies are incredibly intelligent and just can't buy into the idea that the sun that has always been there in the sky above us for all of our existence on Earth is the most dangerous thing in the universe. I expect some day research will show that it is the avoidance of the sun and then suddenly getting a high exposure that is the problem. If I am feeling the start of any immune issue I will get outside and sunbathe a good bit. But there are times that the weather is not conducive to getting Vitamin D from sun exposure and I still need that immune boost that Vitamin D can give. I have seen many patients taking really high doses of Vitamin D their medical doctor has prescribed for them only to say that their Vitamin D levels are the same, or even lower than before. Unsurprisingly, the doctor usually increases the dose even higher instead of realizing that they are just not going to get the Vitamin D levels up that way. Instead I use sublingual drops and hold them under my tongue for 60 seconds before swallowing it, although I could just spit it out instead. Sun is best, but this is the next best option. I would get 5000 iu's on a usual day, but if I was already dealing with some immune issue I would double it to 10,000 iu's.

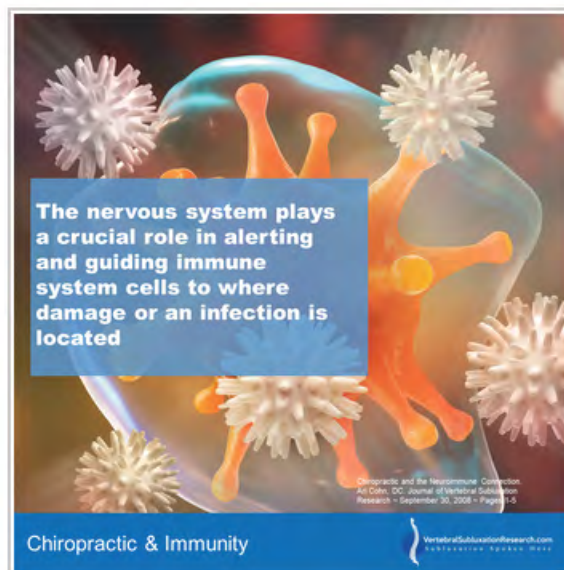
More Specifics: Cultured Microbiome

70% of our immune systems is not "us" cells, but instead our microbiome. That means all of the good, desirable microorganisms (bacteria, yeast, viruses and that live inside of us and perform lots of valuable functions for us, including making vitamins for us and fighting undesirable germs for us. But, the microbiome doesn't just take care of itself and we are, without intending to, doing more now than ever to harm our microbiome. Many food additives, insecticides and herbicides have germicidal properties to them and when consumed will harm our microbiome. Taking cycles of antibiotics, antiviral and antifungals, whether truly needed or not, will upset the microbiome as well. But even if we lived in a utopia with no chemical exposure at all, our own stomach acids and enzymes will create a certain amount of attrition in our microbiome. Until relatively recently in human culture this was naturally countered by eating most of our food raw and inoculating everything from mouth up to the sinuses and down to the anus with microorganisms with every bite of food we took. When we picked the pepper right off of the plant and put it directly into our mouth without cooking it or washing it first it was covered in life and was the original probiotic. Now, even with eating most of vegetables raw and buying mostly organic I still don't think I am getting the same probiotic exposure that humans once did and taking a probiotic supplement is an important strategy in my immune strategy. But when I am dealing with the beginnings of an immune issue, or concerned about preventing one, I use them differently than most. The first site of incubation for most germs is the back the nose and the back of the throat and that's where I want to inoculate myself with probiotics in this situation.

I open the capsule and sprinkle the powder out into my hand (or on saucer because when else do you get to use those things these days) and then I dip my pinky finger into some water, into the powder so some of it sticks to my finger and then put that barely up into my nostril (there is no need to go all the way up into the brain). Then use a different finger (that's important) into the water, the powder and then the other nostril. Then, since you didn't use the same finger, you can lick the rest of the probiotic powder off of your palm and make a thin paste out of it with a tiny sip of water, or just a good bit of saliva, and swish it all around your mouth, gargle with it, and keep repeating as long as you can before swallowing it. The more contact time the better the inoculation. Don't worry, it tastes like powdered milk; nothing gross. Oh, and while swishing and gargling this is a good time to wash one's hands. Four criteria you want to make sure your probiotic has: 1. It has been kept refrigerated. Otherwise it is not viable. 2. It contains many different strains, not just butloads of one. 3. In particular it should have Lactobacillus Plantarum. That has the word 'plant' built into it and this strain is the one that grows the most on the surface of fruits and vegetables and would be the dominant strain in the guts of hunter-gatherers. 4. It was produced without any dairy, corn wheat or soy. They have antimicrobial effects. My favorite brand of Probiotic is Innate Choice's Probiotic Sufficiency. Then you have to feed your microbiome. If you put good bacteria in and then starve them, while feeding undesirable yeasts, that won't help. The main food source of good inhabitants of your microbiome is going to be soluble fiber, the fiber that is found in fruits and vegetables, not grains. Jacking up your servings of fruits and vegetables like we discussed earlier will help here too. Juicing can be a big help to them too, as long as you don't use a juicer that discards the pulp. The Vitamix, Ninja and Nutribullet style juicers leave all of the fiber in. It is also important to not consume foods that would have an antibacterial impact. Dairy that is not organic will contain antibiotics which will impact your microbiome. Foods contaminated with Glyphosate (the weed killer RoundUp) will also damage your microbiome. This includes all genetically modified corn, soy and canola and all of their oils, proteins, starches and other derivatives.



More Specifics: Chiropractic Care



What does someone's back have to do with the immune system? Not much, really, but the nervous system has everything to do with the immune system. They are inseparable; we have nerve endings that sense a wide array of different immune chemicals, white blood cells have receptors that respond to neurotransmitters. Chiropractic is all about caring for the nervous system and, in turn, optimizing and supporting the immune system. Remember how I started this article off saying how sick I was as a child up until 10 years old? The thing that changed for me was that I started getting Chiropractic care for scoliosis. In the process of correcting misfiring nerves, called subluxations, my brain was better able to get my immune system to recognize that dust, pollen and dog hair were trying to kill me and free up resources to handle the germs that actually were. In a few short months I went from the sickest kid in class, constantly leaving school early for yet another doctor's appointment to the healthiest kid in class that never missed another day of school for years. I went from taking 12 medications every breakfast and dinner and

sucking on an inhaler constantly to, now, I haven't had a single medication, no aspirin, Tylenol, ibuprofen or antibiotic in 20 years now. Research studies have found that there is an immediate and significant increase in white blood cell counts following an adjustment, that people getting Chiropractic care can respond better to immune stresses from carcinogenic loads and repair their DNA. The children of Chiropractors have dramatically different rates of ear infections, need for antibiotics and many other 'typical childhood issues'. This is a very powerful tool I use to help keep my immune system optimized. I get adjusted weekly during the usual course of events, but I increase my frequency of care whenever I have an immune concern. If I wake up with a runny nose, sore throat or anything that might indicate I am going to develop a cold I get myself adjusted multiple times a day that first day. I have been able to do that all but a couple of times in the last 21 years and every time I could I woke up the next day with no symptoms at all. I also ate extra well, avoided coffee and alcohol, got some extra sun, put the probiotics up my nose and the other tools I have described above, but even before I developed those strategies getting adjusted multiple times a day that first day has kept me from needing to take a single sick day for over 20 years now.

In Conclusion

Almost everything we are being instructed to do right now might be strategies designed to help slow or stop the transmission of Coronavirus from one person to another but, unfortunately are also things that work against our own immune systems. Foremost, is the constant fear that is being generated that pushes people into a Fight and Flight state, during which your body intentionally suppresses its immune system. This Fight and Flight vs. Rest and Digest system was intended for scenarios where you were fighting for your life against some form of predator and in those situations a germ was not a very big concern, yet. If you got eaten by the predator germs no longer matter and your immune system requires a good bit of energy to run and decreasing immune function frees up at energy some more muscle activity so that you can fight harder or flee faster. Stress is one of the most potent immune suppressors there is, and our media has become a fear and stress centered machine as that increases viewership and, therefore, revenue. Isolating ourselves also increases this Fight and Flight stress response. Not being able to work and earn a living, not being able to freely travel, go to the restaurant/bar, not being able to find necessities like toilet paper, milk and eggs all keep pushing us into Fight and Flight and suppress our immune systems. Sanitizing everything with Lysol and Purell and other disinfectants not only kill germs on the surfaces, breathing in the fumes from those disinfectants also damage our microbiome in our nose, sinuses and lungs; the very places that the coronavirus infects. Eating nonperishables because we are trying to not have to go out where the carriers might be instead of fresh food also weakens our immune systems. I doubt we will ever see any statistics on how many cases of COVID were caused by trying to avoid COVID, but it would be very interesting to see so we could learn for the future.

I see a lot of people online having very visceral reactions to the idea that anyone would do anything other than quarantine because they or someone they love are immunocompromised. Of course we all care for, and about, those people and their loved ones, but it is worth remembering that we are also putting others at risk from the lifestyle changes that are coming with quarantining healthy people. There is no option that won't put someone at risk and everyone will chose the option that protects them the best. Perhaps the best thing we can do is try to remember the other person's view and that it's not just an issue of inconvenience for any of us.

What I will do during all of this is to remember that the one thing I have control over is how well I care for myself and that is my best protection anyway. I hope you find a way to do that too. Eat well, move a lot, hydrate, release stress, rest up, keep your Vitamin D up, keep your microbiome strong and stay well adjusted.

With care,

Steve Ranicki, DC

News Update – March 31st, 2020

In response to the “Stay Home Stay Safe” order that was issued on Wednesday, March 25th in Buncombe county, governor Cooper has declared that chiropractic offices be considered **ESSENTIAL PROVIDERS**. This means that we will remain open and ready to serve you and your family throughout this time.

At Radius Chiropractic, our number one priority has always been the health and safety of our patients. In times of uncertainty, there can be a wealth of misinformation that spreads, especially in today’s digital age. As a leading healthcare authority in our community, we wanted to reach out to all of our patients regarding the COVID-19 virus, and to let you know the steps we are taking to alleviate any potential concerns.

According to the latest reports from the CDC and other national healthcare providers, the current health risks are minimal for most age groups. We recommend that all of our patients wash their hands frequently, avoid close contact with people who are sick, and stay home if you aren’t feeling well. At Radius Chiropractic, we follow strict cleaning policies for the protection of both our staff and our patients. Each staff member maintains rigorous personal hygiene standards when preparing for every patient interaction. We use hospital-grade disinfectants across the entire office, with extensive room cleaning after each patient to ensure a safe and clean environment. These processes have always been of utmost importance in our office and will continue to be the standards we uphold for our community. Please rest assured that we are following local and national updates daily, and will continue to maintain the highest level of safety and patient care that you have come to expect. If you have any questions regarding your future appointments, please don’t hesitate to reach out to us.

Please advise us if you have traveled internationally in the last 14 days or have been in close contact with another person who has been diagnosed with or under investigation for COVID-19, and whether you have a cough, fever or shortness of breath.

News Alert

A lot has happened in the last few days and weeks. Radius Chiropractic is a leader in the entire profession of chiropractic. Thankfully we have many practices already in place to make sure our office is clean and sanitary. Below is an update of what we are doing internally and what you can be doing to keep your immune system strong. We WILL be open and ready to serve everyone!

First: BOOST YOUR IMMUNE SYSTEM 🧑🏻‍⚕️ ♀

You should be focusing on boosting your immune system. At home you can eat less refined white sugar, less processed food and more healthy whole foods, drink more water and get as much sunlight as you can :). As far as Chiropractic, now more than ever, you should be getting ADJUSTED! Typically, patients on a maintenance schedule will be able to hold their chiropractic adjustments from 1-3 weeks, depending on stress levels. However, in times of immune system suppression, a patient can have their spine examined for misalignments several times per week to ensure their nervous system is free of interference. 🧑🏻‍⚕️ White blood cells, which eat and destroy bad cells, are enhanced through chiropractic care. 1

↓↓ Science has shown that getting adjusted boosts the immune system! ↓↓

🧑🏻‍⚕️ 🧠 🧬 The chief of cancer prevention at New York’s Preventative Medicine Institute found **that people who received regular chiropractic care over a five-year period had a 200% greater immune competence than those who had not received chiropractic care. The chiropractic group showed a 400% greater immune competence than people with cancer and other serious diseases.** 2



Serving the Newport Beach and Corona Del Mar areas since 1980.



An Update For Our Chiropractic Family On COVID-19



YES, WE ARE SEEING PATIENTS!
FROM 7AM – 11AM | MON – THURS
SEE OUR POLICY CHANGES IMPLEMENTED TO KEEP YOU SAFE.

Priestley Family Chiropractic– Just like you, we are closely monitoring new developments regarding COVID-19 (Coronavirus). There is no higher priority to our entire Priestley Family Chiropractic than the Health and Wellbeing of our Patients and Team. To that end, we are taking the appropriate preventative measures to address COVID-19 (Coronavirus), assuring that our protocols meet or exceed the guidelines of the Centers for Disease Control (CDC) and [local Health authorities](#) and staying current on this evolving situation.

We will work to keep Priestley Family Chiropractic **open** for all who want to maintain a healthy nervous and immune system. Chiropractic Services represent an [essential and necessary](#) component of the health care program of millions of patients of all ages and all walks of life in the United States and worldwide. Timely and consistent access to chiropractic care is essential to the maintenance of the health and wellbeing of this patient population, particularly during times of stress. We understand stress can affect the immune system. Taking steps to reduce your stress in a healthy way is important.

What We Are Doing Differently:

We have further enhanced our already strict cleaning procedures.

Front Desk We are constantly sanitizing our hard surface areas and chairs after every patient coming through the doors.

Check-In Area We have removed the high-touch self check-in at the front desk. Our team will check in for you! All you have to do is wait to be assigned to a table and lay down. Our trays are behind the desk and sanitized after each use.

Healing Area We have spread out the chairs in the office to maintain a social distance. There are chairs outside in the hallway as well. All chairs are sanitized after every patient. We are sanitizing all tables and hard surface areas after every patient too.

Adjustment Time Please do not self check-in. Dr. Priestley is sanitizing after every patient and we will have the table cleaned and the face paper down for you. Again, all you have to do is lay down and be ready for your immune-boosting adjustment. We have also spread out our patients through the day.

Kids Corner We have removed all toys in our Kids Corner. We apologize for the inconvenience.

Rehab Area We have removed the blankets and closed the icing station to minimize the time spent in the office. We are offering ice packs for patient to ice at home. We also removed the cups and tea by the water cooler.

Back Office We are, again, sanitizing all areas after contact with patients. We are very vigilant as the health and safety of our patients are our number one priority.

Hand sanitizers are located throughout the office and are refilled and checked regularly. These policies have always been in place at Priestley Family Chiropractic and provide our Patients peace of mind every day.

How to Protect Yourself:

Wash Your Hands You've likely heard this a million times but get ready to make it 1,000,001 — you must **wash your hands** frequently. Simple hand-washing with warm water and soap for at least 20 seconds is your first line of defense from germs and is key to protecting yourself.

Eat Right A healthy immune system starts in your gut. A balanced diet full of whole grains, fresh fruits and vegetables, lean protein, and healthy fats will keep the good bacteria in your gut happy. This microbiome is one of your body's first lines of defense when it's exposed to germs, so keep them healthy and you will keep yourself healthy too. It's a good idea to cut down on added sugars because they can throw off the balance of good and bad bacteria in your gut. Make sure you stay well hydrated, too. It certainly doesn't hurt to increase your intake of Vitamin C, either as a food source or supplement, or Vitamin D, which you can get from a few minutes in the sun, fortified foods, or as a **supplement**.



Sleep Well It may be difficult to get a **good night's rest** when you're worried about pandemics, but if you're not getting a minimum of seven to eight hours of sleep each night, then you're doing your body (and immune system) a serious disservice. When you sleep, your body uses the time to rest and rejuvenate. Sleep is integral to your overall health and wellness, so make sure you're getting enough of it. If you find that you have trouble sleeping, then check your sleep environment. The room should be cool, dark, and quiet. Also take a look at your nighttime routine, making sure that all electronics are turned off at least one hour before bed and you're doing what you can to relax in that time to prepare your body for sleep. Scrolling through social media and reading about recent outbreaks probably isn't going to help you get the sleep you need, so turn it off and tune it out.

See the Chiropractor Chiropractic care focuses on the function of the central nervous system, which just so happens to regulate every single function in your body — including your **immune system**. Regular chiropractic adjustments focus on the removal of spinal joint dysfunctions that can impact how your central nervous system communicates with the rest of your body. When your body is able to communicate freely and efficiently, then every system can work optimally to help you stay healthy.

You cannot control the COVID-19 (Coronavirus) – or the flu or common cold either! What you can control are the things you do to support your own health. There's no new way to outsmart a virus, all you can do is go back to the basics to help you stay healthy. Thank you for your patience and trust in Priestley Family Chiropractic. We are committed to navigating through these difficult circumstances with your health and safety at the forefront of everything we do. Thank you for being part of our Family, and we look forward to seeing you soon!

Kevin F. Priestley, D.C.
Chief Executive Officer



[Blog >](#) Corona Virus support in San Luis Obispo - Raise your immune system

[RSS Feed](#)

Corona Virus support in San Luis Obispo - Raise your immune system

posted: Mar 12, 2020.



As you are aware the Corona Virus is taking over our daily headlines across the nation and world. The sensational reports tend to focus on tragedies and the ultimate reality that sicknesses can be deadly. As a health professional, I would like provide you some additional realities and facts as well in hopes to alleviate some of your fear.

The coronavirus is a **common virus that causes an infection in the nose, sinuses, or upper throat. Most corona viruses do not accompany the deadly outcomes catching media headlines.** And as we all know, the body's enemies take on MANY forms - stress, seasonal changes, environmental contaminants. We can't make the immune system invincible to these pressures, but we can make it more prepared.

Now, to the important part: **WHAT YOU CAN DO**

1) **Stay on track with adjustments to keep the autonomic nervous system in balance.**

Research from 2010 determined that patients who received Chiropractic adjustments showed increased levels of a specific signaling molecule in the body called Interleukin-2. Interleukin-2 regulates the activities of white blood cells which are responsible for immunity.

2) **Consume high quality, doctor trusted immune boosters.**

Congaplex is used for short-term support of the immune system.*

Echinacea Premium combines the roots of *Echinacea angustifolia* and *Echinacea purpurea*, herbs traditionally used to enhance healthy immune system function.*

Immuplex blends essential micronutrients and minerals as well as Protomorphogen™ and Cytosol™ extracts to support the immune system*

3) **Add 30-60 minutes of extra sleep to the daily routine. Inadequate sleep depletes immunity.**

4) **Drink water and remove sugary drinks and snacks from the diet. Sugar drains immunity.**

5) **Move the body. Exercise increases lymphatic flow and provides significant immune benefits.**

6) **Wait for it....WASH YOUR HANDS! But seriously, for 20 seconds or more. Use hand sanitizer between washes. Avoid touching your mouth, eyes or nose with unclean hands.**

Though we can't make the immune system invincible to these pressures, we can make it more prepared. Powersource Chiropractic offers a number of additional products that support your immune systems and we would like to be part of your IMMUNE BOOSTING TEAM!

Blog > Boost Your Immune System from the Coronavirus

[RSS Feed](#)

Boost Your Immune System from the Coronavirus

 posted: Mar 31, 2020.



Just as with any other flu season, certain people are at greater risk. These populations include the elderly, those with compromised immune systems, and this year, those with weakened lungs or severe cardiovascular disease.

So what can you do to protect yourself and your family while the pandemonium is happening around you?

Here are my best recommendations, and what I'm doing myself, so you can give yourself and your loved ones the IMMUNE BOOST it needs!

Carefully watch your diet, stay away from sugar, wash your hands, get as much sleep as possible, get your spinal check-ups, and get moving--Exercise helps tune up your immune system as well.

Understanding Viruses & Beating Them!

Some viruses have an envelope around them that prevents the immune system from targeting and destroying it. Certain herbs can help break down and dissolve this envelope, allowing your immune system to target, attack, and destroy.

I recommend **Viranon**, which is a combination of St. John's Wort and Thuja for this.

Echinacea as the best way to boost and up-regulate the immune system but beware....not all echinacea products are alike.

And if you are really concerned or at a higher risk, I would suggest adding the following two supplements:

Thymex - which helps the thymus gland make more killer T cells

Immuplex – literally a multivitamin for your immune system to ally against viral and bacterial threats!

Finally, ABSOLUTELY NO SUGAR!!! This reduces your immune function by 50% or more for at least 30 minutes after ingesting. Instead, focus on an abundance of greens, nuts, and seeds to provide even more of those essential immune-fighting nutrients in your body!



Measures to Minimize COVID-19 infection and maximize your immunity to protect yourself, family, and loved ones:

1. Receive regular frequent chiropractic adjustments to enhance your entire body performance including your immune system.
2. COVID-19 clinic protocols involve social distancing during your clinic visit. Our large indoor and outdoor reception area allows for 6 feet distance between patients entering and exiting our clinic. Additionally our frequent disinfection protocols and procedures have always been and will remain exceptional. Our large clinic facility allows patients to be adjusted without coming near (6 feet) of other patients. All Doctors will wash and disinfect hands in between patients (this is more effective than glove procedures).
3. Protect and confine your elderly loved ones (80+ yrs old) and minimize any public contact especially those with chronic illness such as: cardiovascular disease, lung disease, immune disease, and/or diabetes.
4. Practice excellent hygiene which involves frequent washing of hands for 60 seconds in hot water with lathering soapy disinfectant suds.
5. Hydrate with 2-3 liters of pure fresh water per day. Eliminate intake of any processed foods and increase fresh fruits, vegetables, and high protein food sources (preferably organic). Vitamin and mineral supplements (consult with your Doctor of Chiropractic for recommendations).
6. **If you have a fever, shortness of breath, and cough do not visit our clinic and immediately report to a local medical facility for COVID-19 testing and if necessary treatment and quarantine.**
7. For healthy non symptomatic individuals limit public exposure to essential workplace employment and activities such as visits to your Doctor of Chiropractic and/or other health care professionals, grocery shopping, and necessary supplies.

Thank you.

*This information is not intended to imply that chiropractic adjustments can cure Covid-19 infection nor can it prevent you from contracting Covid-19 if exposed.

 (650) 665-5010



A Dept. Of Stanford Chiropractic Center

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MEASURES TO MINIMIZE COVID-19 INFECTION

MEASURES TO MINIMIZE COVID-19 INFECTION AND MAXIMIZE YOUR IMMUNITY TO PROTECT YOURSELF, FAMILY, AND LOVED ONES:

1. Receive regular frequent chiropractic adjustments (according to Dr. Donald Pero's, PH. D., Chief of Research at New York's Preventative Medical Institute and Professor of Medicine at New York University). Dr. Pero's research study of 107 individuals who received long term chiropractic care chiropractic patients had a remarkable 200% greater immune competence than those who didn't receive chiropractic care. Despite a wide range of ages in this study, immune competence did not show any decline with age and remained uniform for the entire group. It is for this reason that new patients are encouraged to keep their chiropractic appointments to increase their immune system defenses and protect against all infectious diseases. Existing patients are encouraged to keep their adjustment appointments and to consider an increase in their frequency in their adjustments to maximize their immune and nervous system function.

2. COVID-19 clinic protocols involve social distancing during your clinic visit. Our large outdoor reception area allows for 6 feet distance between patients entering and exiting our clinic. Additionally our frequent disinfection protocols and procedures have always been and will remain exceptional. Our clinic facility allows patients to be adjusted without coming near (6 feet) of other patients. Dr. Carr will disinfect hands in between patients (this is more effective than glove procedures).

3. Protect and confine your elderly loved ones (80+ yrs old) and minimize any public contact especially those with chronic illness such as: cardiovascular disease, lung disease, immune disease

4. Practice excellent hygiene which involves frequent washing of hands for 60 seconds with lathering soapy disinfectant suds.

5. Hydrate with 2-3 liters of pure fresh water per day. Eliminate intake of any processed foods and increase intake of fresh fruits, vegetables, and high protein food sources (preferably organic). Vitamin and mineral supplements (consult with your Doctor of Chiropractic for recommendations).



Jacob



Welcome to Stanford Chiropractic Center!
A live, real person is available to talk at no obligation. How can we help you?

1





WE ARE OPEN!

I know you all have been bombarded with notices, news and emails about the COVID-19 situation. Our office will continue to provide and serve the health care needs of our patients.

To do so, we have actively been cleaning and disinfecting **ALL** surfaces from the building entrance to each individual room or bay. All door knobs, counter tops, tables, etc. We have always practiced exceptional hygiene routines but now we have doubled our efforts. The doctors and staff will be washing hands **as often as possible** between patients and if unable, will be disinfecting hands with hand sanitizer. All tables, chairs and surfaces will constantly be wiped down after **EVERY** use.

What can YOU do??

1. GET ADJUSTED:

It is proven that regular chiropractic adjustments boost the immune system. When you improve the state of your nervous system you in turn improve your immune system.

2. GET PLENTY OF SLEEP:

Studies have shown that deep sleep improves the immune system directly.

* Here is a TIP!: Lower your lights 1 hour before bedtime, minimized back lit screens and cuddle with your loved ones till you are lulled into a drowsy state. Do not fight it. Let your natural physiology take over and drift off into a deep slumber.

3. STAY HYDRATED:

Hydration plays a vital role in ALL bodily functions and processes including supporting the immune system. The #1 deficient nutrient in most Americans is **WATER**.

4. EAT WELL:

Eat supportive not suppressive foods.

Supportive foods: Raw, organic, fresh, greens, fruits, veggies, fish, lean meats etc.

Suppressive foods: Processed, sugary, canned/boxed foods, preservatives.

*Another TIP!: Try to eat smaller meals throughout the day instead of 3 large meals that tends to gorging food. This will help sustain proper blood sugar levels and prevent moments of being "famished".

5. SUPPLEMENTS:

It is estimated that up to 70% of your immune system resides in your gut. It is very important to support your immune system and different vitamins and supplements play a big role in that support. Probiotics help with your gut. Vitamin D3 helps with both bacterial and immune function. Multi-Vitamin, Multi-Minerals, Omega-3 fish oil, Apple Cider Vinegar, Lemon Water with Himalayan Sea Salt are more options for your immune health.

About Us

Dr. Justin Atkinson, D.C.



"Measures to Minimize COVID-19 infection and maximize your immunity to protect yourself, family, and loved ones

1. Receive regular frequent chiropractic adjustments. Researchers suggest that immune function is regulated in part by the sympathetic nervous system and can be greatly influenced by chiropractic adjustments. Stressful conditions can lead to altered measures of immune function and altered susceptibility to a variety of diseases. **Existing patients are encouraged to keep their adjustment appointments and to consider an increase in the frequency of their adjustments to maximize their immune and nervous system function.**

2. COVID-19 clinic protocols involve social distancing during your clinic visit. Our indoor reception area allows for 6 ft distance between patients entering and exiting our office. Additionally, our frequent disinfection protocols and procedures have always been and will remain exceptional. Our facility allows patients to be adjusted with appropriate social distancing. All Doctors will wash and/or disinfect hands in-between patients.

3. Protect and confine your elderly loved ones and minimize any public contact especially those with chronic illness such as: cardiovascular disease, lung disease, suppressed immune disease and/or diabetes.

4. Practice excellent hygiene which involves frequent washing of hands for at least 20 seconds in hot water with lathering soapy disinfectant suds.

5. Hydrate with 2-3 liters of pure fresh water per day. Eliminate intake of any processed foods and increase fresh fruits, vegetables, and high protein food sources (preferably organic). Vitamin and mineral supplements (consult with your Doctor of Chiropractic for recommendations). Adequate sleep is also important to your immune function.

First Name *

Last Name *

Email *

Cell Phone # *

We will use to send a text message confirmation.

How Can We Help You? *

Submit

Auto Injurv

 Claire

Welcome to OKC Spine and Injury Relief Center! A live, real person is available to talk at no obligation. How can we help you?



Coronavirus: How to Protect Yourself and Your Family

by CFWC | Mar 10, 2020 | adjustments, Chiropractic, cold and flu, cold season, coronavirus, flu season, healing, health, immune boost, immunity, managing stress, preventative healthcare, self-care, spinal health, virus | 0 comments

The coronavirus is making headlines constantly lately. And while the media tends to focus on tragedies and the misconception that sicknesses are always fatal, this is not the full picture. In reality, the coronavirus is a common virus that causes an infection in the nose, sinuses, and/or the upper throat or respiratory system. Most coronaviruses are not deadly, especially to people with a healthy, well-functioning immune system^[1]. People who have been infected with the coronavirus are reporting coughs, fever, and respiratory issues, with some extreme cases involve pneumonia. Antibiotics do not work against the coronavirus, and the recovery from coronavirus primarily relies on the strength of the person's immune system.

The best weapon for the coronavirus, the cold and the flu all begins with building a strong, proactive immune system.

The immune cells, our amazing red and white blood cells, work hard to heal and defend the body against foreign invaders like coronavirus. The most amazing part of this defensive process comes from the way the body adapts and responds naturally and without us having to direct it to do so. And this entire process of adaptation and immune response operates under the direction of our central



nervous system. Scientists found out long ago the amazing connection between the central nervous system and the immune system and continue to gather evidence about this amazing natural healing process.

“**Chiropractic plays a key role** because of the spine's relationship with immunity.”^[2] Research shows that when the spine is misaligned, the body exists in a heightened state of stress similar to being in a warzone. Operating in a heightened state of stress weakens us and reduces the quality of our rest, immunity, and growth within the nervous system. Gentle, low force chiropractic adjustments improve our body's immunity by allowing the nervous system to function at its best for optimum healing and repair.

Evidence demonstrates that people who receive regular chiropractic adjustments report stronger immunity after starting chiropractic care. “Research from 2010 determined that patients who received Chiropractic adjustments showed increased levels of a specific signaling molecule in the body called Interleukin-2. Interleukin-2 regulates the activities of white blood cells which are responsible for immunity. The molecule impacts the body's natural response to microbial infection and helps the body recognize and create specific responses that neutralize foreign invaders. This protein molecule was found to be higher in those who received chiropractic spinal adjustments when compared to those who did not.”^[3]

The primary purpose of a chiropractic adjustment does not center on treating a specific symptom or condition, but rather, treating the whole body through the alignment of the nervous system. “The increased health and function from an adjustment represents an outcome which originates when interference is removed from the nervous system.”^[4]

While other health professions focus on changing the environment to suit a weakened body, for example, by prescribing medications, Chiropractic works at strengthening the body to better suit its environment! How can you achieve this? Follow the 5 Steps to improving your immunity:

- 1) Make sure to get regular adjustments to maintain your autonomic nervous system's balance.
- 2) Take adequate amounts of Vitamin D, which is a major immune booster.
- 3) Get an additional 30-60 minutes of sleep in your daily routine. Inadequate sleep reduces immunity.
- 4) Drink lots of water and remove sugary drinks and foods from your and your family's diet. Sugar depletes immunity.
- 5) Move your body every day. Exercise increases your body's lymphatic flow and provides significant immune benefits.

Call us at Chiropractic Family Wellness Center in Scarborough, Maine

If you want to keep your and your family's immunity in top shape, give us a call at our Southern Maine office to set up your initial exams at (207) 883-5549.

^[1] https://drbenlerner.com/10-important-studies-on-chiropractic-and-resisting-a-virus/?fbclid=IwAR1YVCaz3SmYkp3Cl21txTb9y_qopko6s6V47h-79vPmLEZlubeX8bVFfM

^[2] <https://drbenlerner.com/10-important-studies-on-chiropractic-and-resisting-a-virus/>

Published on March 6, 2020

By: Dr. Alison D. Morse, D.C.

7 EASY STEPS FOR PREVENTING CORONAVIRUS (COVID-19)

With the Coronavirus dropping the world into a state of fear, let's shed light on a hopeful, educational, and guided way to increase your chances of avoiding and not becoming infected with the coronavirus.

Experts agree, and from my 15+ years of practical experience I can say the fundamental key to fending off any virus, including COVID-19, is a strong immune system.

Yes, Coronavirus is not our average winter flu, it is deadlier and it spreads faster – but the basics remain the same. The dampened immune systems of millions of people in a world full of constant stress is why this pandemic has spread so fast. **Now it is at our doorsteps in NYC.**

Good news: you can take action today to increase your chance of not becoming the next victim.

The fact is, by boosting and strengthening your immune system right now, you can almost **STOP** any virus from entering your body (not just COVID-19). First, start with increasing your intake of green vegetables, water, exercising, washing your hands frequently, and decreasing your stress levels. Remember, stress has 4 components, and focusing on the holistic combination of physical, chemical, emotional and mental stresses – not just getting more sleep – is crucial.

More than 1,000 patients in my 15+ years of practice have followed my custom guidelines for boosting their immune system and maximizing their overall health. Patients have reported excellent results, with less vulnerability to sickness compared to others in their surroundings. Now I am sharing them with you.

To boost and strengthen your immune system to fight off Coronavirus, follow my tips on the backside!

**WHEN YOUR IMMUNE SYSTEM IS STRONG,
LITTLE CAN GO WRONG!**



Preventative Steps to Take, in Order of Priority:

1. **Build up your immune system.** Because your body is a communication network, it is imperative to get your spine checked for nerve interference. The core of a body that communicates optimally is a healthy spine.

Becoming Part of the Solution for COVID-19



We are passionate about the fact that the community needs chiropractic now more than ever. In the State of Florida, chiropractors have been designated as "essential" businesses during this time of crisis. This means we won't be closing our doors at this time because what we offer as health care providers is what people need to most effectively make it through this crisis. To learn about the science and studies illustrating how chiropractic improves your immune system function, click [HERE](#).

We are also passionate about being good global citizens. We want to do our part to protect the weakest among us, while at the same time helping avoid the spread of this disease. The changes we are implementing immediately in order to accomplish all of the above, are:

New Adjustment Only Hours

In addition to our regular office hours, we will now be opening up extra times that will be for adjustments only. During this time we will not have our team in the office, will not be seeing new patients or doing re-evaluations, and we will only allow 5 adjustments every 15 minutes. This will allow people to get in and out quickly with limited contact with others. We will still be sanitizing tables after every adjustment and door handles every 30 minutes. Because of the limited availability of these adjustment only hours, we will need you to be at your adjustment at your appointed time rather than our usual flexibility of allowing you to come early, or late.

These added hours are:

Tuesday: 8AM-10AM

Friday: 8AM-10AM

You are still welcome to come during our normal business hours as we will be taking all necessary precautions during those times as well, including our new virtual waiting room (see next box for details). These extra hours will help us spread patients out more so that we can continue to have 10 or fewer people in the office at one time, as well as give us a dedicated time where we can safely see the immune compromised and elderly.

Extra Precautions During Normal Hours

1) We are introducing our new, virtual, waiting room! Want to limit your exposure? Just text a reply to your SKED appointment reminder message when you're here, or call us at 813-438-6348 when you're parked and we'll check you in and let you know when your room is ready for your adjustment!

2) We are sanitizing tables after every use and we are sanitizing counters, door handles, waiting room chairs, and other publicly used spaces every thirty minutes.

3) In order to ensure we never have more than 10 people in the office, we are reducing the number of chairs in our waiting room to 6 (since at any given time we have at least 3 team members and 1 new patient here). If you'd like to wait inside and the chairs are empty, you'll know you're good to go! If the chairs are full, feel free to come in and check in, then wait outside the door until someone leaves.

4) We will be opening and closing 15 minutes earlier/later in order to space out the appointments at our busiest times of the day.

5) UTILIZE YOUR SKED APP. We are reducing the number of allowed appointments to be scheduled at one time to six. If you open the app and click your appointment time, then click the "reschedule" button in the bottom right hand side of the screen, it will pull up a calendar with all our available times. If there is a green line under it, it is a time where not many people are scheduled. If it is yellow, it's slightly busy. If it's red, it's very busy. Many times you can avoid longer wait times and crowds by simply moving your appointment forward or back by 15 minutes.

Did You Know?

During the 1918 Flu Pandemic, it is reported that chiropractors had so much success in helping people combat the flu that they had 1/40th the death rate that medical doctors were seeing. In fact, many MDs started referring their patients to chiropractors. This success is what ultimately led to chiropractic becoming an officially licensed profession. See this link for more info:

[Chiropractic and Infectious Disease](#)

For more information about Chiropractic and your immune system, click [HERE](#).



COVID-19 Update

Noya Chiropractic > Contents > COVID-19 Update

Noya Chiropractic is open for safe adjustments. Chiropractic care is an important part of our clients' wellness-strategy and we are here to serve you. We also offer Virtual Care appointments. Please click below for more information on Virtual Care.

[CLICK HERE](#)

As essential healthcare workers we are here to serve you during COVID-19. We are following and exceeding all DC Department of Health and CDC recommendations to ensure the safety of our patients and staff.

We have taken action and put in place the following protocols:

- We reduced scheduling to less than half our standard frequency. We are scheduling only one client in the office at time. This creates social distancing, eliminates wait time, and give us extra time to sanitize between patients.
- We sanitize with anti-bacterial wipes all surfaces touched by our clients after each visit. That includes the chiropractic tables, the hydro table, the therapeutic exercise equipment, dressing rooms, front desk, doorknobs and other commonly touched areas.
- Dr. Noya is wearing an N95 mask during treatment of all patients.
- The front desk and physical therapy room are equipped with hand sanitizers and ask that patients use hand sanitizers upon arriving and before leaving each location.
- We have eliminated the self-check-in procedure.
- We have increased the frequency of our professional office cleaning.
- We will not accept any walk-in appointments as it may increase waiting time and decrease social distancing.
- We ask that any clients who have a cough, fever, or any other flu-like symptoms to remain at home. If you have traveled to a region of high incidents or have a known exposure, please do not visit the office for at least 14 days.

We also want to remind everyone that now more than ever, it is essential to support your body to maintain a healthy immune system. Here are some tips that we recommend:

- Get sufficient sleep: It can't be overstated how critical getting enough sleep is for your health and staying well. Aim for at least 7-8 hours/night.
- Eat fresh whole foods: lots of greens, healthy fats, and quality proteins.
- Exercise daily – every measurable health metric improves with regular exercise.
- Avoid sugar and processed vegetable oils – these foods weaken your body in general and your immune system in particular.
- Take at least 5 grams of vitamin C daily (best is the ascorbate form instead of the ascorbic acid).
- Remember, too, that Probiotics are a first line of defense within the body's immune system.
- Get regular chiropractic care. The integration between the nervous system and the immune system is critical for proper/optimal health and healing. Numerous studies have demonstrated the link between regular chiropractic care and improved immune function.
- Follow the common-sense recommendations such as regularly washing your hands, avoiding touching your face, etc.

We are here to provide support and guidance. Please feel free to contact us with any questions or concerns.

COVID-19

Dear Patient of The Natural Health Center,

As your healthcare partner, we want you to know that your safety is always our top priority and we are taking the recent outbreak of the coronavirus (COVID-19) very seriously.

Knowledge Is Power – Things To Know About The Coronavirus

Per the CDC (Center for Disease Control), there is still much to learn about the virus, but Coronavirus spreads through contact with respiratory droplets caused by coughing. It is spread from person-to-person and happens most frequently among close contacts (within about 6 feet). This type of transmission occurs via respiratory droplets. Transmission of the coronavirus to persons from surfaces contaminated with the virus has not been documented.

Cleaning of visibly dirty surfaces followed by disinfection is a best practice measure for prevention of COVID-19 and other viral respiratory illnesses in households and community settings.

What We Are Doing To Keep Our Patients Safe

We take this situation very seriously and have been closely monitoring each update. For us, that means following the guidance issued by the World Health Organization and the Center for Disease Control. We are cleaning and disinfecting regularly, specifically we practice routine cleaning of frequently touched surfaces (for example: treatment tables, pens, doorknobs, light switches, desks, faucets, sinks) with cleaners and EPA-registered disinfectants that are appropriate for the surface.

Our providers will continue to sanitize their hands before and after treating each patient. The treatment tables will be sanitized after/before each patient.

We have set up antibacterial stations throughout the office. We ask that you use these as you come into the office.

Regarding our staff members, we can confirm that none of our employees have traveled outside of the country in the past several months. Out of an abundance of caution, any of our team members that feel symptoms of a cold or fever, will not be coming into the office.

Take Steps To Protect Yourself

1. Don't weaken Your Immune System
 - Get enough sleep
 - Drink plenty of water
 - Don't eat sugar (this will weaken your immune system)
 - Don't eat many carbohydrates (carbs turn into sugar, which weakens your immune system)
2. Don't weaken Your Immune System
 - Wash your hands frequently with soap for at least 20 seconds. Use hand sanitizer when soap is not readily available.
 - Avoid touching your eyes, nose and mouth with unwashed hands
 - Avoid close contact with people that are sick

Boost Your Immune System & Protect Yourself Against The CoronaVirus

Chiropractic Adjustments: Spinal adjustments have been shown to boost immune function because they serve to correct the spinal misalignments that cause neural dysfunction. Even one adjustment can bring about an immediate immune boost. A chiropractic adjustment isn't the only way to increase your immune function, but it can vastly help.



Measures to Minimize COVID-19 infection

Home > News > Measures to Minimize COVID-19 infection

Measures to Minimize COVID-19 infection and maximize your immunity to protect yourself, family, and loved ones:

1. Receive regular frequent chiropractic adjustments (according to Dr. Donald Pero's, PH. D., Chief of Research at New York's Preventative Medical Institute and Professor of Medicine at New York University). Dr. Pero's research study of 107 individuals who received long term chiropractic care chiropractic patients had a remarkable 200% greater immune competence than those who didn't receive chiropractic care. Despite a wide range of ages in this study, immune competence did not show any decline with age and remained uniform for the entire group. It is for this reason that new patients are encouraged to keep their chiropractic appointments to increase their immune system defenses and protect against all infectious diseases. Existing patients are encouraged to keep their adjustment appointments and to consider an increase in their frequency in their adjustments to maximize their immune and nervous system function.
2. COVID-19 clinic protocols involve social distancing during your clinic visit. Our large indoor and outdoor reception area allows for 6 feet distance between patients entering and exiting our clinic. Additionally our frequent disinfection protocols and procedures have always been and will remain exceptional. Our large clinic facility allows patients to be adjusted without coming near (6 feet) of other patients. All Doctors will wash and disinfect hands in between patients (this is more effective than glove procedures).
3. Protect and confine your elderly loved ones (80+ yrs old) and minimize any public contact especially those with chronic illness such as: cardiovascular disease, lung disease, immune disease, and/or diabetes.
4. Practice excellent hygiene which involves frequent washing of hands for 60 seconds in hot water with lathering soapy disinfectant suds.
5. Hydrant with 2-3 liters of pure fresh water per day. Eliminate intake of any processed foods and increase fresh fruits, vegetables, and high protein food sources (preferably organic). Vitamin and mineral supplements (consult with your Doctor of Chiropractic for recommendations).
6. If you have a fever, shortness of breath, and cough immediately report to a local medical facility for COVID-19 testing and if necessary treatment and quarantine.
7. Limit public exposure to essential workplace employment and activities such as visits to your Doctor of Chiropractic and/or other health care professionals, grocery shopping, and necessary supplies.

Thank you.

Online Special



Free Consultation

[SCHEDULE A CONSULTATION](#)

Our Services



Auto Accident Injury

♥ Trauma

Rehabilitation



Chiropractic

♥ Comprehensive Care Treatment



Nutrition & Fitness

♥ Holistic Body Health



Aubrey

Welcome to Advanced Health Chiropractic! A live, real person is available to talk at no obligation. How we help you?

Asthma

Headaches

Lower Back Pain

1

Measures to Minimize COVID-19 infection

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5. Hydrate with 2-3 liters of pure fresh water per day. Eliminate intake of any processed foods and increase fresh fruits, vegetables, and high protein food sources (preferably organic). Vitamin and mineral supplements (consult with your Doctor of Chiropractic for recommendations).
6. If you have a fever, shortness of breath, and cough immediately report to a local medical facility for COVID-19 testing and if necessary treatment and quarantine.

Free Consultation

Don't live with the pain any longer. Schedule a free consultation today with Michael Moore D.C. at Moore Chiropractic in Redding to see how chiropractic care can help you with pain relief.

[SCHEDULE NOW](#)

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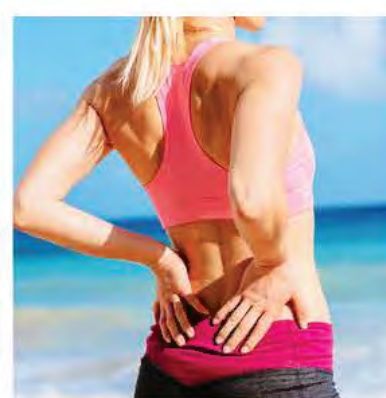
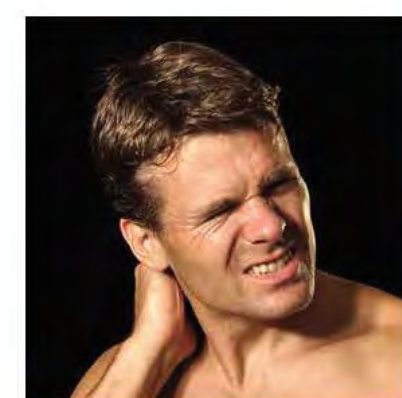


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Conditions





COVID-19

This newsletter is dedicated to bringing you the most current information on how to keep you and your loved ones healthy, happy, and vibrant. If you ever need further information or verification of the research that is cited in this newsletter, please call the office for references. We hope this month's newsletter will inspire you and your family to keep on the path toward realizing your highest levels of health. Have a great month!

Is the COVID-19 virus a real problem?

How bad is it and how bad could it get?

What can you do to prepare or prevent?

In the past week I have spoken to several friends who are epidemiologists and infectious disease experts about the COVID-19 virus and what is happening in America and around the world. They said the virus is a real concern and a legitimate health hazard for a certain percentage of our population. He explained, because we have so many unhealthy Americans who currently take daily medications for a variety of health problems, we could see many people become seriously ill or die. Not because this particular viral strain is extremely dangerous, but because we have so many people who are already ill (but don't think they are) because they are "taking their prescription medications from their doctor." My pathologist friend said those are the people who really need to take precautions.

Having said that, 98% of people who are not immunosuppressed with drugs or chronic disease will be just fine even after exposure to the virus. They explained to me that COVID virus strains have been identified since the 1980's and most people have already prior exposure to the virus in the past. You could have had a cold, sinus or respiratory infection five or ten years ago and thought nothing of it. You never got tested and you developed natural immunity to COVID strains years ago. They told me most of America will either have had prior exposure or current exposure and develop immunity without ever even knowing it. We are exposed to thousands of bacteria, viruses, mold, fungus, etc., each and every day of our lives. If we are practicing even modestly healthy choices, we will never even notice feeling sick at all. If our immune system becomes overwhelmed, our body will give us clues to rest/sleep, hydrate, alter our eating patterns, and we will develop natural immunity in a few days. Life goes on again. Whether a person gets sick or not is not dependent on the actual virus itself. Sick or well comes down to "individual host immunity." How healthy are you?

Rather than talking about how many people are going to get sick or die, the focus needs to be on how to stay well. Dr. James Chestnut explained, we will never be able to completely isolate humanity away from breathing air or contact with other people. Regardless of social distancing, most people will be exposed to the virus in the next 3-6 weeks. Most already have been.

So, what do we do? Keep it simple. Healthy people make healthy daily choices. Unhealthy people don't. Healthy people don't need daily medications. Unhealthy people do. Healthy people don't get sick. Unhealthy people do. Bacteria and viruses are known as "environmental opportunistic organisms." Meaning they need a suitable host environment to grow and replicate. They need a run down, stressed out, unhealthy immune system to grow in. They need a person who regularly chooses less than optimal health practices. Making unhealthy choices locked away in your own home vs. making unhealthy choices in public doesn't make you "safer." Isolation is just better than exposing other unwise people to your unhealthy host environment. So, if that's you, stop your unhealthy choices for a few weeks and begin to do what we know works.

Here's what we know works for healthy people:

Eat real foods that God designed for humans to thrive on.

MORE: Vegetables, fruits, grass-fed meats, nuts, seeds and pure non-chemical water. (Kangen water if possible)

LESS: Sugar in all it's forms.

LESS: Grains and dairy products. Sugar, wheat, and dairy all create an environment that viruses like. Socially distance yourself from these bad choices as much as possible.

Move in ways God designed for humans to move.

MORE: Get full body exercise every day. Bend, twist, turn, flex, extend, lift, push, pull and take every joint through its full range of motion.

MORE: Get adjusted: make sure your body is subluxation free. There is substantial research showing by keeping your nervous system stress free you maximize immune function.

LESS: Sitting - especially if it's in front of electronic devices that cause you to be stressed.

Think, act and communicate in the way that God designed for humans to grow.

MORE: Loving, encouraging, and empowering messages. Keep your mind focused on who created you and how you wonderfully are made. Knowledge and certainty create strength.

LESS: FEAR. Fear is the number one immunosuppressor that science has ever identified. Fear puts humans in a fight or flight state, which automatically inhibits your viral and bacterial immune system. If your "social isolation" means sitting at home googling how many people are going to die or watching television and listening to politicians give you health advice, you may want to alter your choices before you create the "suitable host environment for disease." Be respectful of the virus by changing your daily choices to healthy ones, not by locking yourself in your house.

If you don't want to practice the above 3 suggested ways to stay well, then you should be very worried about your health and practice social isolation.

Supplements? There are many natural choices that you can add to your health arsenal to help keep you safe from viral infections. The following are a few easy to implement suggestions:

We are open for business. We are an essential health care facility not subject to closure.*



 (916) 442-7474

 1120 Corporate Way
Sacramento, CA 95831

 Menu

MEASURES TO MINIMIZE COVID-19 INFECTION

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Measures to Minimize COVID-19 infection and maximize your immunity to protect yourself, family, and loved ones:

1. Receive regular frequent chiropractic adjustments to enhance your entire body performance including your immune system.
2. COVID-19 clinic protocols involve social distancing during your clinic visit. Our large indoor and outdoor reception area allows for 6 feet distance between patients entering and exiting our clinic. Additionally our frequent disinfection protocols and procedures have always been and will remain exceptional. Our large clinic facility allows patients to be adjusted without coming near (6 feet) of other patients. All Doctors will wash and disinfect hands in between patients (this is more effective than glove procedures).
3. Protect and confine your elderly loved ones (80+ yrs old) and minimize any public contact especially those with chronic illness such as: cardiovascular disease, lung disease, immune disease, and/or diabetes.
4. Practice excellent hygiene which involves frequent washing of hands for 60 seconds in hot water with lathering soapy disinfectant suds.
5. Hydrate with 2-3 liters of pure fresh water per day. Eliminate intake of any processed foods and increase fresh fruits, vegetables, and high protein food sources (preferably organic). Vitamin and mineral supplements (consult with your Doctor of Chiropractic for recommendations).
6. **If you have a fever, shortness of breath, and cough do not visit our clinic and immediately report to a local medical facility for COVID-19 testing and if necessary treatment and quarantine.**
7. For healthy non symptomatic individuals limit public exposure to essential workplace employment and activities such as visits to your Doctor of Chiropractic and/or other health care professionals, grocery shopping, and necessary supplies.

Thank you.

*This information is not intended to imply that chiropractic adjustments can cure Covid-19 infection nor can it prevent you from contracting Covid-19 if exposed.



1120 E Pleasant Run Rd
#400
DeSoto, TX



Monday's Hours
10:00AM to 12:00PM -
3:30PM to 7:00PM



(972) 807-2310
Call us now!



Request
Appointment

COVID19

To our CTC Family

Due to the notice of confirmed cases of COVID-19 in the DFW, we wanted to update you on procedures we are implementing to keep you and your family safe during this time.

**As we work hard to keep everyone safe and practice social distancing, we are asking ALL patients to wait in your car. When you arrive in the parking lot, give us a call and we will check you in. When a table or room is available for you we will call you to come into the office. Please advise us if you have traveled internationally in the last 14 days or have been in close contact with another person who has been diagnosed with or under investigation for COVID-19, and whether you have a cough, fever or shortness of breath.

Cleaning Measures:

Prior to the outbreak of COVID-19, our team members would disinfect the adjusting tables before and after shifts, and periodically throughout the day as needed. We have always had disinfectant wipes available to our Practice Members at the adjusting tables. You are more than welcome to use these at any time. Our office is professionally cleaned each week. Due to the recent pandemic, we following strict cleaning policies for the protection of both our staff and our patients. Each staff member maintains rigorous personal hygiene standards as well preparing for every patient interaction. Our Doctors will also be washing their hands frequently, using hand sanitizer, and cleaning the adjustment instrument with alcohol wipes.

We are using EPA's recommended disinfectants across the entire office. All adjusting tables and rooms are cleaned after every use (if not used cleaned every 10 mins.), and taking extra precautions to clean all surfaces of our office throughout the day, including: door handles, keyboards, countertops, computer screens, phone scanners, etc.

Each of our practice members have been instructed to wipe down their tables before use and to place face paper down on the adjusting table prior to laying down for their adjustment. This regular use of face paper serves as an additional safety measure to protect the practice members that we serve.

What Can YOU Do Now to Protect Yourself:

1. GET ADJUSTED!

It is now more important than ever to stay on track with your weekly chiropractic adjustments. PREVENTION of sickness and dis-ease is key! In fact, we have several practice members receiving extra adjustments this month, to help keep them healthy. We are eager to keep you well-adjusted through this time. With specific, neurologically-based chiropractic care.

2. STAY ACTIVE & MOVING!

Movement is vital to proper immune function. Have you ever noticed how people tend to get more sick in the winter months? This is partially due to inactivity. Science shows that movement and active lifestyles increase immune function. Keep an active lifestyle through this time to promote better immune function.

3. AVOID FEAR & WORRY!

Fear and worry leads to stress. Stress leads to decreased immune function. Don't allow fear to creep into your life and win. We don't want to minimize the seriousness of this global event, however we also recognize the need to keep ourselves as healthy as possible through this time, to maximize our health and body function. Utilize relaxation techniques to stay at ease, spend extra time enjoying life with your family and friends, think about the positive in every situation, and take action steps towards better health that you have control over.

We are aware that this COVID-19 outbreak is an active and rapidly evolving situation. We will keep you up to date if there are any further changes in our procedures.



DeMaio
Family Chiropractic
& Physical Therapy

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A Strong Immune System Is One Of The Best Defenses Against The Coronavirus (Covid-19)

PUBLISHED ON MARCH 17, 2020

***Our offices remain open to the public because chiropractic treatment MAY HELP strengthen the immune system. We OFFER WAYS TO HELP YOU IN THE defense against the **Coronavirus** and we are taking extraordinary measures and precautions to keep our patients safe.*

Have you ever wondered why only 1 or 2 family members catch a cold when there are 5 family members living in the same house?

The majority of the time it is because those 1 or 2 family members immune system may have been compromised or under stress at the time of exposure to the virus.

We are exposed to viruses and bacteria on a daily basis. Why aren't we always sick from these exposures?

Our bodies build active immunity against germs constantly; however, if your immune system is not healthy you may become ill.

If you have not been exposed to a specific pathogen you could have become ill as a result of first time exposure. This is especially true if your immune system is not functioning well or is compromised.

What can we do to protect ourselves from the Coronavirus?

Following sanitary practices; such as-washing your hands/hand sanitizers, wiping down surfaces with disinfectant, getting regular sleep and reducing stress are precautionary steps we can all take.

What else can I do to protect myself?

An extremely important step we can all take now is to STRENGTHEN OUR IMMUNE SYSTEM.

A healthy immune system is A PROACTIVE APPROACH to protect yourself from the Coronavirus.



What brings you here today

Coronavirus:

The Facts, the Factors, and the Role of the Nervous System

The coronavirus claims daily headlines across the nation and world. The sensational reports tend to focus on tragedies and the ultimate reality that sicknesses can be deadly. Other positive realities and facts exist as well. **The coronavirus is a common virus that causes an infection in the nose, sinuses, or upper throat.** Most coronaviruses do not accompany the deadly outcomes catching media headlines.

People infected with the coronavirus report coughs, fever, and respiratory issues. Some extreme cases involve pneumonia. Antibiotics do not work against this viral attack on the immune system. Recovery primarily involves the strength of the immune system. **The best weapon for the coronavirus and the flu begins with building a strong, proactive immune system.**



One drop of blood contains five million red blood cells, seven thousand white blood cells, and thousands of platelets. These cells work feverishly to heal and defend the body against foreign invaders. The most amazing element of the process comes from the fact that the body adapts and responds naturally and without a conscious decision to do so. The entire process of adaptation and response operates under the direction of the central nervous system.

Scientists discovered the unique connection between the central nervous system and the immune system and continue to compile research and evidence about the process. Chiropractic plays a key role because of the spine's relationship with immunity. Research shows that when the spine remains immobile or misaligned, the body operates in a heightened state of stress equivalent to being in battle. Operating in a heightened state of stress weakens rest, immunity, and growth within the nervous system. Gentle Chiropractic adjustments improve immunity by allowing the nervous system to function at maximum capacity for healing and repair. Chiropractic adjustments increase movement and improve alignment while reducing stress. **Evidence shows that people who receive regular adjustments report stronger immunity after beginning Chiropractic care.**

Research from 2010 determined that patients who received Chiropractic adjustments showed increased levels of a specific signaling molecule in the body called Interleukin-2. Interleukin-2 regulates the activities of white blood cells which are responsible for immunity. The molecule impacts the body's natural response to microbial infection and helps the body recognize and create specific responses that neutralize foreign invaders. **This protein molecule was found to be higher in those who received Chiropractic spinal adjustments when compared to those who did not.**

The primary focus of a Chiropractic adjustment does not center on treating a specific symptom or condition. The increased health and function from an adjustment represents an outcome which originates when interference is removed from the nervous system. While other professions focus on changing the environment to suit a weakened body, **Chiropractic pursues strengthening the body to suit the environment.**

Four Keys to Improving Immunity:

- 1) Stay on track with adjustments to keep the autonomic nervous system in balance.
- 2) Consume adequate amounts of Vitamin D, a major immune booster.

We are open for business. We are an essential health care facility not subject to closure.

[Click Here For More Information](#)

 (619) 536-0800  531 N Magnolia Ave
El Cajon, CA 92020



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Measures to Minimize COVID-19 infection

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Measures to Minimize COVID-19 Exposure and Help Keep You STRONG

1. Receive regular frequent chiropractic adjustments. Chiropractic adjustments assist your nervous system in working at optimal capacity to help you maintain good function. Stressful conditions can lead to increased susceptibility to a variety of diseases. **Existing patients are encouraged to keep their adjustment appointments and to consider an increase in the frequency of their adjustments to maximize their nervous system function and improve your overall health. If you are a NEW patient to our office, we look forward to serving you.**
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Request Consultation

Don't live with the pain any longer. Schedule a consultation today with Dr. Dilliard, D.C. at Dilliard Chiropractic P.C. in El Cajon to see how chiropractic care can help you with pain relief.

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Conditions

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Appointment



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Dr. Daniel B. Klein

Measures to Minimize COVID-19 infection

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MEASURES TO MINIMIZE COVID-19 INFECTION AND MAXIMIZE YOUR IMMUNITY TO PROTECT YOURSELF, FAMILY, AND LOVED ONES:

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Thank you.

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Our Service



Decompress
Spinal Rehab



Chiropractic
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Measures to minimize COVID-19 infection

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Measures to minimize COVID-19 infection

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Chiropractic

Chiropractic Care
Body Pain, Injury Rehab

1





Five Ways to Prevent Coronavirus

PUBLISHED ON MARCH 4, 2020

...And any common cold or flu

One: Wash Your Hands!

Proper hygiene is essential in keeping any virus and bacteria at bay. Using soap and water is more effective than hand sanitizer. Something easy to remember and tell your kids: keep your hands below your shoulders!



Two: Exercise!

Exercising 30-60 minutes each day will boost your immune system and prevent your body from succumbing to increased stress. But don't exercise too much: more than 90 minutes per day could make you more susceptible.

Three: Sleep Well!

Getting a good night sleep is essential for the immune system to recharge. If your body is fatigued, you have a poor chance of fighting off infections. Shoot for 7-8 hours of pure sleep per night!

Four: Take Probiotics & Eat Healthy!

Probiotics are "good" bacteria that can help your body stay healthy and protect it from "bad" bacteria. Vitamins including A, B6, C, and E, and minerals including zinc, iron, copper, and selenium have been shown to improve immune system function. Your diet should consist of a rainbow of fruits and vegetables, with extra citrus especially if you do get sick. Try Elderberry syrup and Ocilloccinum to naturally boost your immune system at the first signs of illness or before!

Five: Get Adjusted!

We all know that getting adjusted helps to improve symptoms from aches and pains but chiropractic care boosts your immune system each time you get adjusted! When you're under the weather, there is no better time to come in for an adjustment. Studies have shown getting adjusted improves your immune system by 200-400% each time you come in!

Recent Newsletters

May 2020 - Flexibility With Morning Stretches

April 2020 - Staying Safe And Healthy During Coronavirus

March 2020 - Natural Help For Carpal Tunnel



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Boosting Your Immune Function To Protect Yourself From Disease and Infections

PUBLISHED ON MARCH 12, 2020

Though it should be taken seriously, COVID-19 caused by the coronavirus is only one of a slew of viruses spreading around this winter in the United States. The Centers for Disease Control has issued infection prevention habits to curb the spread of the virus around our communities. These recommendations include washing your hands with soap and warm water for 20 seconds or more and avoiding going out when you are feeling ill.

These recommendations only scratch the surface of disease spread and prevention. Our body has a powerful ability to identify and manage foreign invaders like viruses and bacteria. The immune system is a complicated and elegant process that, when functioning correctly, can keep germs from multiplying and spreading and causing serious complications.

We want to add to the CDC list of disease prevention habits with some additional recommendations for maintaining or improving our body's natural, healthy immune response. Taking measures to maintain a healthy immune system not only prevents severe complications from viruses like COVID-19 but also ensures that we are healthy and robust to take care of others who might not be able to fight off infections.

Stay Hydrated

Water is essential for life; it makes up the vast majority of our bodies. Without water, humans can survive only four (4) days. Becoming dehydrated not only impacts your physical functioning, but it also can have adverse effects on mood and mental functioning. Being fully hydrated helps your liver, kidneys, and gastrointestinal system function properly so that your body can flush out toxins and infections. To ensure you are staying adequately hydrated, make it a point to have 8-10 full glasses (8 oz) or more of water each day.

Eat Healthy Foods

It's easy to slip into a comfort food habit when we are feeling stress or are locked up in our houses watching a neverending news cycle. Instead of reaching for those chips in the pantry, that candy hidden in the drawer, or ordering that pizza for delivery, focus on eating as many fruits and vegetables as you can into your daily meals. The more color and variety, the better for your immune system. The vegetables and fruits of our diets offer essential vitamins and minerals that support our body's immune function and immune response.

Reduce Stress

There is no longer any question that our minds and our bodies are linked, and that stress (whether real or perceived) has a negative effect on health and immune function.

We know it's easier said than done, but try not to "worry" about the spread of COVID-19. The act of worrying doesn't benefit you unless that "worry" instinct is quickly transformed into action to take care of yourself, your family, and your community.

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Recent Newsletters

May 2020 - Flexibility With Morning Stretches

April 2020 - Staying Safe And Healthy During Coronavirus

March 2020 - Natural Help For Carpal Tunnel

Studies have shown that a higher level of daily stress increases the risk of disease as much as smoking and poor diets. Don't be fooled that your ability to "handle" stress means you don't have stress. Just because you can stay productive in the face of stressful situations or feelings doesn't mean that the adverse effects of stress aren't felt by your body.

Take measures now to reduce unnecessary stressors in your environment. If the news or the internet is raising your stress level, then it isn't doing you much good to "stay in the know," instead turn off the TV and put away your phones. If you have to check-in, then do so only at certain times of the day and only for a prescribed period (15 minutes).

Find time for quiet and allow your mind and your body to relax. Take a nap or meditate for 15 minutes. These periods of stress reduction can work wonders for your immune system and for your ability to respond clearly and effectively to real stressors that show up in your daily life.

Move Around, Elevate Your Heart Rate

Your routines might change in the face of a viral outbreak such as COVID-19, but don't let that disruption in routine impact your regular exercise routine. Moving around and elevating the heart rate will keep your circulation moving. A healthy circulation goes a long way towards responding to and eliminating infections and toxins from the body.

Get Enough Sleep

You may already notice that you catch colds more easily if you haven't been sleeping well. This should be your first hint that getting enough sleep has positive effects on your immune system. Not sleeping enough also increases stress hormones in the body, and we already know what stress can do to your immune system. Most people should shoot for 7-9 hours of quality sleep each night.

To help your body get to sleep, reduce your exposure to blue lights from phones and computers for 1 hour before bedtime. Also, avoid eating within two hours of bedtime to prevent GI distress from interrupting your sleep. Lastly, try to keep your regular sleep habits even if other routines have flown out the window. Go to bed and wake up at generally the same time every day.

Supplements

There is some evidence that various micronutrient deficiencies — for example, deficiencies of zinc, selenium, iron, copper, folic acid, and vitamins A, B6, C, and E — alter immune responses.

So what can you do? If you suspect your diet is not providing you with all your micronutrient needs—for instance, you don't get enough fruits and vegetables — taking a daily multivitamin and mineral supplement may bring other health benefits, beyond any possibly beneficial effects on the immune system.

Get Adjusted

Put simply, the better your body is functioning overall, the better your immune system can work to protect you. In addition to reducing pain and discomfort and improving the body's ability to move, chiropractic care and spinal manipulations specifically have been shown to enhance the immune activity, improve communication between the immune and nervous systems, and reduce pro-inflammatory cytokines.

Taking action now to boost or support your immune system will not only help you to fight off infections like COVID-19 but will also help to improve overall health and wellbeing. Combining these immune-boosting practices and the CDC recommendations for infection control are your key to keeping your self, your family, and your community healthy.

We are open for business. We are an essential health care facility not subject to closure.

[Click Here For More Information](#)

Measures to Minimize COVID-19 infection

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7. For healthy non-symptomatic individuals limit public exposure to essential workplace employment and activities such as visits to your Doctor of Chiropractic and/or other health care professionals, grocery shopping and necessary supplies. Health care services are being encouraged to continue to maintain your health and function.
8. We have been serving this community for over 35 years. We have the utmost concern for our patients and staff. We, as a People, need to stay calm, vigilant with our prevention

Book Your Appointment

Don't live with the pain any longer. Schedule your appointment now with our chiropractor and see how chiropractic care can help you recover from an auto accident injury.

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Auto Injury Symptoms

Headaches & Dizziness

Whiplash & Neck pain

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Lower Back Pain

Hip & Leg Pain

1





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Pain Relief Today

Battle the Coronavirus Bug With Chiropractic

PUBLISHED ON MARCH 19, 2020

With the coronavirus pandemic impacting our globe, we're social distancing, washing our hands scrupulously, and wiping down surfaces with antiviral products. Those are all good habits to help protect yourself against COVID-19. However, there's another important step you can take. Get a chiropractic adjustment. After all, chiropractic does much more than relieve back and neck pain; it helps you stave off serious illnesses.

How Does Chiropractic Help?

Chiropractic care removes interferences to the body's capacity to resist illness and infection. "The purpose of chiropractic care is to remove the interferences in the flow of energy that would shackle the nervous system's ability to carry energy to all parts of the body that control how well the body functions," said Dr. Freedman. When the body has interference in energy flow, it doesn't perform as well. Since the immune system is one of the most critical functions of the body, the immune system is hindered in its ability to operate as well as it can. When that happens, the body is much more susceptible to illness. It becomes immune-compromised. All experts agree that when it comes to coronavirus, people who are most at risk are those who are immune-compromised.



Add Chiropractic to Your Wellness Repertoire

Here are things you should be doing to stay well:

- Eat a nutrient-dense diet
- Exercise
- Get proper rest
- Maintain a positive attitude
- Wash your hands for 20 seconds after being out in public
- Have regular chiropractic care

Of course, getting chiropractic care is one of the most crucial things you can do. Regular chiropractic checkups help the body fight viruses and bacterial infection, including coronavirus.


Enhancing Your Body's Ability to Heal

Through regular chiropractic checks, you can improve your immune system and its response and strength. If you do get infected, you'll have a greater ability to heal and respond faster and more completely. There's considerable research out there about chiropractic's positive impact on the immune system. Here's an [article](#) you can check out. Help fortify your body against coronavirus. Contact us today to schedule an appointment. We are here for you.

We are open for business. We are an essential health care facility not subject to closure.*

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Auto Injury Symptoms

- Headaches & Dizziness
- Whiplash & Neck pain
- Shoulder & Upper Back Pain
- Lower Back Pain



Measures to Minimize COVID-19 infection

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Measures to Minimize COVID-19 infection and maximize your immunity to protect yourself, family, and loved ones:

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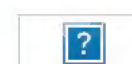
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Research and Best Practices to protect yourself through this pandemic...

Pure Chiropractic| Statement and Research

PURE CHIROPRACTIC: Statement on COVID-19

Due to the notice of confirmed cases of COVID-19 in Illinois, we wanted to update you on procedures we are implementing to keep you and your family safe during this time.

Cleaning Measures:

Prior to the outbreak of COVID-19, our team members would disinfect the adjusting tables before and after shifts, and periodically throughout the day as needed. We have always had disinfectant wipes available to our Practice Members in the adjusting rooms. You are more than welcome to use these at any time. Due to the recent pandemic, we are now increasing our frequency of cleaning these adjusting tables to every 30 minutes, and taking extra precautions to clean all surfaces of our office throughout the day, including: door handles, keyboards, countertops, computer screens, etc. Each of our practice members have been instructed to place face paper down on the adjusting table prior to laying down for their adjustment. This regular use of face paper serves as an additional safety measure to protect the practice members that we serve.

Education & Research:

We understand that there is a swirl of anxiety and fear regarding the present situation. It is our goal to put you at ease amidst this global event. We have a host of resources in our office to help you better understand the vital role that chiropractic care has on your health and your immune system.

What Can YOU Do Now to Protect Yourself:

1. GET ADJUSTED!

It is now more important than ever to stay on track with your weekly chiropractic adjustments. PREVENTION of sickness and dis-ease is key! In fact, we have several practice members receiving extra adjustments this month, to boost their immune system. We are eager to keep you well-adjusted through this time. With specific, neurologically-based chiropractic care, should you contract any illness, your healing and recovery times will experience a boost.

2. STAY ACTIVE & MOVING!

Movement is vital to proper immune function. Have you ever noticed how people tend to get more sick in the winter months? This is partially due to inactivity. Science shows that movement and active lifestyles increase immune function. Keep an active lifestyle through this time to promote better immune function.

3. AVOID FEAR & WORRY!

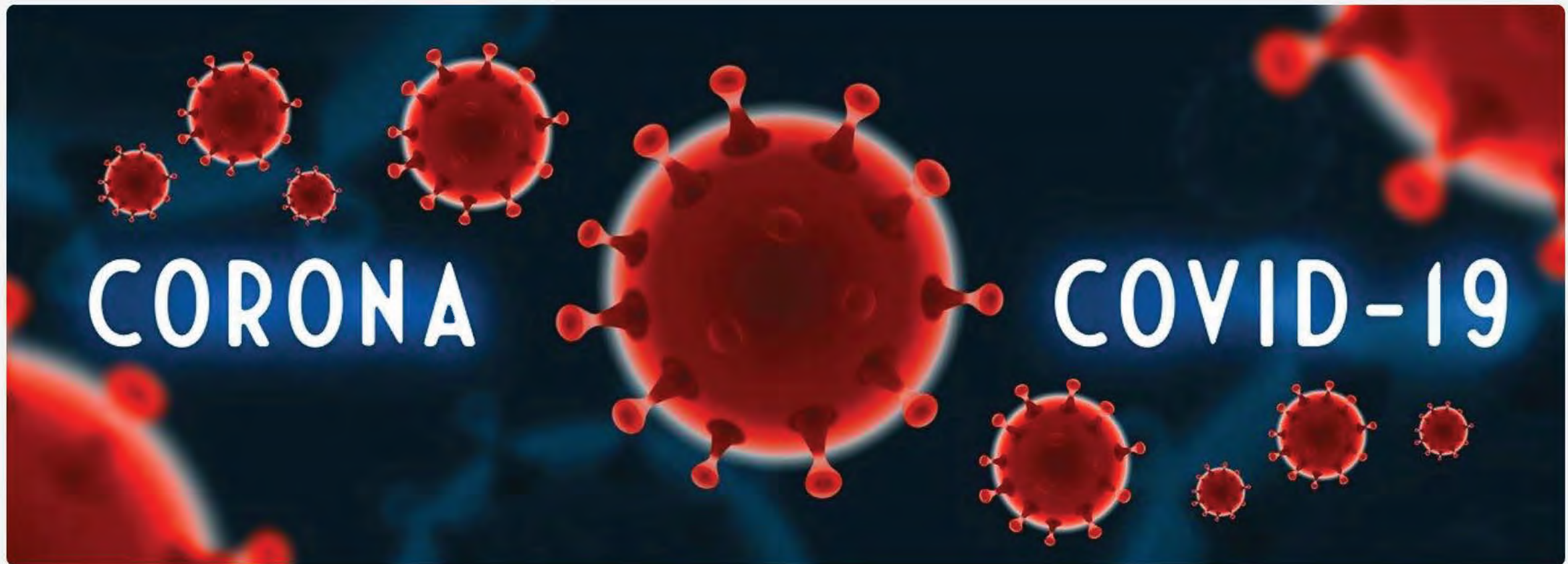
Fear and worry leads to stress. Stress leads to decreased immune function. Don't allow fear to creep into your life and win. We don't want to minimize the seriousness of this global event, however we also recognize the need to keep ourselves as healthy as possible through this time, to maximize our health and body function. Utilize relaxation techniques to stay at ease, spend extra time enjoying life with your family and friends, think about the positive in every situation, and take action steps towards better health that you have control over.

Should you have any further questions or concerns, feel free to email Dr. Erick directly at: erick.dobrzynski@gmail.com

We are aware that this COVID-19 outbreak is an active and rapidly evolving situation. We will keep you up to date if there are any further changes in our procedures.

Thank you for entrusting us with your health!

Chiropractor Fort Collins: Can Chiropractic Care Help Boost Your Immune System?



In The Midst Of Fear And Panic Gripping Our World Because Of The CoronaVirus (COVID-19), It's Important To Remember That The Power That Made Your Body, Heals Your Body. Did You Realize That By Getting Adjusted And Having A Chiropractor Remove The Interference On Your Nervous System, You're Increasing Your Immune Response By 4 Fold, Or 400%?

If we go far back into the history of chiropractic to the horrific 1917-1918 Spanish flu pandemic, you'll find that this drugless, non-surgical method of healing proved itself impressively! Based on historically documented evidence, many people found relief during the epidemic by visiting a chiropractor.

We found this article on how chiropractors helped their patients during the 1918 Flu Pandemic that we thought you might also find interesting: [The Official History Of Chiropractic in Texas by Walter R Rhodes, DC Published by the Texas Chiropractic Association, 1978.](#)

Here is an especially interesting quotation:

"When interviews of the old timers are made, it is evident that each still vividly remembers the 1917-1918 influenza epidemic. We now know about 20 million persons [recent estimates are as high as 100 million deaths] around the world died of the flu, with about 500,000 Americans among that number. But most chiropractors and their patients were miraculously spared, plus we repeatedly hear about those who decided to become a chiropractor after a remarkable recovery or when a close family member given up for dead suddenly came back to vibrant health."

Chiropractic care became extremely popular after the 1918 Flu Pandemic. As Rhodes writes,

"The fabulous success of chiropractic in combating the 1917-1918 influenza outbreak was the public relations breakthrough that was desperately needed. Better acceptance by the public followed. Dedicated chiropractors came into the profession in increasing numbers and they had a sure sense of certainty, heady conviction, and a great willingness to fight for the cause."

While many people associate going to the chiropractor with treating back or neck pain, there are more benefits that pain relief! Chiropractors think of treating the whole body, and getting chiropractic care can aid in your overall health, including improving your immune system. When your central nervous system is not functioning to its optimal capacity, your body will suffer.

Keeping the spine in alignment allows all parts and systems of the body to function more effectively, helping support the immune system's ability to fight illness.

If you know of a friend or family member who needs to be adjusted and get their immune system boosted, [ask us about our current referral special!](#) Let's not let this season be dominated by fear, but spend it continuing in our journeys to a strong, healthy spine for life. Revelations Chiropractor in Fort Collins is here for you. [Please contact us](#) with any questions you may have.

Blog > How Chiropractic Can Protect YOU From COVID-19!

 [RSS Feed](#)

How Chiropractic Can Protect YOU From COVID-19!

posted: Mar 21, 2020.

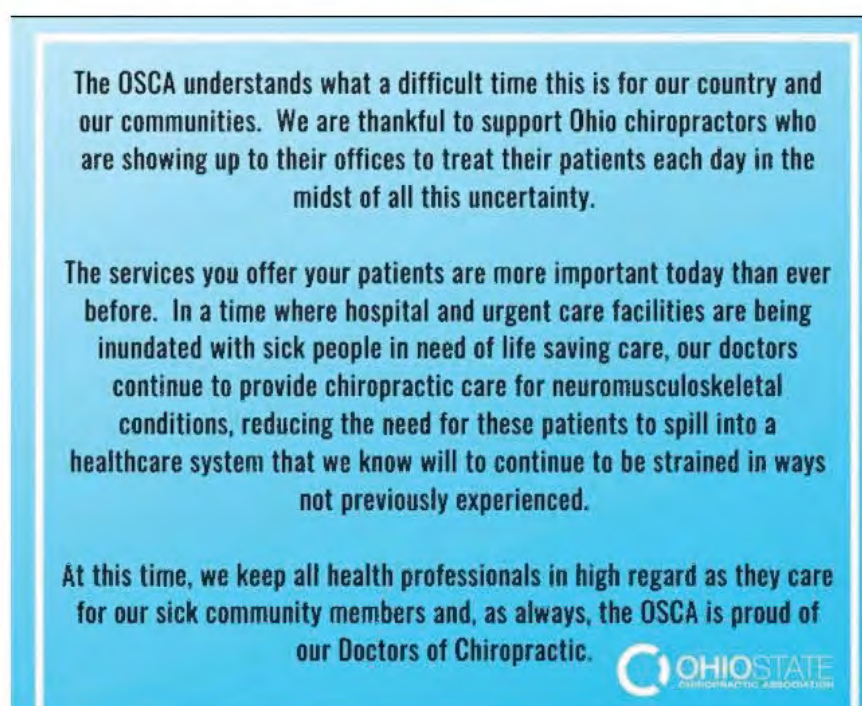
Message From The Docs:

Want to know why we don't get sick?

These are the steps we take daily to keep our immune system functioning at optimal levels. Instead of panicking and retreating, we are forging ahead and serving our patients and community. By taking the proper steps, our community can minimize the effects of COVID-19. We have been boosting our immune systems all year to handle viruses such as common cold, the flu, or COVID-19. How do we keep ourselves healthy with a strong immune system during flu/virus season you ask?

1. Eating a healthy diet rich in proteins, fruits, and vegetables. Avoid sugars and highly processed foods, both of which weaken the immune system.
2. Keep up with your exercise routine. Don't resort to a stagnant lifestyle at a time like this! Exercise in the house is necessary. YouTube has plenty of material for at home exercise ideas.
3. Sunlight. Yes! Getting sunlight is a great way to increase vitamin D levels in the body, which ultimately will boost your immune system.
4. Taking the proper supplements for immune health. Even a great diet could use a little extra help at a time like this, Listed below are the doctors' go-to supplements to keep your immune system working at peak levels.
5. Basic steps like washing your hands frequently and avoid touching your face.
6. Lastly, we practice what we preach here! Chiropractic adjustments to the correct levels of the spine as scientifically shown to boost the immune system upwards of 200%. Skipping out on your adjustments is the last thing we should be doing right now. Our team is taking every precautionary step needed to keep our environment free from germs and exposure. We will get you in and out of here as quickly as possible.

Message From The Ohio State Chiropractic Association (OSCA):



To Our Local Health Care Providers:

Over the years, our office has shared many patients with our local health care providers. Our nation is in crisis right now, and all health care providers are affected by this COVID-19 pandemic. We are here to help relieve some of the stress and burden these offices face by helping to co-manage non-emergency cases. If you, or someone you know is dealing with an acute or chronic issue such as low back pain, neck pain, headaches, or more, please reach out to our office. Let's give our fellow health care providers the space they need to deal with this pandemic the best way they know how. And let us get you back on track the best way we know how.

But How Does Going To The Chiropractor Help With My Immune System?

While many may associate chiropractic treatment with those that are suffering from neck or back pain, know that there are more benefits than that! Chiropractic care aides in the overall health of patients and although adjustments of the spine help in relieving the pain of those suffering from back and neck discomfort, these adjustments also aide in our immune system. Our immune system is directly connected to our spine and when it is not aligned, it may throw your entire system off track. Thus, resulting in a non-responsive system.

One of the main causes of immune system problems comes from subluxations (compression of nerve pathways). Chiropractors may use a variety of spinal manipulation to help relieve this compression and in turn may boost your immune system!

Recommended Daily Doses During Cold/Flu Season:

- **Vitamin C** - 3,000-10,000mg
- **Vitamin D3** - 10,000 IU
- **Zinc** - 50mg
- **Elderberry** - 1oz -- 2x a day
- **Colloidal Silver** - 1 tbsp



Welcome to Hartland Chiropractic & Wellness

Hartland
CHIROPRACTIC & WELLNESS



COVID-19: What you should know

PUBLISHED ON MARCH 13, 2020

The COVID-19 virus has presented the world with a health situation of heightened stress and concern, so I want to personally take a moment to share with you some facts regarding this coronavirus, suggest ways to easily help safeguard your family during this time, and hopefully ease your mind.

Viruses have long-affected the human population (that's just part of life!) but the "newness" of this particular virus in people, has created a great (albeit potentially over-exaggerated) fear of the unknown. Therefore, educating ourselves with reliable information is one of our greatest strengths in situations such as this.

Here are the facts...

What is a coronavirus? Coronaviruses are a large family of viruses which may cause illness in animals or humans. Many times these viruses are first spread to humans from wild animals. They commonly cause respiratory infections in people. Fortunately, our species has encountered (and thrived against) a multitude of other known coronaviruses.

What is COVID-19? COVID-19 is the name of the current infectious disease caused by the most recently discovered coronavirus.

How is a coronavirus spread? These viruses are spread by droplets from the mouth or nose in the form of mucous and saliva, exhalation, runny nose, coughing, and sneezing.

What are the symptoms of the virus? The symptoms of the virus are very similar to other cold and flu strains, but could become more serious in immune compromised individuals. The most common symptoms of the virus include: fever, tiredness & dry cough. Other symptoms may include: body aches/pains, congestion, runny nose, sore throat or diarrhea.

How long does it take from contracting the virus to showing symptoms? The "incubation period" means the time between catching the virus and beginning to show symptoms of the disease. Most estimates of the incubation period for COVID-19 range from 1-14 days, most commonly around five days. Meaning you can feel well and look well, but still be carrying (and spreading) illness, before you notice you are personally sick. However, this is very similar to other viruses and explains how illnesses seem to "spread silently and quickly" or "cause sudden outbreaks." Although this is understandably scary, it is common in the cycle of infections.

Should I wear a mask to protect myself? Only wear a mask if you are ill with COVID-19 symptoms (especially coughing) or are caring for someone ill with symptoms. Instead of wearing gloves, simply wash your hands. *Please DO NOT unnecessarily purchase/overuse personal protective equipment that is essential for those who are actually ill and needed for healthcare providers who are in constant contact with sick individuals and require these supplies. Feeding into mass-hysteria and over buying essential healthcare items creates a supply shortage, is highly counterproductive and may be harmful for those in actual need of this equipment.*

Should I worry about COVID-19? Illness due to COVID-19 infection is generally **mild**, especially for children and young adults (as directly stated by the World Health Organization.) However, it can cause serious illness in the elderly or other immune compromised individuals (ie. those with cancer, lung conditions, heart conditions, and autoimmune diseases).



What are we constantly doing to help safeguard you while visiting our office?

- Maintaining our cleanliness policies by regularly wiping down and disinfecting tables, surfaces, & equipment with medical-grade disinfectants throughout the day.
- Thoroughly washing hands.
- Providing you trustworthy, factual, and reliable information. We will continue to provide you up to date guidance as needed and welcome any questions or concerns you may have about COVID-19 or other health topics.
- **Asking that any ill individual or caretaker of a sick person remain home and not come into the office.** As with ANY infectious disease, our policy is that that you kindly remain home if you are unwell or closely caring for a sick family member, so as to avoid spreading illness unnecessarily to other patients and our Hartland staff. *Particularly if you (or anyone in your household) is running fever, coughing, or has a sore throat at this time, we ask that you maintain respect for our healing space by NOT coming into the office until your ENTIRE household has been **symptom-free for at LEAST 7 days!** (Remember, you can still carry and spread illness for weeks even if you don't feel sick.)*



How can I protect myself and others, while preventing spread of the virus?

While the spread of a new virus can be scary, humans have encountered countless viruses during our existence. **A healthy level of caution is appropriate but panic is not productive.** So let me instead encourage you to channel your concerns into actions to better protect yourselves, your loved ones and our community...



The best ways to prevent the spread of any virus is with good respiratory hygiene and thorough hand-washing. Since this virus is spread by contact with infected droplets the easiest and most effective ways to avoid infection are:

- **Regularly wash your hands with warm water and lots of soapy bubbles!** (The mechanical process of scrubbing and rinsing hands is preferred over simply using a sanitizer gel.) I recommend singing the ABC's slowly while you wash so you more adequately clean. You may use an alcohol-based sanitizing gel as secondary, quick option if you cannot wash hands.
- **Maintain polite respiratory hygiene!** This is a simple habit our parents taught us as children. **Ensure that you cover your mouth and nose with a tissue, your hand, or your bent below when coughing or sneezing.** Then dispose of any tissues and wash your hands.
- **If you are unwell, STAY HOME!** Should you find yourself ill with COVID-19 symptoms (or any other flu/virus symptoms) use common sense & courtesy by avoiding contact with others and staying home. (Especially if running fever, coughing, or experiencing a sore throat.) However, if you are having difficulty breathing or experiencing more serious symptoms, call a medical professional in advance of an appointment and follow their directions for care.
- Maintain a 3-foot distance from sick individuals (especially those who are coughing and sneezing).
- Avoid touching your face, mouth, eyes, or nose after touching public surfaces so as to prevent bringing virus particles that may be on surfaces into contact with your own body.
- Wipe down commonly contacted surfaces of your home (such as doorknobs, toilets, sinks, kitchen table, refrigerator handles, phones etc) with *antiVIRAL* products once daily. (Anti-bacterial solutions are not effective against viruses.)
- Avoid crowds when unnecessary, but don't be afraid to get some fresh air, sunshine, and live your daily life!
- Avoid fueling undue hysteria and hygiene supply shortage by unnecessarily stockpiling everyday essentials such as soap, toilet paper, filtered water, hand sanitizer, gloves, and medical masks. These behaviors are counter-productive to greater community illness prevention.

Other ways to naturally encourage a strong, adaptive, and healthy immune system are:

- **GET ADJUSTED when you are well!** Keep your immune and nervous systems strong and adaptable by maintaining monthly wellness adjustments. However, as with all other illnesses, we ask that you do not come to the office when you are sick or caring for sick individuals, and until symptoms have been absent from your entire household for at least one week.
- **SLEEP!** Being well rested with 6-8 hours of sleep each night is necessary for adequate immune function and bodily repair.
- Be consistent with your normal immune strengthening regimen. Maintain a diet low in processed foods, sugars, and excess carbs. Feed your body plenty of colorful vegetables, lean proteins, and hydrate with water throughout the day. Utilize vitamins and supplements to boost your immune strength such as: a daily multivitamin, daily probiotic (80% of your immune system lives in your health gut bacterial!), and Elderberry syrup/supplement (shown to have antiviral properties). You can find my favorite medical-grade supplements on our Hartland Dispensary here: <https://us.fullscript.com/welcome/hartlandchirowellness>

For our fact source reference, more information, and to stay up-to-date on reliable health information, visit <https://www.who.int/>

We are open for business. We are an essential health care facility not subject to closure.*

[Click Here For More Information](#)

Our Mission is to Help you Heal so you can do all that you Enjoy Everyday of your life at your FULL Potential with Optimum Function through Chiropractic Care."



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Measures to Minimize COVID-19 infection

[Home](#) > [News](#) > [Measures to Minimize COVID-19 infection](#)

Measures to Minimize COVID-19 infection and maximize your immunity to protect yourself, family, and loved ones:

1. Receive regular frequent chiropractic adjustments to enhance your entire body performance including your immune system.
2. COVID-19 clinic protocols involve social distancing during your clinic visit. Our large indoor and outdoor reception area allows for 6 feet distance between patients entering and exiting our clinic. Additionally our frequent disinfection protocols and procedures have always been and will remain exceptional. Our large clinic facility allows patients to be adjusted without coming near (6 feet) of other patients. All Doctors will wash and disinfect hands in between patients (this is more effective than glove procedures).
3. Protect and confine your elderly loved ones (80+ yrs old) and minimize any public contact especially those with chronic illness such as: cardiovascular disease, lung disease, immune disease, and/or diabetes.
4. Practice excellent hygiene which involves frequent washing of hands for 60 seconds in hot water with lathering soapy disinfectant suds.
5. Hydrate with 2-3 liters of pure fresh water per day. Eliminate intake of any processed foods and increase fresh fruits, vegetables, and high protein food sources (preferably organic). Vitamin and mineral supplements (consult with your Doctor of Chiropractic for recommendations).
6. **If you have a fever, shortness of breath, and cough do not visit our clinic and immediately report to a local medical facility for COVID-19 testing and if necessary treatment and quarantine.**
7. For healthy non symptomatic individuals limit public exposure to essential workplace employment and activities such as visits to your Doctor of Chiropractic and/or other health care professionals, grocery shopping, and necessary supplies.

Thank you.

*This information is not intended to imply that chiropractic adjustments can cure Covid-19 infection nor can it prevent you from contracting Covid-19 if exposed.

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Chiropractic Associations





Coronavirus (Covid-19)

I know you all have been bombarded with notices, news and emails about the COVID-19 situation. I am hoping, this cuts through the typical administrative emails you have been receiving.

WE ARE OPEN.

We have actively been cleaning and disinfecting ALL surfaces from the parking lot all the way to our adjusting rooms. All door knobs, counter tops, tables, etc. We have always practiced wonderful hygiene practices but now we have doubled our efforts. Dr. Chad and Dr. Katie will be washing hands between EVERY patient and if unable, will be disinfecting hands with hand sanitizers.

All tables, chairs and surfaces will constantly be wiped down after EVERY use.

There is still much more YOU can do to protect yourselves during these times.

Your immune system is you #1 defense against all bacterial and viral infections. Fortunately, we have ultimate control over the state of our immune systems and our families. Here are some of the best practices that we follow even in our own homes.


- **GET PLENTY OF SLEEP.** Often minimized as a source of immune response but studies have shown that deep sleep improves the immune system directly. Lower your lights 1 hour before bedtime, minimized backlit screens and cuddle with your loved ones till you are lulled into a drowsy state. Do not fight it. Let your natural physiology take over and drift off into a deep slumber.
- **HYDRATION.** The #1 deficient nutrient in most Americans is WATER. Staying hydrated is critical for EVERY biochemical process in your body including your immune system. The only side effect to proper hydration is that you will "pee" a lot. Inconvenient, I know. But a small price to pay.
- **GET ADJUSTED.** Regular chiropractic adjustments have been proven to boost your immune system (1). This is accomplished by improving the state of the nervous system which in turn improves the immune system.
- **EAT WELL.** Be sure to eat a healthy diet. Avoid sugars if at all possible and do not overeat. Try to "graze". In other words, eat smaller meals throughout the day instead of sitting and eating 3 meals and gorging. You all know what I'm talking about. This helps sustain a proper blood sugar level and prevents the moments of being "famished". We all know what happens when "you're so hungry you can eat a cow".
- **HEALTHY SOCIALIZATION.** Although the government is encouraging "de-socialization". I encourage you to reconnect with your nuclear family through conversation, family games and lots of hugs and cuddling. Family communication and physical touch have long been associated with decreased stress and improved overall health including the immune systems of the entire family.

The chiropractic industry is communicating together as well and as one of my colleagues said, "Let's practice PRUDENCE but not PANIC". Taking the above precautions is PRUDENT. Wearing full body suits and showering with PURELL would be PANIC.

Thank you all for the opportunity to serve you and your families.

Chad Updike, DC

Katie Canar, DC

 ooke Riddle

Dear Patients,

Horn Family Chiropractic is OPEN for Business...

Please know at Horn Family Chiropractic we continue to take proactive steps to monitor the unfolding events and information to prevent the Coronavirus (COVID-19). We want to assure you that we are following all of the CDC recommendations and guidelines. We are diligent about wiping down surfaces that come in to contact with hands. If you have questions or concerns about anything related to the COVID-19, your scheduled appointments, or your care in the office, please contact us at [\(570\) 882-9009](tel:5708829009) or email the doctors directly at familydc@stny.rr.com.

BEST PRACTICES FOR STOPPING THE SPREAD OF VIRUSES

1. Regularly and thoroughly wash your hands with soap and water for 20 seconds.
2. Maintain at least a 3 foot distance from anyone who is coughing or sneezing.
3. Avoid touching your eyes, nose, and mouth.
4. Follow good respiratory hygiene. Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Dispose of the used tissue immediately and wash hands.
5. Clean surfaces with disinfectant. (Counters, key boards, phones, electronics, etc.)
6. If you feel unwell, please call our office to speak with one of doctors.
7. If you develop a fever or have difficulty breathing, seek medical advice promptly.

PLEASE LET US KNOW IN ADVANCE OF YOUR NEXT VISIT IF:

1. You have traveled internationally in the last 14 days or returned from a cruise in the last 14 days.
2. You have any flu-like symptoms, esp. fever, cough or difficulty breathing.
3. You have tested positive for Coronavirus (COVID-19).
4. You have been directly exposed to someone who has tested positive for Coronavirus (COVID-19).

WAYS TO BOOST YOUR IMMUNE SYSTEM

1. **Chiropractic Care** – Keep your immune system strong by getting regular chiropractic adjustments.
2. **Avoid Sugar** – Sugar depletes the body of minerals and can compromise immune system function.
3. **Stay Hydrated, Increase Water Consumption** – At least 5-6 glasses/day.
4. **Get Plenty of Rest** – If you are tired, fatigued, and stressed it creates a perfect storm for a virus to take hold of your system. Get an extra 30-60 minutes of sleep per day.
5. **Exercise** – Increases lymphatic flow and provides significant immune benefits.
6. **Consider Proper Supplementation** (Available at Horn Family Chiropractic)
 - Vitamin D3 – Taking 5,000 IU of Vitamin D daily can help to improve immune system function.
 - Agrisept – A natural anti-bacterial, anti-viral, anti-fungal antioxidant to improve immune
 - Bio-Immunozyne-Forte – Biotics Research Corporation's premier multi-vitamin for immune health. Three capsules daily for prevention and up to 9 capsules daily if you are not feeling well.
 - Vitamin C – Take 1000-3000 milligrams daily to develop and maintain a healthy and strong immune system.
 - Probiotics – Promotes the function of natural anti-bodies in the body.

- Your Healthcare Team at Horn Family Chiropractic

Build your immune system!

[Home](#) Tag / covid-19

March 15,
2020



COLLARD
CHIROPRACTIC
& ACUPUNCTURE



Build your immune system!

Tags : buildimmune

Category : Blog

coronavirus covid-19

Chiropractic Education

immune system

Uncategorized

Here are some tip how you and your family can build strong immune systems.

- **Chiropractic adjustments**
- **Acupuncture**
- **Get more sleep**
- **Healthy diet with fruits and veggies**
- **Exercise**

Spinal adjustments have been shown to boost immune function because they serve to correct the spinal misalignment that cause neural dysfunction. Neural dysfunction stresses a body out, which may lead to a weakened immune system and lowered response to a foreign body, such as a virus. Getting a chiropractic adjustment is a great place to start so you can get any spinal misalignment you may have corrected. Even one adjustment can bring about an immediate immune boost.

Acupuncture can regulate immune function and treat the underlying cause of the disease by reducing symptoms, speeding up the healing of infection and normalizing the body's immune response.

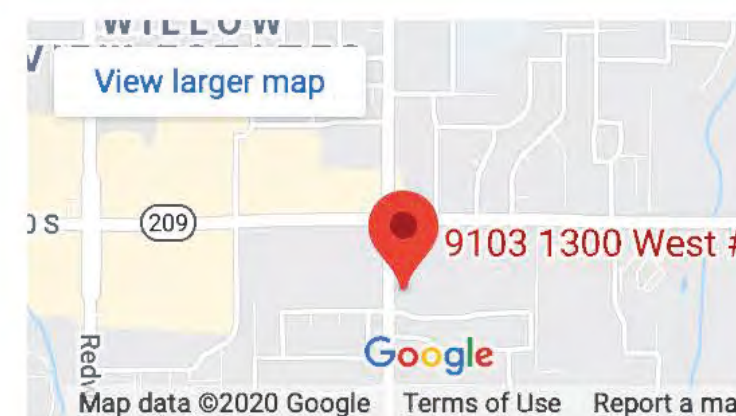
Get more sleep! We are a nation of sleep-deprived individuals, but you don't have to be one of them. Sleep helps your body to reset and recharge, and keeps your system firing and protecting in the way that it should.

Boost your immune system with a diet packed full of healthy fruits and vegetables. Cut back on sugar and processed foods. Add vitamins D from sunlight, C and Calcium from a high quality supplement. Dr. Collard uses the example if you throw beans on the sidewalk they won't grow. A virus needs a week environment

SEARCH



ADDRESS



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HOURS

Monday: 9-12, 2:30-6

Tuesday: 2:30-6

Wednesday: 9-12, 2:30-6

Thursday: 9-12, 2:30-6

Friday: 9-1

REVIEW US



April 22, 2020

Improved Immunity During Covid-19

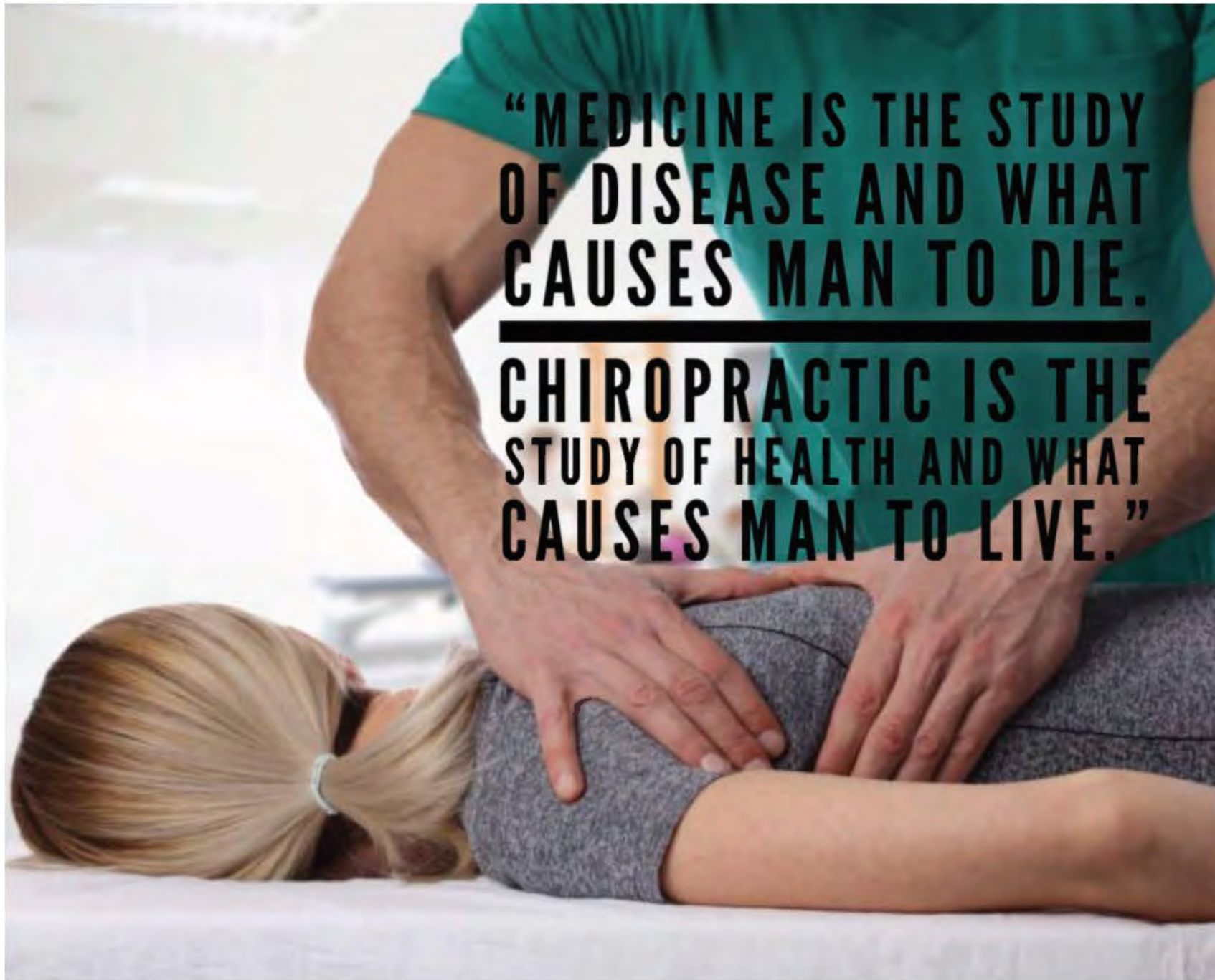


Which is better, a good offense or a good defense? The best teams in sports have both. And with the COVID-19 pandemic continuing to spread, that same rule applies to your health. By now we're all aware of the defensive strategies being mandated to mitigate the spread of this virus (closing of schools and businesses, cancellation of sporting events, social distancing, facemasks, etc.) The list goes on and on. All of these strategies are important, but exposure to the virus at some point is inevitable and a good offense will be crucial in remaining healthy. So what can you do to create a strong offense within your immune system? There are many things you can do but what is the single most effective option? Get Adjusted!

Chiropractic's role in immunity has been recognized since the 1918 Spanish flu pandemic which claimed an estimated 20 million lives worldwide (500,000 in the U.S.). In the midst of the Spanish flu epidemic, the health care community discovered that the death rate of chiropractic patients was radically lower than that of non-chiropractic patients. In fact, it was this success in caring for Spanish flu victims that led to the professions licensure in many states. Researchers in Iowa found out that 1/15 victims died under medical care where as only 1/866 victims died under chiropractic care. These results are part of the proven, crucial link between the body's nervous system and the immune system. Chiropractic deals with the function of the nervous system which is the body's master controller. It controls and coordinates 100% of your body's functions, including immunity. If your nervous system's communication isn't in sync, immunity and other functions can diminish. Chiropractic adjustments address these communication errors and boost the immune system by allowing it to function optimally.

In another study, the immune systems were measured of people under chiropractic care and compared to both those in the general population and those with cancer and other serious diseases. The chiropractic patients were found to have a 200% greater immune competence than those who had not received chiropractic care and a 400% greater immune competence when compared to those with cancer and other serious diseases. Through other research, it is found that the adjustment actually increases white blood cell counts giving individuals with adjusted spines an advantage in fighting off foreign viruses and bacteria that they are exposed to.

COVID-19 and Chiropractic Care



COVID-19 and Chiropractic Care

Nicki Thomas April 21, 2020

COVID-19 has been called a once-in-a-century pandemic. Because the disease is so new, there is no cure or vaccinations against the Coronavirus. The CDC and National Institutes of Health have begun promoting the benefits of chiropractic care to the immune function during this global pandemic.

Chiropractic is a health care discipline which emphasizes the inherent recuperative power of the body to heal itself without the use of drugs or surgery. The practice of chiro focuses on the relationship between structure (the spine) and function (as coordinated by the nervous system) and how that relationship affects the preservation and restoration of health.

This Pandemic has resulted in changes to our everyday lives and has created increased levels of stress, anxiety, and fear. Scientific evidence has validated that long-term exposure to stress negatively effects the immune system.

The immune system can distinguish between normal, healthy cells and unhealthy cells by recognizing a variety of "danger" cues. Infectious microbes such as viruses and bacteria release another set of signals recognized by the immune system. When the immune system first recognizes these signals, it responds to address the problem. If an immune system response cannot be activated when there is sufficient need, problems arise, like infection.

(You can read the full article [here](#)).

We assure you that our office is safe during this time. To boost your immunity, you can schedule your appointment for an adjustment today!

Search

816.569.6577

About

Dr. Kobler is one of the premiere chiropractors in the Kansas City area, with over 8 years of experience in chiropractic care and wellness.

Mobile Office



Kobler Chiropractic and Acupuncture LLC is excited to introduce to you our business mobile unit. That's right, we are now equipped to visit your business today, with all the offerings of a regular chiropractic office visit. Our one-of-a-kind mobile unit includes a traction table and rehabilitation equipment for you and your co-workers to save you time from your busy schedule.

Pages



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Corona Virus and Why we stay open

 Posted on March 14, 2020  MooreChiro

To our Chiropractic Family

We understand that concerns about COVID-19 (the coronavirus) have been escalating around the world, and are now here in Minnesota. As a precaution, we are doing all that we can to protect our patients and create an environment where you continue to feel safe and healthy.

Here is an overview on the steps we are taking:

CLEANING: While our office is cleaned readily, we have already increased efforts to sanitize and disinfect key, high-trafficked areas, including the tables, check-in computers, tools, kids areas, door knobs, handles, and the bathrooms.

KIDS AREAS: Your children will notice a couple of differences when they come in. Our kid's area now only has a few easily cleanable toys.

With that said, we understand that if you are sick or feeling ill, we encourage you to stay home. Though we know getting adjusted is one of best things you can do for cold/flu, the elevated circumstances prohibit travel and public exposure.

For the rest of us, by getting adjusted regularly and removing nerve interference, it enhances and optimizes your immune system to have a better chance of fighting any virus/flu and heal itself faster. Below are some studies from the smart guys with pocket protectors and bow ties (hey wait I wear bow ties 🙄) about Chiropractic and the Immune system.

Long story short, I will be here on Monday and going forward unless I feel ill in which case I'll be open 2 days later once it's gone. I am and will continue to be here to help people stay well or get well.

In health,

Dr. Moore

CORONA FACTS TO HELP KEEP YOU SAFE AND HEALTHY!

1. Corona has been around for a long time. This strain/variant of it may be new but the corona virus is in the same family as SARS.
2. Corona can not thrive where Vitamin C lives. So give the kiddos vitamin C chews daily. Adults need 1000-2000 mg a day. Vitamin D3 is the firepower that fuels your immune system-consider 5000IUs/ day for adults and 2000 IUs for children. (Please consult your physician if taking medications and we have all these available in office)
3. Elderberry daily helps as well.
4. Wash your hands for 20 seconds with soap and water vigorously (seriously wash your mitts) and don't touch your face.
5. Corona affects people with compromised immune systems the most.
6. Masks do not stop it!
7. We heal from the inside out and make sure you are eating healthy as possible with low or no sugar. One snickers bar drops your immune system around 75%.
8. Get your nervous system checked! It controls your whole body and immune system! A chiropractic adjustment can boost your immune system 200%!

Here are a couple excerpts and references to studies on Chiropractic and the Immune System you can copy and paste into google the references for more information:



CORONA-VIRUS (COVID-19)

Updated Hours for week of May 25 to May 29 (Hours will be updated weekly)

Monday Closed (Memorial Day)

Tuesday 8:30 am to 12 pm

Wednesday 8:30 am to 12 pm, 3 pm to 6 pm

Thursday 2:30 pm to 6 pm

Friday Closed

Current Protocol - April 1, 2020

All of us are in unknown territory right now and here at Desmarais Chiropractic, we are doing our best to stay on top of the COVID-19 updates as they occur. We will remain open with weekly updated business hours through this “shelter in place” that San Mateo County called into effect as of midnight, March 17, 2020.

In the interest of safety of our patients and staff, we have implemented additional guidelines at the office:

- Patients will verbally check-in at front desk (no longer needing to sign-in at iPad) the patient will wash their hands or use hand sanitizer (located at the front desk) to keep a clean environment

- At check-out, patients paying with credit card, will no longer need to sign for the transaction, but will be provided a receipt to confirm the amount being charged

March 17, 2020

The following new guidelines were implemented at the office:

- The front door of our office building has an easy handicap push button, so patients do not need to touch door handle when entering the building
- Our office door will remain open during office hours to prevent any unnecessary touching of door handle
- Signage is placed in front office building, hallway and front door stating if patient has symptoms of fever, SOB or has traveled recently to not enter the office to prevent spread

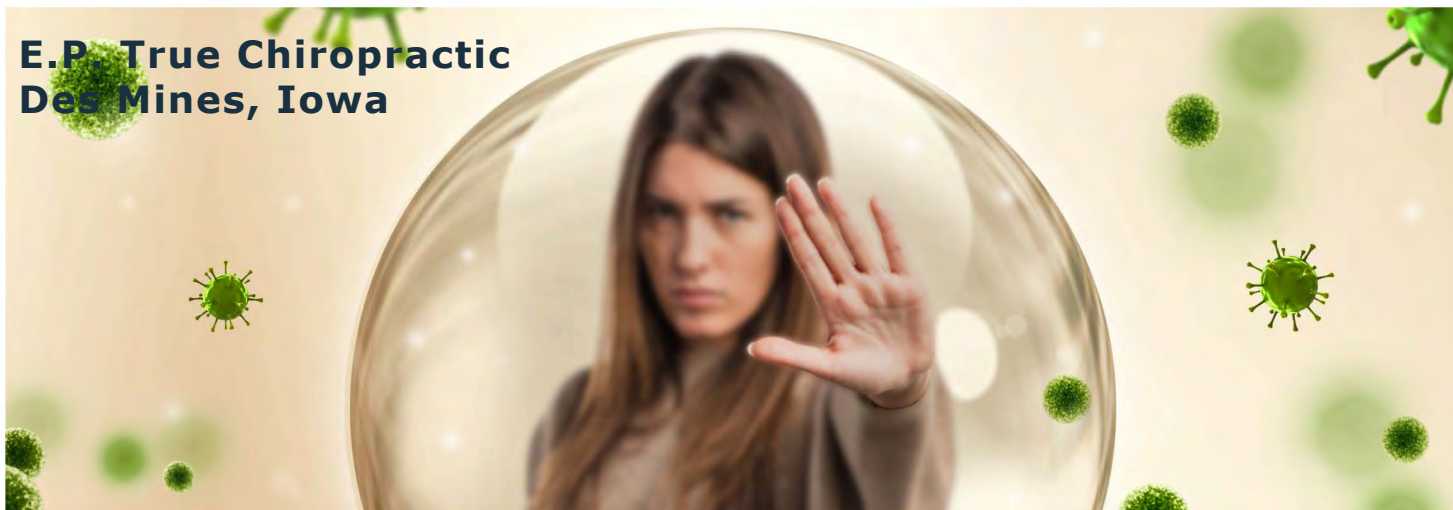
Front desk:

- Cotton table runner needs to be on front desk while patient's check-in, at lunch, table runner placed in ozone machine for sanitation and the 2nd cotton table runner will be placed for the afternoon
- Once signed-in, a UV light box is at the front desk so patients can immediately sanitize pens and stylus; patient may also place keys and cell phone in UV box for sanitization
- All reading material including magazines, have been removed from waiting room
- Waiting room chair handles, are to be wiped down often during office hours
- Bathroom door in office building are taped open, patient does not need a key and may push the door open
- Every staff member is required to wear cotton gloves while in front office or in adjustment rooms, and must sanitize gloves in UV light frequently during office hours
- In between EVERY patient, tables and chair handles must be thoroughly sanitized and wiped down prior to next patient
- Longer face sheets are placed on table prior to adjustment, to cover more table area being touched and to prevent using headrest rolls
- In between EVERY patient, Dr. Desmarais will place used gloves in ozone machine and grab a clean pair to use for next patient. Dr. Desmarais will also use hand sanitizer or wash hands in between patients

What we ask of our patients, please if you are exhibiting any signs of illness, consult your MD. We want to adjust every patient to **boost your immune system**, however, at this time, an infected patient stands to spread the virus to our staff and patients. Children are always welcome in our office but it is imperative that they refrain from touching anything in our office as to protect all patients. We ask that you and your children please be mindful of this as this outbreak is occurring.

For additional information on the Corona Virus/ COVID – 19, the **CDC** is your most up to date source for information and a broader perspective would be the **WHO**.

**E.P. True Chiropractic
Des Mines, Iowa**



How to Keep Your Immune System Strong — During the Coronavirus Pandemic —

Your immune system works as a well-organized team to protect you from infections. When it detects potentially dangerous bacteria or viruses, such as the Coronavirus (COVID-19), your immune system unleashes a powerful army to destroy what could potentially harm your body.¹

At least that's how things should work.

Numerous things can impede your immune system, inhibiting its ability to fight the coronavirus and other threats. A weak immune system can't effectively fight bacteria, viruses, and toxins.²

As a result, you become increasingly susceptible to infections.

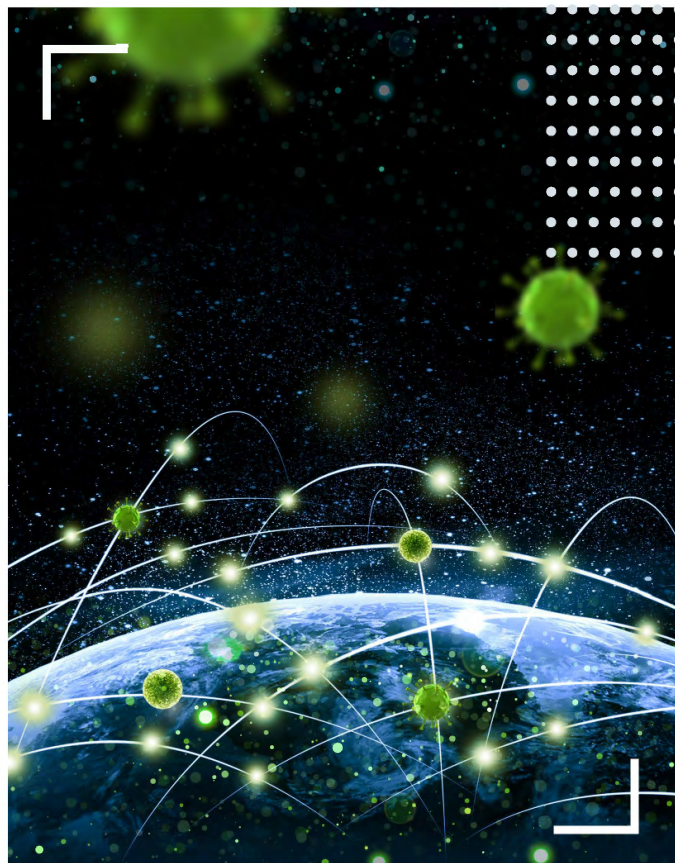
COVID-19 Situation Report

The World Health Organization (WHO) calls the coronavirus a pandemic, or a disease that is spreading in multiple countries around the world at the same time.³

As of March 12, **4,751** people have died from the coronavirus. Around 10 percent of those with the coronavirus are in serious or critical condition.⁴ On the other hand, of the closed cases about the coronavirus, 94 percent had recovered and were discharged.⁵

Research shows that being overly obsessed with these kinds of statistics can create anxiety and stress, which can be damaging to your immune system.⁶

Instead, be proactive and take simple precautions to protect your immune system. Wash your hands. You hear this often for a reason: You transfer germs through your eyes, nose, and mouth, which impacts your entire body. Washing hands with soap and clean, running water (for at least 20 seconds) can remove germs to help prevent many diseases and conditions.⁷



Numerous things can weaken your immune system and make you more susceptible to the coronavirus and other infections. Among them include:

- An overload of free radicals. Your body can handle a certain amount of these unstable molecules. But when free radicals overpower your body's antioxidant defense, a condition called oxidative stress can result.⁸
- Chronic inflammation. While inflammation is part of your body's immune response, that inflammation should do its job and simmer down.⁹ When inflammation stays in overdrive -- called chronic inflammation -- your immune system can take a hit.¹⁰
- Being constantly stressed out. Some stress can actually keep your immune system strong.¹¹ But maintaining the right balance is key. Stress can include mental stress but also things like over-exercising.¹³ They can all weaken your immune system.
- Environmental toxins. Cosmetics, food, water, and even the air you breathe can bombard your body with toxins, which accumulate and can hurt your immune system.¹⁴



The good news is that with the right strategies, you can minimize your risk of the coronavirus to keep your immune system strong.

Reduce Your Risk of Contracting COVID-19

Common sense creates a good foundation for a strong immune system to fight viruses such as the Coronavirus.

Besides washing your hands and being mindful of your surroundings, other factors to consider for Coronavirus prevention and immune health include:

- Don't smoke.
- If you drink alcohol, keep intake to one glass for women or two for men daily.
- Avoid contact with coworkers and other people as much as possible if you're feeling ill or sick. (Even the sniffles can be an early sign of a virus)
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces using a natural cleaning spray or wipe.
- Avoid crowded sources of transportation and events.
- Work closely with your healthcare practitioner.

Most importantly, don't panic. Constantly stressing or worrying can trigger illness and prolong its duration.



Talk with your healthcare practitioner about any particular concerns about these and other things that can impact your immune system. Never discontinue or modify any medications or other advice without his or her consent.

9 Ways to Keep Your Immune System Strong

— During the Coronavirus Pandemic —

Fortunately, you have plenty of control to keep your immune system strong and minimize infections. Prevention is key to avoid infections.

How you eat and live can dramatically impact how well your immune system works. These nine strategies will keep your immune system healthy to prevent viruses and other infections.

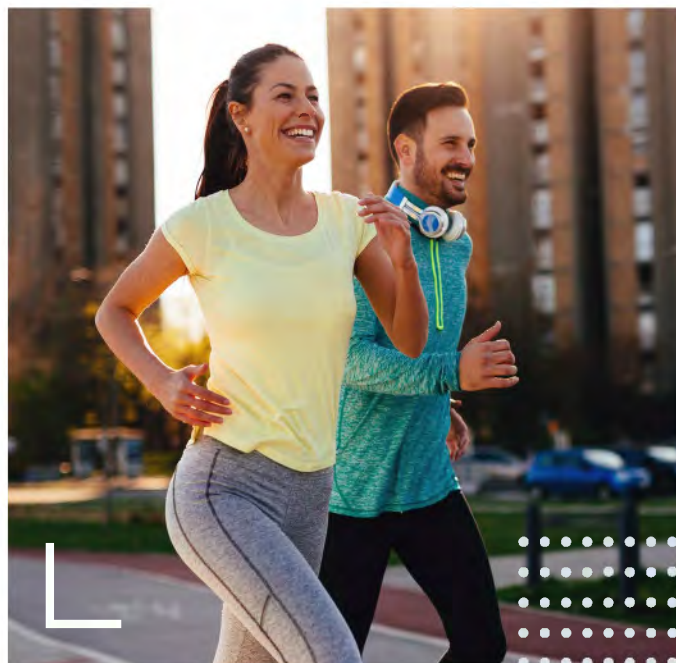
1. **Eat well.** A strong immune system starts with what you put on the end of your fork. Eating plenty of antioxidant-rich vegetables and low-sugar fruits, for instance, can lower the number of free radicals to keep your immune system strong.¹⁵ The omega-3 fatty acids in wild-caught seafood can help manage inflammation levels.¹⁶ Our Core and Advanced Plans include these and other foods. Both plans provide all the nutrients you need to keep your immune system healthy.

2. **Exercise.** Moderate amounts of exercise can support your immune system.¹⁷ Strength training and higher-intensity exercise are great, but even walking counts. One study found that post-menopausal women who walked 30 minutes daily for a year had half the colds as those who didn't exercise.¹⁸

3. **Manage stress.** Researchers looked at more than 300 human studies over three decades. They found that being constantly stressed can harm your immune system.¹⁹ Keeping stress under control depends on what works for you: Meditation, deep breathing, regular exercise can all be helpful.

4. **Stay hydrated.** When you're dehydrated, you lower the volume of blood and lymphatic fluids that support a healthy immune system. Dehydration can also increase inflammation,²⁰ so your body can't work as efficiently to fight viruses and other infections. Drink plenty of clean, filtered water throughout your day.

5. **Minimize environmental toxins.** Buy organic foods whenever possible. Be mindful about cosmetics and other everyday products that can contain problem ingredients. The Environmental Working Group (EWG) has excellent guides on buying the best produce, skincare products, and household cleaners.



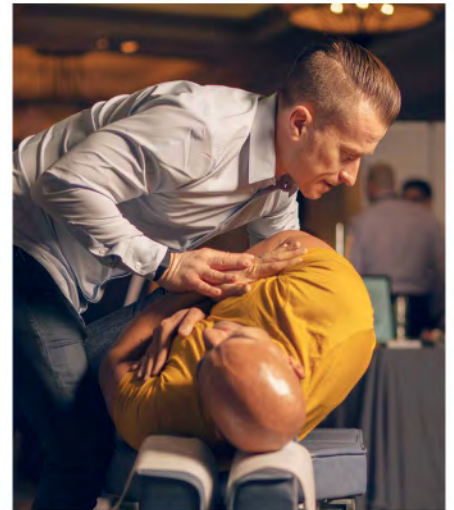
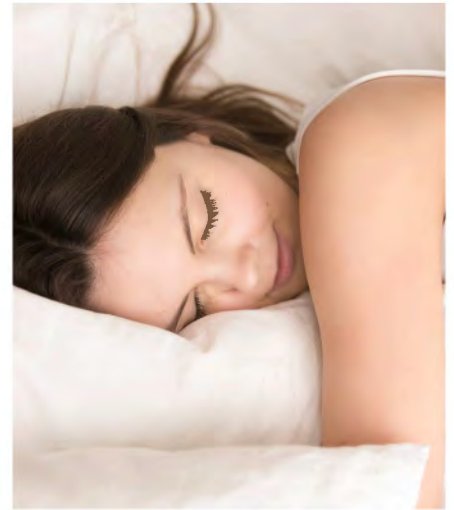
6. **Get good sleep.** When you don't sleep well, you limit the ability of your immune cells to fight infections. Lack of sleep means you're more likely to get sick after you're exposed to a virus, plus your body takes longer to recover from illness.²¹ Aim for eight hours of solid, uninterrupted sleep every night, and consider a sleep supplement if you have trouble falling or staying asleep.

7. **Protect your gut.** Your immune system and gut work together.²² After all, about 70 percent of your immune system is in your gut.²³ An out-of-balance gut can weaken your immune system. Good gut health includes eating plenty of fermented and cultured foods, which contain probiotics to support your immune system.²⁴

8. **Visit your chiropractor.** Research shows that even a single chiropractic adjustment can positively benefit your immune system.²⁵ A three-year clinical study conducted by Ronald Pero, Ph.D., chief of cancer prevention research at New York's Preventive Medicine Institute, shows that those who receive chiropractic care have a 200% greater immune competence than those who do not.²⁶ Chiropractic care can provide other ways to keep your immune system strong including stress management tips and immune-supporting supplements.

9. **Get the right nutrients.** Being proactive about a strong immune system requires getting the right nutrients. MaxLiving Immune Boost Bundle is designed to help strengthen your immune system, so your body is better prepared to defend itself against viruses and illnesses.

- **Daily Defense** contains immune-supporting nutrients including curcumin and N-Acetyl-L-Cysteine. They work together to help lower inflammation and boost antioxidants.
- **Probiotic 50B** is a strong probiotic that stimulates healthy gut flora and effectively boosts immunity. This unique blend of ingredients is delivered in a moisture-resistant capsule featuring delayed release technology so your body will absorb it when it needs it the most.
- **Vitamin C Complete** combines this immune-supporting vitamin with the antioxidant boost of citrus bioflavonoids and quercetin to strengthen your immune system.
- **Garlic + Parsley Oil Blend** supports a healthy inflammatory response, a strong immune system, and antioxidant protection for your immune system.
- **Vitamin D3 + Probiotics** features 5,000 IU of vitamin D3, 10 billion CFU of probiotics, and FOS prebiotics from chicory root. This combination of ingredients delivers an immune-boosting punch to help fight off viruses.



While global health concerns can feel nerve-wracking, you don't need to be a victim of panic.

Be proactive and take common-sense approaches to your health.

With these strategies, you have the power to support and maintain a strong immune system.



Check out our new Virtual Check In system that we put in place specifically due to the COVID-19 Outbreak! This is an added service that we rolled out to accommodate our community! Should you have any questions please feel free to see our staff at the front desk or give us a call!

Remember, if you are experiencing any symptoms or have come into contact with anyone that has tested positive for COVID-19 to please let us know asap!



**VIRTUAL CHECK IN IS
HERE FOR YOUR SAFETY!**

1

LET US KNOW WHEN YOU ARRIVE!

When you park your car, please send us a text or call to let us know you are here, our staff will check you in!

2

STAY IN YOUR CAR!

Please stay in your car, we will let you know when it is your turn for an adjustment!

3

COME INSIDE!

After receiving a call or text, please come inside, wash your hands and go into the appropriate adjusting room!

**WE LOOK FORWARD TO SEEING YOU AT
YOUR NEXT CHIROPRACTIC ADJUSTMENT!**

OFFICE UPDATE!

By now most of you are aware that the Governor of Michigan has issued a stay-at-home order. This requires all non-essential businesses to close. Fortunately for us, Dynamic Health Chiropractic is considered an essential business, therefore we will be staying open until further notice! Check out the information below to see what we are doing to ensure that your health and safety are our number 1 priority:

1. Modified Office Hours:

As an office we will be modifying/limiting our office hours, should you need a specific time during closed hours please let our front desk know! Below are the modified hours until further notice:

Monday - Thursday: 9:00 a.m. - 1:00 p.m.


Friday - Sunday: CLOSED

2. Virtual Check-ins will begin TOMORROW! When you arrive call our office or send a text, remain in your car (we will check you in), when it is your turn we will let you know to come inside!

DAYS OFF SCHOOL, CHAOS ALL AROUND - AND HOW DYNAMIC HEALTH CHIROPRACTIC CAN HELP!

The shelves are starting to look empty and no cleaning products or toilet paper in sight. All Michigan schools are now closed, and we don't know what's next. So much coming at us all and it can be scary. We know that the best thing to do right now is to make sure we're all taking great care of each other and ourselves. Most importantly, taking care of our immune systems so that if you do come in contact with the virus, your body can quickly fight it!

Here's a quick list of things you can do to boost your immunity:

 **GET ADJUSTED.** We will continue business as usual over the following weeks because we know how important a strong immune system is to fight any virus your body comes in contact with - an adjustment alone can boost your immune response by 200%! Now is when your body needs chiropractic more than ever. We want you to know we're taking extra precautions at Dynamic Health Chiropractic (DHC) to keep you safe.

1. We are consistently wiping down all surfaces within DHC.
2. We have also removed all the toys that aren't easily wiped down to sanitize and bring back out when things have cleared. So we apologize ahead of time if your kiddos favorite toys are missing when they come in! 😊

We want to let all of our patients know that we are monitoring the current outbreak news and continually making adjustments as new information comes to light. We are continuing to care for patients in our office as state and local board officials have recommended we do as an essential healthcare resource. Particularly more important than ever during a pandemic, we aim to keep non-contaminated pain patients out of high-risk physician offices and hospitals and help remove problems that would otherwise hamper your immune system. This assists these facilities to focus on those affected by COVID-19 and decreases overcrowding and contamination.

We are in ongoing communication with other health facilities and are monitoring guidance from the CDC. The health and safety of our patients is our top priority. We are taking extra measures to clean and disinfect the office with anti-viral agents as well as other precautionary measures and pre-screening.

We know Chiropractic care is an important part of everyone's healthcare, particularly now when it can strengthen the immune system by decreasing stress on the body and nervous system. During this time of increased stress, we know that chiropractic is vital and do not want any disruptions in our patients' care. Check out the article below for info on the immune system and chiropractic care.

<https://www.the100yearlifestyle.com/immune-system-science-simplified/>

Many of you have asked what we are doing to increase all our families' immune systems to stay healthy. Here's what we are doing:

- Getting Adjusted
- Eating Well
- Managing Stress
- Getting Plenty of Sleep
- Exercising
- Washing our hands
- Supplementing with Immune Boosting Supplements

We love being a part of your healthcare and are here for each of you! If you have any questions or concerns, please feel free to discuss with us.

Health and Happiness,

Dr. Leah Foster



TOTAL HEALTH

If you're looking for a doctor who listens, is extremely knowledgeable of current medicine and chiropractic, who utilizes the most up-to-date, modern techniques, and who makes suggestions and honors your health goals, give our Winston-Salem practice a call today!

We provide spinal correction utilizing "state of the art" chiropractic techniques. Never in the history of chiropractic have we been able to provide the level of help and expertise that now exists. These newer correction methods are even safer, more comfortable and more effective than ever before.

COVID-19

["Chiropractic and the WA DOH" – Click here](#)

["Massage and the WA DOH" – Click here](#)

["WSCA Encouraging Chiropractors to STAY OPEN" – Click here](#)

["Dept of Homeland Security Identifies Chiropractors as Essential" – Click here](#)

YES, WE'RE OPEN!

In light of the virus, we are taking the following precautionary measures in our clinic to ensure our clinic is an oasis of health while we continue to serve our community:

- Chiropractic and Massage Therapy tables/equipment are cleaned between each patient.
- Surfaces in the clinic that are commonly touched areas are cleaned multiple times per hour (door handles, countertops, etc).
- Patients that are sick are requested to stay home.
- Patients who are well are encouraged to make their appointments – **Chiropractic adjustments decrease stress on your body and increase immune system function.**



YES YES its true...

“Going To The Chiropractor Is One Of The Smartest Things You Can Do To Increase the Strength Of Your Immune System”

QUESTION: Do you want your immune system functioning at FULL POWER?

FACT 1: Chiropractic Adjustments Directly Stimulate the Nerve System.

FACT 2: Your Brain and Nerve System controls your Immune System.

Chiropractors and researchers have known for years how powerful chiropractic adjustments are at stimulating and boosting the immune system of patients.

Some consider this to be the single most powerful and natural thing a person could do to make their system strong.

Chiropractic Treatment Boosts Immune System

posted: Mar 17, 2020.



Have you wondered how Chiropractic care can help your immune system? Especially in times of dire need?

The above lecture was given by Dr. Daniel Murphy who is well known as a literary researcher, health care historian, and specializes in orthopedic and neurologic physiology.

In summary, he discussed that in 1918, the year the Spanish (H1N1) Flu tragically struck, independent healthcare observers noted that there was 40 times less mortality rate between patients who chose chiropractic care instead of the medical model.

Similar to today's COVID-19 flu, in 1918, we didn't know what the Spanish Flu was or how to fix it medically. But we did discover that when a Chiropractor makes a specific adjustment, clearing spinal subluxations, it allows your nerve system to function freely, stimulating the immune system and improving its functionality.

Conservative and supportive care to the human body is our best defense in this unknown time. Any person that has compromised health such as cardiac or pulmonary illness, diabetes or arthritis issues should of course follow the CDC's guidelines and self-quarantine.

To further improve your immunity beyond an adjustment, one should maintain a well balanced diet, continue moderate exercise, sleep an hour longer in times of high stress and avoid anxiety laden situations, including constantly watching the news and social media.

[Home](#)[About Us](#)[Choose Chiropractic](#)[Connect](#)[BOOK NOW](#)

covid19

ATLAS CHIROPRACTIC: Statement on COVID-19

Due to the notice of confirmed cases of COVID-19 in Indiana, we wanted to update you on procedures we are implementing to keep you and your family safe during this time.

Cleaning Measures:

Prior to the outbreak of COVID-19, our team members would disinfect the adjusting tables before and after shifts, and periodically throughout the day as needed. **We have always had disinfectant wipes available to our Practice Members in the adjusting rooms as well as Purell hand sanitizer.** You are more than welcome to use these at any time. Due to the recent pandemic, **we are now increasing our frequency of cleaning these adjusting tables to every 30 minutes**, and taking extra precautions to clean all surfaces of our office throughout the day, including: door handles, keyboards, countertops, computer screens, etc. Each of our practice members have been instructed to place face paper down on the adjusting table prior to laying down for their adjustment. This regular use of face paper serves as an additional safety measure to protect the practice members that we serve.

Education & Research:

We understand that there is a swirl of anxiety and fear regarding the present situation. It is our goal to put you at ease amidst this global event. We have a host of resources about chiropractic on our website, and in our office, to help you better understand the vital role that chiropractic care has on your health and your immune system.

What Can YOU Do Now to Protect Yourself:

1. GET ADJUSTED!

It is now more important than ever to stay on track with your weekly chiropractic adjustments. **PREVENTION** of sickness and dis-ease is key! In fact, we have several practice members receiving extra adjustments this month, to boost their immune system. We are eager to keep you well-adjusted through this time. With specific, neurologically-based chiropractic care, should you contract any illness, your healing and recovery times will experience a boost.

2. STAY ACTIVE & MOVING!

Movement is vital to proper immune function. Have you ever noticed how more people tend to get sick in the winter months? This is partially due to inactivity. Science shows that movement and active lifestyles increase immune function. Keep an active lifestyle through this time to promote better immune function.

3. AVOID FEAR & WORRY!

Fear and worry lead to stress. Stress leads to decreased immune function. Don't allow fear to creep into your life and win. We don't want to minimize the seriousness of this global event, however we also recognize the need to keep ourselves as healthy as possible through this time, to maximize our health and body function. Utilize relaxation techniques to stay at ease, spend extra time enjoying life with your family and friends, think about the positive in every situation, and take action steps towards better health that you have control over.



CORONAVIRUS UPDATE & INFORMATION

Do you ever wonder why one person can get sick and someone living in the same household as them doesn't?

It's all about how healthy we are and how well our immune system is functioning. ... [See More](#)

8 1 2

CORONAVIRUS?

Now, more than ever, is the best time to stay on track with your recommendations!

WHY?!



Research has shown that Chiropractic Care boosts the immune system!

Specific, scientific, chiropractic adjustments relieve stress from the nervous system, which is a critical link and has governing role over the immune system.

Consider the following:

Spinal lesions (similar to vertebral subluxation complexes), caused by misalignments, are associated with exaggerated sympathetic activity, which releases immune regulatory cells into the blood circulation and alters immune function. The nervous system has a direct effect on the immune system due to the nerve supply to the important immune system organs.

HIV positive patients adjusted over a 6-month period showed a 48% increase in CD4 cells, an important immune system component.

White blood cells, which eat and destroy bad cells, are enhanced through chiropractic care.

The chief of cancer prevention at New York's Preventative Medicine Institute found that people who received regular chiropractic care over a five-year period had a 200% greater immune competence than those who had not received chiropractic care.

The chiropractic group showed a 400% greater immune competence than people with cancer and other serious diseases.



AWAKEN CHIROPRACTIC 352-448-1402 www.AwakenMyHealth.com

AWAKEN CHIROPRACTIC:

Statement on COVID-19

Due to the notice of confirmed cases of COVID-19 in Florida, we wanted to update you on procedures we are implementing to keep you and your family safe during this time.

Cleaning Measures

Prior to the outbreak of COVID-19, our team members would disinfect the adjusting tables before and after shifts, and periodically throughout the day as needed. We will be providing cleaning supplies to wipe down the table before your adjustment. You are more than welcome to use these at any time. Due to the recent pandemic, we are now increasing our frequency of cleaning these adjusting tables to every 30 minutes, and taking extra precautions to clean all surfaces of our office throughout the day, including door handles, keyboards, countertops, computer screens, etc. Regular use of face paper serves as an additional safety measure to protect the practice members that we serve.

Education

We understand that there is a swirl of anxiety and fear regarding the present situation. It is our goal to put you at ease amidst this global event. We have a host of resources on our website below, and in our office, to help you better understand the vital role that chiropractic care has on your health and your immune system.

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Corona Virus Covid-19 and Chiropractic

Tags: 07739 chiropractor, Best Chiropractor Little Silver, Best Chiropractor Red Bank, Chiropractors near me, Chiropractic Immunity, chiropractic offices Little Silver, chiropractic offices Red Bank, chiropractic physician little silver, chiropractor 07739, Chiropractor Little Silver, chiropractor near fort monmouth, Chiropractor Red Bank, Corona Virus, Covid -19, Little Silver Chiropractor, Little Silver chiropractor Reviews, Little Silver Chiropractor that accepts Blue Cross, Red Bank Chiropractor

There is nothing in your sidebar.

From Sept to April during the flu season or during the hottest days of the summer — it never hurts to give your immune system a boost. Because, who doesn't want to be as healthy as possible?

You are never able to completely prevent illness, but there are certainly ways you may lessen the severity or duration if you do happen to get sick.

Regular chiropractic adjustments help boost your immune system, and there are other ways to naturally boost your immune system:

Spinal adjustments have been shown to boost immune function because they serve to correct the spinal misalignments that cause the nervous system dysfunction. Nervous system dysfunction stresses a body out, which can lead to a weakened immune system and lowered response to the cold virus or covid-19 (corona virus). The media has been reporting that children and people under 50 have nearly a 100% survival rate. One of the reasons is that their immune system is capable of dealing with the corona virus. It is interesting that people over people tend to have spinal degeneration and their nervous system and in turn their immune system is less capable of dealing with infection.

Organs that have a strong relationship with the immune system, such as the lymph nodes and the spleen, communicate with your brain and nerves, and if your nervous system isn't functioning at an optimal level, a communication breakdown can occur. Getting a chiropractic adjustment is integral to keeping your body functioning optimally. Even one adjustment can bring about an immediate immune boost.

A chiropractic adjustment isn't the only way to increase your immune function even though it is one of the most important ways to increase your immunity. The following methods should be used in conjunction with regular chiropractic care.

First, **get more sleep!** Sleep helps your body to reset and recharge, those that do not get enough sleep tend to have a lower functioning immune system. **Supplement with vitamin D and take vitamin C.** (talk with your nutritionist of Chiropractor to see the amount of D or C you need to take to help boost your immune system). Drink plenty of water. Sugar containing drinks paralyze your immune system, stay away from sugary drinks when you are trying to keep the flu or viruses away

Most importantly going for regular adjustments even if you feel OK, you may find yourself fighting the corona virus and the flu better than before!

[Chiropractic Can Lead to Lifetime Wellness](#)

**Get Adjusted
to Defend
yourself against the
Flu Bug**



Chiropractic Boosts Immunity!
Research shows that regular chiropractic
adjustments increase your immune system 200%



Daily Steps To Prevail Over COVID-19

March 17, 2020 | Guide, Health & Wellness | [Leave a comment](#)

Boost Immunity with Chiropractic Care



What's our best weapon against COVID-19: *Building a strong, proactive immune system.*

At Campbell Chiropractic, we are taking extraordinary actions to ensure the safety of our patients and empower our community with resources and information to increase our *Community Immunity to COVID-19*.

There are many things we can do personally to both reduce our risk of infection and to boost our immune response (see what we are personally doing below).

One of the greatest tools we can use is the power of the Chiropractic Adjustment.

Research evidence and COUNTLESS Patient Testimonials confirm that people who receive consistent chiropractic adjustments have stronger immunity.

REQUEST A FREE CONSULTATION

Your First Name *

Your L

Your Email Address *

Your Phone Number *

Comments

SUBMIT

Or Call: (720) 70

New Patient Fo

Adult Patient Form

Child Patient Form



Important Covid-19 Announcement

January 1, 1920 | Updates | Leave a comment

We are extending our normal business hours

- Cleaning Patient Clip Boards after every use.
- Tables Are Cleaned Between Each Patient.
- Children's toys have been removed from family room.
- Commonly touched surfaces are cleaned multiple times per hour (door handles, chairs, front desk etc.)
- Patients with any symptoms are asked to call use immediately. 720.708.2275
- Patients who are well are encouraged to make their appointments... chiropractic adjustments decrease stress on your body and increase immune system function
- Staff that are Sick will not be allowed in the office
- We are taking extra special care ourselves as a team to ensure our health. Getting extra adjustments and taking steps to boost and maintain high levels of immune function.

We are offering a 30 min. Virtual Class every Wednesday night over the next 5 weeks starting March 25th at 6 pm about "SUPER CHARGING YOUR IMMUNE SYSTEM." For more information and to register, call or email us at 720.708.2275 or info@centennialfamilychiro.com

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Battle the Coronavirus Bug With Chiropractic

PUBLISHED ON MARCH 19, 2020

With the coronavirus pandemic impacting our globe, we're social distancing, washing our hands scrupulously, and wiping down surfaces with antiviral products. Those are all good habits to help protect yourself against COVID-19. However, there's another important step you can take. Get a chiropractic adjustment. After all, chiropractic does much more than relieve back and neck pain; it helps you stave off serious illnesses.

How Does Chiropractic Help?

Chiropractic care removes interferences to the body's capacity to resist illness and infection. "The purpose of chiropractic care is to remove the interferences in the flow of energy that would shackle the nervous system's ability to carry energy to all parts of the body that control how well the body functions," said Dr. Freedman. When the body has interference in energy flow, it doesn't perform as well. Since the immune system is one of the most critical functions of the body, the immune system is hindered in its ability to operate as well as it can. When that happens, the body is much more susceptible to illness. It becomes immune-compromised. All experts agree that when it comes to coronavirus, people who are most at risk are those who are immune-compromised.



Add Chiropractic to Your Wellness Repertoire

Here are things you should be doing to stay well:

- Eat a nutrient-dense diet
- Exercise
- Get proper rest
- Maintain a positive attitude
- Wash your hands for 20 seconds after being out in public
- Have regular chiropractic care

Of course, getting chiropractic care is one of the most crucial things you can do. Regular chiropractic checkups help the body fight viruses and bacterial infection, including coronavirus.

Enhancing Your Body's Ability to Heal

Through regular chiropractic checks, you can improve your immune system and its response and strength. If you do get infected, you'll have a greater ability to heal and respond faster and more completely. There's considerable research out there about chiropractic's positive impact on the immune system. Here's an [article](#) you can check out. Help fortify your body against coronavirus. Contact us today to schedule an appointment. We are here for you.

Follow Us!



Recent Newsletters

May 2020 - Flexibility With Morning Stretches

April 2020 - Staying Safe And Healthy During Coronavirus

March 2020 - Natural Help For Carpal Tunnel



MARCH 17, 2020

Coronavirus Update

With the ever-changing day to day Coronavirus. CFC is doing our part to help by following guidelines to keep you safe and healthy. The kids are out of School, Chaos is all around - and Covington Family Chiropractic is here to help!

The shelves are looking empty in our stores and cleaning products, toilet paper is hard to find. All Georgia schools are now closed, and we really don't know what's next. With each passing day we have so much coming at us and it can be scary. We know that the best thing to do right now is to make sure we're all taking great care of each other and ourselves. Most importantly, taking care of our immune systems so that if you do come in contact with the virus, your body can quickly fight it!

Here's a quick list of things you can do to boost your immunity:

🙌 GET ADJUSTED. We will continue business as usual over the following weeks because we know how important a strong immune system is to fight any virus your body comes in contact with - an adjustment alone can boost your immune response by 200%! Now is when your body needs chiropractic more than ever. We want you to know we're taking extra precautions at Covington Family Chiropractic to keep you safe. Healthcare is important to us at CFC.

Recent Posts



CHIROPRACTIC AND
PREGNANCY, MORE
THAN JUST PAIN
RELIEF?





Measures to Minimize COVID-19 Infection

Measures to Minimize COVID-19 infection to protect yourself, family, and loved ones:

1. Receive regular frequent chiropractic adjustments to enhance your entire body performance.
2. COVID-19 clinic protocols involve social distancing during your clinic visit. Our large indoor and outdoor reception area allows for 6 feet distance between patients entering and exiting our clinic. Additionally our frequent disinfection protocols and procedures have always been and will remain exceptional. Our large clinic facility allows patients to be adjusted without coming near (6 feet) of other patients. All Doctors will wash and disinfect hands in between patients (this is more effective than glove procedures). All patients wash hands upon entering facility.
3. Protect and confine your elderly loved ones (80+ yrs old) and minimize any public contact especially those with chronic illness such as: cardiovascular disease, lung disease, immune disease, and/or diabetes.
4. Practice excellent hygiene which involves frequent washing of hands for 60 seconds in hot water with lathering soapy disinfectant suds.
5. Hydrate with 2-3 liters of pure fresh water per day. Eliminate intake of any processed foods and increase fresh fruits, vegetables, and high protein food sources (preferably organic). Vitamin and mineral supplements (consult with your Doctor of Chiropractic for recommendations).
6. **If you have a fever, shortness of breath, and cough do not visit our clinic and immediately report to a local medical facility for COVID-19 testing and if necessary treatment and quarantine.**
7. For healthy non symptomatic individuals limit public exposure to essential workplace employment and activities such as visits to your Doctor of Chiropractic and/or other health care professionals, grocery shopping, and necessary supplies.

Thank you.

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Boosting Your Immune Function To Protect Yourself From Disease & Infections



By Michael Hausch, DC
March 12, 2020

Though it should be taken seriously, COVID-19 caused by the coronavirus is only one of a slew of viruses spreading around this winter in the United States. The Centers for Disease Control has issued infection prevention habits to curb the spread of the virus around our communities. These recommendations include washing your hands with soap and warm water for 20 seconds or more and avoiding going out when you are feeling ill.

These recommendations only scratch the surface of disease spread and prevention. Our body has a powerful ability to identify and manage foreign invaders like viruses and bacteria. The immune system is a complicated and elegant process that, when functioning correctly, can keep germs from multiplying and spreading and causing serious complications.

We want to add to the CDC list of disease prevention habits with some additional recommendations for maintaining or improving our body's natural, healthy immune response. Taking measures to maintain a healthy immune system not only prevents severe complications from viruses like COVID-19 but also ensures that we are healthy and robust to take care of others who might not be able to fight off infections.

STAY HYDRATED

Water is essential for life; it makes up the vast majority of our bodies. Without water, humans can survive only four (4) days. Becoming dehydrated not only impacts your physical functioning, but it also can have adverse effects on mood and mental functioning. Being fully hydrated helps your liver, kidneys, and gastrointestinal system function properly so that your body can flush out toxins and infections. To ensure you are staying adequately hydrated, make it a point to have 8-10 full glasses (8 oz) or more of water each day.

EAT HEALTHY FOODS

It's easy to slip into a comfort food habit when we are feeling stress or are locked up in our houses watching a neverending news cycle. Instead of reaching for those chips in the pantry, that candy hidden in the drawer, or ordering that pizza for delivery, focus on eating as many fruits and vegetables as you can into your daily meals. The more color and variety, the better for your immune system. The vegetables and fruits of our diets offer essential vitamins and minerals that support our body's immune function and immune response.

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REDUCE STRESS

There is no longer any question that our minds and our bodies are linked, and that stress (whether real or perceived) has a negative effect on health and immune function.

We know it's easier said than done, but try not to "worry" about the spread of COVID-19. The act of worrying doesn't benefit you unless that "worry" instinct is quickly transformed into action to take care of yourself, your family, and your community.

Studies have shown that a higher level of daily stress increases the risk of disease as much as smoking and poor diets. Don't be fooled that your ability to "handle" stress means you don't have stress. Just because you can stay productive in the face of stressful situations or feelings doesn't mean that the adverse effects of stress aren't felt by your body.

Take measures now to reduce unnecessary stressors in your environment. If the news or the internet is raising your stress level, then it isn't doing you much good to "stay in the know," instead turn off the TV and put away your phones. If you have to check-in, then do so only at certain times of the day and only for a prescribed period (15 minutes).

Find time for quiet and allow your mind and your body to relax. Take a nap or meditate for 15 minutes. These periods of stress reduction can work wonders for your immune system and for your ability to respond clearly and effectively to real stressors that show up in your daily life.

MOVE AROUND, ELEVATE YOUR HEART RATE

Your routines might change in the face of a viral outbreak such as COVID-19, but don't let that disruption in routine impact your regular exercise routine. Moving around and elevating the heart rate will keep your circulation moving. A healthy circulation goes a long way towards responding to and eliminating infections and toxins from the body.

GET ENOUGH SLEEP

You may already notice that you catch colds more easily if you haven't been sleeping well. This should be your first hint that getting enough sleep has positive effects on your immune system. Not sleeping enough also increases stress hormones in the body, and we already know what stress can do to your immune system. Most people should shoot for 7-9 hours of quality sleep each night.

To help your body get to sleep, reduce your exposure to blue lights from phones and computers for 1 hour before bedtime. Also, avoid eating within two hours of bedtime to prevent GI distress from interrupting your sleep. Lastly, try to keep your regular sleep habit even if other routines have flown out the window. Go to bed and wake up at generally the same time every day.

SUPPLEMENTS

There is some evidence that various micronutrient deficiencies — for example, deficiencies of zinc, selenium, iron, copper, folic acid, and vitamins A, B6, C, D3, and E — alter immune responses.

So what can you do? If you suspect your diet is not providing you with all your micronutrient needs it — for instance, you don't get enough fruits and vegetables — taking a daily multivitamin and mineral supplement may bring other health benefits, beyond any possibly beneficial effects on the immune system.

Vitamin D3 is naturally depleted in people over the winter months due to lack of sun exposure on the skin. Vitamin D3 stimulates immune system function and increases resistance to viral and bacterial infections. We recommend a minimum dose of 2000iu's per day, but it is safe to take is doses as high as 20,000iu's per day. Vitamin D3 is a fat-soluble vitamin and should be taken with food.

GET ADJUSTED

Put simply, the better your body is functioning overall, the better your immune system can work to protect you. In addition to reducing pain and discomfort and improving the body's ability to move, chiropractic care and spinal manipulations specifically have been shown to enhance the immune activity, improve communication between the immune and nervous systems, and reduce pro-inflammatory cytokines.

Taking action now to boost or support your immune system will not only help you to fight off infections like COVID-19 but will also help to improve overall health and wellbeing. Combining these immune-boosting practices and the CDC recommendations for infection control are your key to keeping your self, your family, and your community healthy.

Coronavirus Update

UPDATE: STARTING WEDNESDAY 04/15/20 THE OFFICE WILL BE CLOSED ON ALL WEDNESDAY UNTIL FURTHER NOTICE

At Centerville Chiropractic, your health is always our number one priority.

As we continue to provide care to our patients, we have implemented measures to increase the cleaning and sanitizing practices in our office after each patient, which includes all treatment surfaces, common areas and frequently touched surfaces like door knobs, sign in areas, etc.

We also ask patients to please come at their scheduled appointment time, not early or late. If you happen to get here early please wait your car until your appointment time to come in. We ask patients to not bring a guest with them. If you have any cold or flu symptoms please refrain from making an appointment.

If you are experiencing any of the following symptoms,

- FEVER
- COUGH
- SHORTNESS OF BREATH

You should refrain from coming into the office, limit your exposure to other people, and reach out to your primary care physician/local emergency department to determine your risk level and next steps.

It is estimated by epidemiologists that a large majority of those in the US could become exposed to the coronavirus. However, it is important to understand that it will not affect all individuals the same. For the majority of individuals, contracting the virus is expected to be similar to coming down with a cold or flu virus, followed by recovery. Symptoms for many will be mild to moderate. However, for individuals of advanced age, with complicating conditions or challenged immunities, it could cause more severe sickness or possible death.

Measures taken by state and local officials have been based on emerging information as well as trends experienced in other areas that have already been exposed. In Ohio, the coronavirus is expected to peak in exposure and confirmed cases sometime in April. Cancellation of school and other events, and restrictions on gathering sizes, have all been done in an attempt to reduce the number of people that will become sick and to reduce the strain on the healthcare system so that resources are available to those who need it.

In these unprecedented times of uncertainty, what can you do to improve your health and reduce the risk for you and your family? Here are some suggestions that we recommend:

- Drink plenty of water
- Eat healthy, nutrient rich foods
- Get plenty of rest/sleep
- Take daily vitamins, including those that are known to support your immune system
- Incorporate daily physical activity and stress reduction techniques like meditation into your routine.
- Get fresh air. As the weather changes, open windows and get outside as much as possible
- Get adjusted
- Avoid large crowds and people exhibiting signs of fever and cough

Make an Appointment

(937) 433-4800

OR

Full Name

Phone Number

Email Address

Appointment Date

Message

lemrq

Submit Request



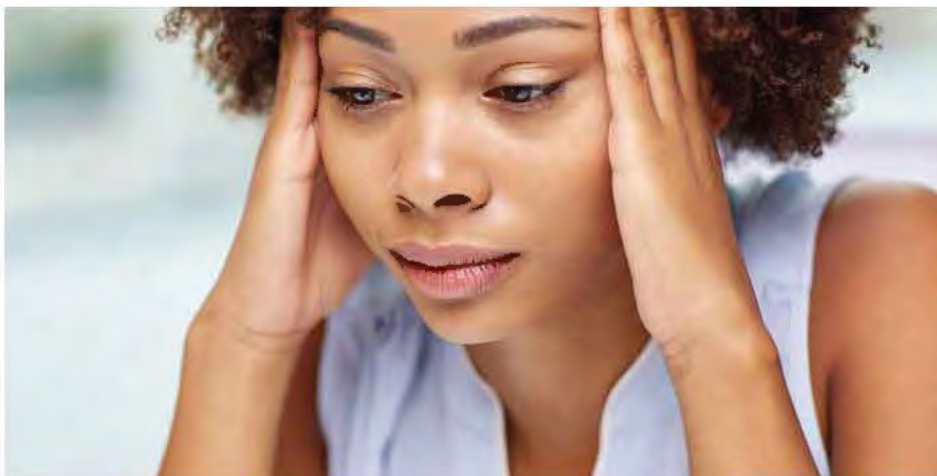
chiropractic condition categories that are treated by Hall Upper Cervical Chiropractic

Category: Therapy



Boosting Your Immunity Through Upper Cervical Chiropractic Care - CoronaVirus

Posted in Therapy Date: Mar 23, 2020



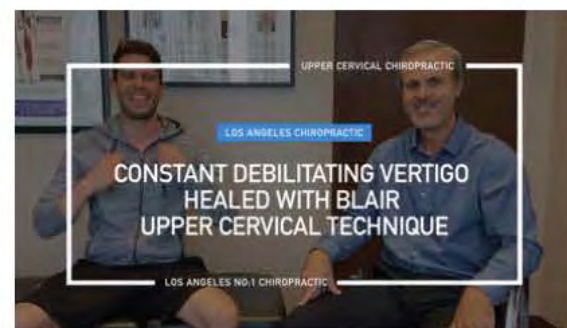
Unless you are living under a rock you have been affected in one way or another by the corona virus. While the mainstream races for a vaccine and drug solution we have been preaching for 18 years about the benefit of keeping your central nervous system clear so your body can function at its best.

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May 18, 2020



Juvenile Rheumatoid



Drummond Chiropractic

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CORONA VIRUS RESOURCE PAGE

We understand your concern about the Corona Virus. We are open but only seeing patients in acute pain or has a condition that warrants a physical appointment who have not been in contact with someone who has tested positive with COVID-19, have no fever, nor respiratory symptoms such as no difficulty breathing and no cough in the last 14 days.

COVID-19 Update: Governor Holcomb has issued a "Stay-at-home" order from March 25th - April 20th, but chiropractors can continue to see acute pain patients that meet certain criteria.

We are offering "virtual appointments" to our patients during this pandemic. Good news, virtual appointments can be billed to your insurance.



What are we doing?

We removed all magazines (less items to touch).
We are sanitizing everything.
We are not letting patients in who have a fever/cough/ difficulty breathing, have been in areas with high COVID-19 infection rates or in exposed to COVID-19.
We are offering virtual "doxy.me" appointments to help determine if a physical appointment is warranted, or advise on stretches and home care until the "shelter in place" lifts.



If you can wait over two weeks for your next appointment, or are unsure if your condition warrants a physical appointment, feel free to email us at drummondchiropractic@gmail.com and let us know you would like a "virtual appointment" with one of our chiropractors. We will listen to your concerns, give you advice on what you can do at home for your health concerns until this "stay-at-home" is lifted, or we can let you know if your condition warrants a physical appointment with us.

Here are some facts and resources we put together for you:

If you are healthy, your immune system is very likely to combat this virus, like it does other pathogens. We encourage you to eat well, sleep well, destress and move well. Remember, the Corona Virus is not the only pathogen out there. Thousands of Americans die every year from the flu alone. So as always, it is best to follow guidelines from the CDC and Indiana State Department of Health. We have always and will continue to follow these guidelines at our clinic:

- Wash hands with soap and water regularly for at least 20 seconds.
- Avoid touching your eyes, nose and mouth.
- Stay home when you are sick.
- Cover your coughs and sneezes with your elbow or a tissue.
- Disinfect frequently touched objects and surfaces.
- Avoid close contact with others who are ill.

It is inevitable we are going to be exposed to the virus at some point. The government is attempting to slow down the spread so our hospitals can handle the number of cases of those who succumb to the virus. Without slowing down the spread, it will spread so fast that the hospitals will be overwhelmed and more high risk people will be at risk of dying. We are doing our part by

- Scheduling so there are no more than 10 people in our clinic at one time, including our Drummond Team
 - (tons of space between people in our spacious office)
- Sanitize, sanitize and sanitize some more
- Keep everyone at least 6 feet apart while in common areas
- Since we are within 6 feet of our patients during the treatment, we are wearing masks during treatments
- We are asking patients to wait in their car until their appointment time, so we can take them straight back to the treatment room (minimizing the number of people in our common area)
- We are also scheduling patients their following appointment (if needed) while they are still in the treatment room with the doctor, so they can go straight out the door to their car right after treatment (again, to minimize the number of people in our clinic at all times)
- We have the capability to accept online payments, which has been helpful during this time of need to minimize patients in our waiting room.
- Did we mention sanitize, sanitize and sanitize some more :)

But if you are a healthy person, it is very likely you will recover! Just like with any flu, you may be a carrier and not even feel sick, and if you do get sick, you are likely to get better. Experts in infectious disease epidemiology are reporting that at least 97% recover. That is over 97% odds in your favor!!! **SO KEEP YOURSELF HEALTHY TO BETTER THESE ODDS!!!**

If you have traveled out of state (even just to a neighboring state, not just out of the country), have been in contact with someone testing positive with COVID-19, have a fever over 100 degrees, difficulty breathing or a dry cough, **contact your medical doctor immediately** to schedule for a COVID-19 test. If you are sick, **self quarantine for 14 days.**

There is no stopping this virus. It would be like trying to stop the wind. So here is our top three ways to help you stay well:

Eat Well, Think Well, Move Well

- Eat well
 - Eat real food
 - not "out of the box" food with suspicious ingredients
 - Avoid junk food, soda beverages and alcohol
 - Drink plenty of water
 - Half your weight in ounces of water
 - Take your Vitamin C
 - 1000 mg per day
 - Ester-C is best (available at our office)
 - Elderberry syrup is great for boosting the immune system
- Think well
 - Sleep well
 - Practice de-stressing
 - avoid "sensationalized news" 2 hours before going to bed
 - meditate
 - breathe out twice as long as you breath in when feeling tense
 - work on relaxing your muscles from your toes to the top of your head
- Move well
 - Stretch often
 - even if it is just rolling your shoulders back and down
 - it does not have to be a fancy, but it is best to be done frequently
 - Exercise
 - go for a walk
 - find a physical activity you enjoy doing
 - laugh and find joy in life
 - Get a chiropractic adjustment
 - There is scientific evidence that getting an adjustment, especially if it results in a cavitation in the spine (a popping sound), that it increases the level of immune-globulins in the blood (boosts your immune system)
 - To be clear, we are not claiming that getting an adjustment will make you immune to the virus
 - An adjustment is another tool you can use to boost your immunity, just like taking a supplement, or washing your hands
 - We just know that getting regular chiropractic adjustments helps boost your immune system and helps keep your body well
 - Link to one of the studies: [CLICK HERE](#)

Boosting Your Immune Function To Protect Yourself From Disease & Infections

March 13, 2020 / Dr. Kim Harper / No Comments



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- [Balance And Chiropractic](#)
- [The First Adjustment](#)
- [The Engaged Parent](#)

Monday	
8:30 AM- 12:00 PM (noon)	
2:30 PM- 7:00 PM	
Tuesday	
CLOSED	
Wednesday	
8:30 AM- 12:00 PM (noon)	
2:30 PM- 6:30 PM	
Thursday	
2:30 PM- 7:00 PM	
Friday	
8:30 AM- 1:30 PM	

Reduce Stress

There is no longer any question that our minds and our bodies are linked, and that stress (whether real or perceived) has a negative effect on health and immune function.

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Move Around, Elevate Your Heart Rate

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Get Enough Sleep

You may already notice that you catch colds more easily if you haven’t been sleeping well. This should be your first hint that getting enough sleep has positive effects on your immune system. Not sleeping enough also increases stress hormones in the body, and we already know what stress can do to your immune system. Most people should shoot for 7-9 hours of quality sleep each night.

To help your body get to sleep, reduce your exposure to blue lights from phones and computers for 1 hour before bedtime. Also, avoid eating within two hours of bedtime to prevent GI distress from interrupting your sleep. Lastly, try to keep your regular sleep habits even if other routines have flown out the window. Go to bed and wake up at generally the same time every day.

Supplements

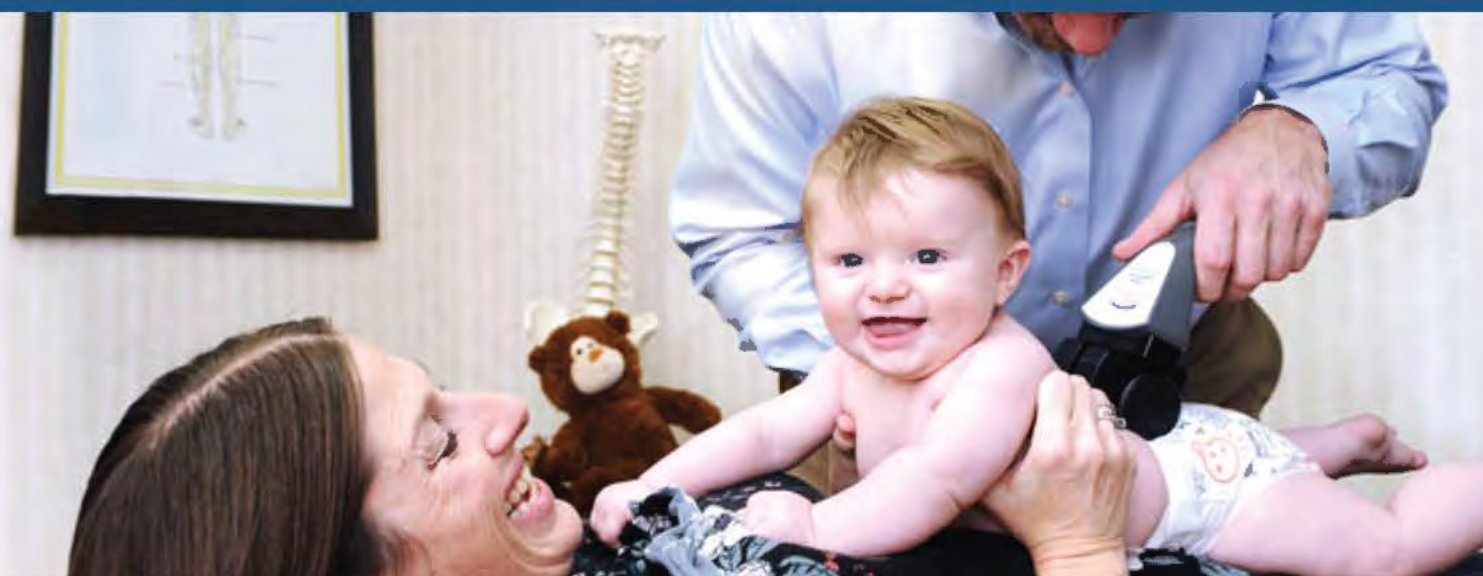
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Get Adjusted

Put simply, the better your body is functioning overall, the better your immune system can work to protect you. In addition to reducing pain and discomfort and improving the body’s ability to move, chiropractic care and spinal manipulations specifically have been shown to enhance the immune activity, improve communication between the immune and nervous systems, and reduce pro-inflammatory cytokines.

Taking action now to boost or support your immune system will not only help you to fight off infections like COVID-19 but will also help to improve overall health and wellbeing. Combining these immune-boosting practices and the CDC recommendations for infection control are your key to keeping your self, your family, and your community healthy.



Days Off School, Chaos All Around - And How ViVO Chiropractic Can Help!

PUBLISHED ON MARCH 20, 2020

So much coming at us all and it can be scary. We know that the best thing to do right now is to make sure we're all taking great care of each other and ourselves.

Most importantly, taking care of our immune systems so that if you do come in contact with the virus, your body can quickly can fight it!

Here's a quick list of things you can do to boost your immunity:

GET ADJUSTED. We will continue business as usual over the following weeks because we know how important a strong immune system is to fight any virus your body comes in contact with – an adjustment alone can boost your immune response by 200%!

Now is when your body needs chiropractic more than ever. We want you to know we're taking extra precautions at ViVO to keep you safe

1. We are consistently wiping down all surfaces within all ViVO offices
2. We will be handing out the fruit (while it lasts) from the front desk so only freshly washed hands are touching it
3. We have removed all the toys that aren't easily wiped down to sanitize and bring back out when things have cleared. Apologies ahead of time if your kiddos favorite toy is missing when they come in.
4. All surfaces and tables are cleaned consistently.
5. If anyone calls in with any mention of not feeling well, we will move all sick visits to outside regular patient hours and in a separate room that regular adjustments will not occur in
6. We will spread out our schedule so we can keep the waiting room free of people as much as possible. Come in, get an immune boost and head home!



During this time, let's all do our part to combat what we can control and keep using chiropractic to strengthen your immune system.

There's no better time then now to ensure your body has the ability to adapt to any virus and exposure out there.



(925) 867-1414



2570 San Ramon Valley Blvd. #A106
San Ramon, CA 94583



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Measures to Minimize COVID-19 infection

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Measures to Minimize COVID-19 infection and maximize your immunity to protect yourself, family, and loved ones:

1. Receive regular frequent chiropractic adjustments (according to Dr. Donald Pero's, PH. D., Chief of Research at New York's Preventative Medical Institute and Professor of Medicine at New York University). Dr. Pero's research study of 107 individuals who received long term chiropractic care chiropractic patients had a remarkable 200% greater immune competence than those who didn't receive chiropractic care. Despite a wide range of ages in this study, immune competence did not show any decline with age and remained uniform for the entire group. It is for this reason that new patients are encouraged to keep their chiropractic appointments to increase their immune system defenses and protect against all infectious diseases. Existing patients are encouraged to keep their adjustment appointments and to consider an increase in their frequency in their adjustments to maximize their immune and nervous system function.
2. COVID-19 clinic protocols involve social distancing during your clinic visit. Our large outdoor reception area allows for 6 feet distance between patients entering and exiting our clinic. Additionally our frequent disinfection protocols and procedures have always been and will remain exceptional. Our clinic facility allows patients to be adjusted without coming near (6 feet) of other patients. Our doctors will disinfect their hands in between patients (this is more effective than glove procedures).
3. Protect and confine your elderly loved ones (80+ yrs old) and minimize any public contact especially those with chronic illness such as: cardiovascular disease, lung disease, immune disease, and/or diabetes.
4. Practice excellent hygiene which involves frequent washing of hands for 60 seconds in hot water with lathering soapy disinfectant suds.
5. Hydrate with 2-3 liters of pure fresh water per day. Eliminate intake of any processed foods and increase fresh fruits, vegetables, and high protein food sources (preferably organic). Vitamin and mineral supplements (consult with your Doctor of Chiropractic for recommendations).
6. If you have a fever, shortness of breath, and cough immediately report to a local medical facility for COVID-19 testing and if necessary treatment and quarantine.
7. Limit public exposure to essential workplace employment and activities such as visits to your Doctor of Chiropractic and/or other health care professionals, grocery shopping, and necessary supplies.

Thank you.

New Patient Special

Complete Chiropractic
Consultation, Examination,
X-Rays (if needed),
Report of Findings
and First Adjustment

Only \$50

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Billy

Welcome to Canyon Chiropractic! A real person is available to talk at no obligation. How can we help you?

We are open for business. We are an essential health care facility not subject to closure.*

Click Here For More Information

Measures to Minimize COVID-19 infection

Home > News > COVID-19

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7. For healthy non symptomatic individuals limit public exposure to essential workplace employment and activities such as visits to your Doctor of Chiropractic and/or other health care professionals, grocery shopping, and necessary supplies.

Thank you.

*This information is not intended to imply that chiropractic adjustments can cure Covid-19 infection nor can it prevent you from contracting Covid-19 if exposed.

Online Special



All Chiropractic
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(Does not include Medicare Costs)
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Our Services



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♥ Trauma

Rehabilitation



Chiropractic
♥ Comprehensive Care
Treatment

COVID-19 Policies

We are open!

And taking extra measures and precautions to help reduce the spread while providing care to patients!

As long as we feel we can serve our patients safely and maintain the safety of our employees (or directed otherwise by government authorities) we are dedicated to staying open and servicing our patients.

We are separating our patients and each patient will have their own room along with extra sanitizing of all areas of the clinic and limiting the amount of people allowed in the clinic.

During this time, there are ways to boost the immune system to prevent or ward off illness.

While it is important to follow a healthy diet with a mix of fruits and vegetables, chiropractic care can aid in boosting immunity. If the body is in pain, the nervous system is preoccupied with the discomfort instead of keeping sickness at bay. Our health and immunity are reliant on the alignment of the spine. With a simple adjustment, the nervous system is relaxed enough to coordinate with the immune system. The best way to have optimal health is to have a balance between the nervous and immune functions of the body.

Ultimately, patients could see a substantial improvement in immune competence with regular chiropractic assistance!

Additionally, minimizing stress, getting extra sleep, and sticking to a healthy lifestyle with regular exercise can maximize a patient's overall immunity to the illnesses around us. Trying something like yoga, meditation, or even reading could benefit overall health. Our new Biosound technology can help to also reduce stress and build immunity by calming the brain and bringing you into a peaceful state. Consuming water with a slice of lemon could also aid in building a barrier between the viruses and our fragile immunity. A trip to the chiropractor can help to keep your immune system healthy and strong.

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Measures to Minimize COVID-19 infection

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Measures to Minimize COVID-19 infection and maximize your immunity to protect yourself, family, and loved ones:

1. Receive regular frequent chiropractic adjustments (according to Dr. Donald Pero's, PH. D., Chief of Research at New York's Preventative Medical Institute and Professor of Medicine at New York University). Dr. Pero's research study of 107 individuals who received long term chiropractic care chiropractic patients had a remarkable 200% greater immune competence than those who didn't receive chiropractic care. Despite a wide range of ages in this study, immune competence did not show any decline with age and remained uniform for the entire group. It is for this reason that new patients are encouraged to keep their chiropractic appointments to increase their immune system defenses and protect against all infectious diseases. Existing patients are encouraged to keep their adjustment appointments and to consider an increase in their frequency in their adjustments to maximize their immune and nervous system function.
2. COVID-19 clinic protocols involve social distancing during your clinic visit. Our large indoor and outdoor reception area allows for 6 feet distance between patients entering and exiting our clinic. Additionally our frequent disinfection protocols and procedures have always been and will remain exceptional. Our large clinic facility allows patients to be adjusted without coming near (6 feet) of other patients. All Doctors will wash and disinfect hands in between patients (this is more effective than glove procedures).
3. Protect and confine your elderly loved ones (80+ yrs old) and minimize any public contact especially those with chronic illness such as: cardiovascular disease, lung disease, immune disease, and/or diabetes.
4. Practice excellent hygiene which involves frequent washing of hands for 60 seconds in hot water with lathering soapy disinfectant suds.
5. Hydrant with 2-3 liters of pure fresh water per day. Eliminate intake of any processed foods and increase fresh fruits, vegetables, and high protein food sources (preferably organic). Vitamin and mineral supplements (consult with your Doctor of Chiropractic for recommendations).
6. If you have a fever, shortness of breath, and cough immediately report to a local medical facility for COVID-19 testing and if necessary treatment and quarantine.
7. Limit public exposure to essential workplace employment and activities such as visits to your Doctor of Chiropractic and/or other health care professionals, grocery shopping, and necessary supplies.

Thank you.

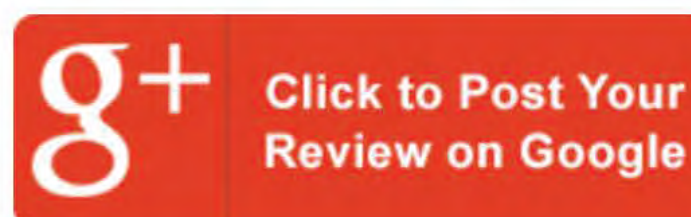
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Coronavirus:

The Facts, the Factors, and the Role of the Nervous System

The coronavirus claims daily headlines across the nation and world. The sensational reports tend to focus on tragedies and the ultimate reality that sicknesses can be deadly. Other positive realities and facts exist as well. **The coronavirus is a common virus that causes an infection in the nose, sinuses, or upper throat.** Most coronaviruses do not accompany the deadly outcomes catching media headlines.

People infected with the coronavirus report coughs, fever, and respiratory issues. Some extreme cases involve pneumonia. Antibiotics do not work against this viral attack on the immune system. Recovery primarily involves the strength of the immune system. **The best weapon for the coronavirus and the flu begins with building a strong, proactive immune system.**



One drop of blood contains five million red blood cells, seven thousand white blood cells, and thousands of platelets. These cells work feverishly to heal and defend the body against foreign invaders. The most amazing element of the process comes from the fact that the body adapts and responds naturally and without a conscious decision to do so. The entire process of adaptation and response operates under the direction of the central nervous system.

Scientists discovered the unique connection between the central nervous system and the immune system and continue to compile research and evidence about the process. Chiropractic plays a key role because of the spine's relationship with immunity. Research shows that when the spine remains immobile or misaligned, the body operates in a heightened state of stress equivalent to being in battle. Operating in a heightened state of stress weakens rest, immunity, and growth within the nervous system. Gentle Chiropractic adjustments improve immunity by allowing the nervous system to function at maximum capacity for healing and repair. Chiropractic adjustments increase movement and improve alignment while reducing stress. **Evidence shows that people who receive regular adjustments report stronger immunity after beginning Chiropractic care.**

Research from 2010 determined that patients who received Chiropractic adjustments showed increased levels of a specific signaling molecule in the body called Interleukin-2. Interleukin-2 regulates the activities of white blood cells which are responsible for immunity. The molecule impacts the body's natural response to microbial infection and helps the body recognize and create specific responses that neutralize foreign invaders. **This protein molecule was found to be higher in those who received Chiropractic spinal adjustments when compared to those who did not.**

The primary focus of a Chiropractic adjustment does not center on treating a specific symptom or condition. The increased health and function from an adjustment represents an outcome which originates when interference is removed from the nervous system. While other professions focus on changing the environment to suit a weakened body, **Chiropractic pursues strengthening the body to suit the environment.**

Four Keys to Improving Immunity:

- 1) Stay on track with adjustments to keep the autonomic nervous system in balance.
- 2) Consume adequate amounts of Vitamin D, a major immune booster.
- 3) Add 30-60 minutes of extra sleep to the daily routine. Inadequate sleep depletes immunity.
- 4) Drink water and remove sugary drinks and snacks from the diet. Sugar drains immunity.
- 5) Move the body. Exercise increases lymphatic flow and provides significant immune benefits.

CORONAVIRUS

ABOUT THE VIRUS



The coronavirus is a common virus that causes an infection in the nose, sinuses and upper throat.



Most coronaviruses do not accompany the deadly headlines catching the media headlines.



Antibiotics don't work against this viral attack. It requires strength of immune system.



**EVIDENCE SHOWS THAT
PEOPLE WHO RECIEVE
CHIROPRACTIC
ADJUSTMENTS REPORT
STRONGER IMMUNITY
AFTER BEGINNING CARE.**

HOW CAN CHIROPRACTIC CARE HELP YOUR IMMUNE SYSTEM

Scientists discovered the unique connection between the central nervous system and the immune system. They continue to compile research and evidence about the process. Chiropractic plays a key role because of the spine's relationship with immunity.

Research shows that when the spine remains immobile or misaligned, the body operates in a heightened state of stress equivalent to being in battle. Operating in a heightened state of stress weakens rest, immunity, and growth within the nervous system.

Gentle Chiropractic adjustments improve immunity by allowing the nervous system to function at maximum capacity for healing and repair. Chiropractic adjustments increase movement and improve alignment while reducing stress and boosting immune function.

FIVE KEYS TO IMPROVING YOUR IMMUNITY

- 01** Get chiropractic adjustments to keep the autonomic nervous system in balance.
- 02** Consume adequate amounts of vitamin D, a major immune booster.
- 03** Add 30-60 minutes of extra sleep to the daily routine. Inadequate sleep depletes immunity.
- 04** Drink water and remove sugary drinks and snacks from the diet. Sugar drains immunity.
- 05** Move the body. Exercise increases lymphatic flow and provides significant immune benefits.



Chiropractic Care is an Essential Healthcare Service

FOR IMMEDIATE RELEASE

March 16, 2020 (Falls Church, VA) In these challenging times associated with the COVID-19 Pandemic, the International Chiropractors Association (ICA) is issuing a statement reaffirming chiropractic as an essential healthcare service. Everyone is under extraordinary levels of stress.

Chiropractic Services represent an essential and necessary component of the health care program of millions of patients of all ages and all walks of life in the United States and worldwide. Timely and consistent access to chiropractic care is essential to the maintenance of the health and wellbeing of this patient population, particularly during times of stress.

The association encourages jurisdictions at all levels to acknowledge and respect that chiropractic is an essential healthcare service even during a pandemic.

It is important to recognize that as of mid-March 2020, there are no recognized cures in conventional medicine or alternative health approaches for COVID-19. There are no vaccines, no drugs, no natural remedies, no alternative therapies that have been tested and the outcomes peer reviewed to meet any evidence-based standard. The public has the right to seek their own pathway to health and well-being. For millions of Americans, that pathway includes regular chiropractic care. For individuals such as those recovering from injury or suffering back pain, chiropractic care is essential on their road to recovery.

ICA President, Stephen P. Welsh, DC, FICA stated, “While Coronavirus-19 has everyone’s attention, it cannot be forgotten that health promotion and non-opioid pain management through chiropractic adjustments of the subluxation is essential and should not be curtailed or restricted because of this pandemic. With churches, schools, restaurants, museums being closed, the ICA reminds authorities that the offices of doctors of chiropractic should be treated no differently than the offices of medical doctors – as an essential health care service.”

Partnering With You Amid COVID-19

In the light of so many of our patients calling to get checked to keep their immune systems strong during this time, **our office will remain open to help as many as we can.** We are taking proper precaution to keep you safe, by wiping down our equipment and tables between each patient and by using social distancing in our waiting area, while you are at our office. Thank you for trusting us to help!

A Note From Dr. Kevin and Our Team at Chiropractic, Plain & Simple

As the coronavirus spreads, we are hearing about how to reduce exposure and take care of ourselves if we get sick. These are important tips, but we're not hearing much about how we can boost our immunity so that if we do get exposed to the virus, our body can effectively fight back.

And right now, without vaccines or cures, prevention is our one effective ally.

We want to help in reminding you that regular Chiropractic adjustments help to both reduce stress levels and keep your immune system strong.

With coronavirus continuing to spread, it's more important than ever to support the immune system with regular chiropractic care.

Thank you for trusting us to be an integral part of your prevention team!



Coronavirus Prevention Team

Chiropractic Care and Pandemics of the Past

How does Chiropractic Care benefit the Immune System?

When most people think of chiropractic care their first thought is back pain and spinal adjustments; however, there are a number of additional benefits to chiropractic care, including benefits to the immune system. -All American Healthcare

The Flu Epidemic of 1917-18

Chiropractic care was first linked to the immune system during the deadly flu epidemic in the early 1900's.

The data reported that flu victims under chiropractic care had an estimated .25 percent death rate, a lot less than the normal rate of 5 percent among flu victims who did not receive chiropractic care. —[Psychology Today](#)

In Davenport, Iowa, 50 medical doctors cared for 4,953 cases with 274 deaths while 150 chiropractors saw 1,635 cases with one death. Outside of Davenport, medical doctors in the state treated 93,590 patients with 6,116 deaths. That's one death out of every 15 patients. 4,735 patients were seen by chiropractors and only six patients died. That's one out of every 789.

In the same epidemic, New York health authorities (who kept records of flu as a reportable disease) showed that under chiropractic care, only 25 patients died of influenza out of every 10,000 cases; and only 100 patients died of pneumonia out of every 10,000 cases.

Yes, the medical profession was seeing a majority of the worst of the worst; however, one of the greatest statistics backing chiropractic care comes from the state of Oklahoma. There were 233 cases in which the medical doctors had cared for patients and eventually pronounced them as "lost" or beyond hope... chiropractors took care of all 233 with only 25 deaths. — [Healthful Tips](#)

How Chiropractic Boosts Immunity

There is a clear connection as to why chiropractic care can improve the function of the nervous system and body functions, but research is consistently working to show a clear connection between chiropractic care and the immune system.

How the Nervous and Immune Systems Work Together

The nervous system and immune system are hardwired to work together to create optimal responses for the body and interact with each other more often than you may think. Both systems release hormones and tiny messenger molecules that can communicate with each other and other organs in the body.

The nervous system relays information to the brain from the entire body and can directly influence receptors in the immune system. The brain has the ability to use nerve cells to communicate directly with the immune system and trigger an immune response, and vice versa. The immune system can send signals to the brain to let it know of any foreign, unwanted antigens. The brain can then tell the nervous system to react.

Some studies show increased levels of antibodies and other essential cells in the immune system following an adjustment. In some cases, patients who were sick with colds, sore throats, and sinus congestion reported accelerated recoveries after their adjustments.

Summary

The goal of chiropractic care is to remove any interference in the nervous system that may prevent you from natural day to day functions. This is because the nervous system controls the functions of your entire body. Adjustments on a specific inflamed area of the body reduces stress on the nervous system, allowing it to better communicate with the rest of the body. The better your nervous system can function and communicate, the better the rest of your body can function and communicate.

CHIROPRACTIC, YOUR IMMUNE SYSTEM, AND DEADLY INFECTIONS

posted: Apr 01, 2020.



Chiropractic, Your Immune System, and Deadly Infections

The coronavirus of 2020, COVID-19, has triggered the greatest health scare in recent memory. Americans are undergoing levels of anxiety and sometimes panic not seen since the 9/11 attacks, the JFK Assassination, and even the Cuban Missile Crisis. Our Nation is activating crisis management and mobilizing social and regulatory forces not applied since World War II.

Many people compare COVID-19 to the Spanish Flu Epidemic in 1918. Estimates of the worldwide death toll from 1918 Spanish Flu range from 20 million up to 100 million, which would make it the greatest pandemic of recorded history.

While much of the Spanish Flu pandemic remains shrouded in historical mystery, one of the more remarkable aspects about it is that it killed so many young adults. This population group would normally be expected to have greater strength and vitality and therefore greater resistance to infection than older or younger people.

Another little known fact from the 1918 pandemic is that there were patients who survived in much higher numbers because they received chiropractic care. [1] Historical records show:

- **In Davenport, Iowa, medical doctors treated 93,590 flu patients with 6,116 deaths — a death rate of 6.53%.**
- **At the Palmer School of Chiropractic (in Davenport), Chiropractors adjusted 1,635 flu patients, with only one fatality – a death rate of 0.06%.**
- **Outside Davenport, chiropractors in Iowa cared for 4,735 flu patients with only six deaths — a death rate of 0.13%.**
- **During the same epidemic, in Oklahoma, out of 3,490 flu patients under chiropractic care, there were only seven fatalities – a death rate of 0.2%.**
- **Furthermore, 233 flu patients that medical doctors had given up as hopeless finally received chiropractic care. All but 25 of these 233 dying flu patients were saved from death by chiropractic, an 89% success rate rescuing these terminal patients.**

While data collection back then was not what we have today, these figures clearly indicate that chiropractic care provided benefits for these terribly sick people that raised their chances of survival by up to 100-fold.

Modern research provides clear evidence that chiropractic has a positive influence on the nervous system and improved immune function.

In 1974 in the *Journal of the American Osteopathic Association* the physiologist and researcher I. M. Korr stated that "spinal lesions" (comparable to a "spinal vertebra out of place") are associated with disturbed activity of the sympathetic nervous system. According to Korr, **"High sympathetic (nervous system) tone may alter organ and tissue responses to hormones, infectious agents, and blood components."**^[iii] Doctors of Chiropractic daily correct spinal lesions and boost the nerve and immune systems so that you are healthier.

In 1987 a study published in *Immunology Review* concluded that **"Many stimuli, which primarily act on the central nervous system, can profoundly alter immune responses."**^[iii] The spinal adjustment by your Chiropractor supplies just such stimulation to the nervous system.

In 1992 a study published in the professional journal *Circulation* concluded **"Growing evidence suggests that immune function is regulated in part by the sympathetic nervous system."** The researchers found **"there was a sharp rise in T suppressor/cytotoxic cells and natural killer cells following sympathetic (nervous system) stimulation."**^[iv] Again, stimulation via the chiropractic adjustment can enhance nerve and immune function and therefore health.

Another peer-reviewed research study published in 1992 in the *Journal of Manipulative and Physiological Therapeutics* found that **when a thoracic "manipulation" was applied to the spine, the response of immune cells isolated from blood collected 15 minutes after the manipulation was significantly higher than blood collected 15 minutes before and 30 and 45 minutes after manipulation.**^[v]

In 1994 a controlled study of HIV positive patients was conducted and the results published in *Chiropractic Research Journal*. **This research studied the effects of specific chiropractic adjustments on the immune system CD4 cell counts of HIV positive individuals.** Half the patients received specific spinal adjustments and the control group received a placebo.

Over the six month period of the study:

-
- **the control group experienced a 7.96% decrease in CD4 immune cell counts**

the adjusted group experienced a 48% increase in CD4 immune cell counts.^[vi]

In 2000 a peer-reviewed report in the professional journal *Pharmacological Review* stated the following: "The brain and immune system are the two major adaptive systems in the body. **During an immune response, the brain and the immune system 'talk to each other' and this process is essential for maintaining homeostasis**...Two pathways link the brain and the immune system: the autonomic nervous system (ANS) via direct neural influences, and the neuroendocrine humoral outflow via the pituitary....the ANS regulates the function of all innervated tissues and organs throughout the vertebrate body with the exception of skeletal muscle fibers."^[vii]

I am not saying that Chiropractic will cure COVID-19 or any other infection. I am stating that Chiropractic has been shown to enhance nervous system and immune function. Your immune system is fighting off infections every day of your life.

I am also stating with great confidence:

The better your spine, the better your nervous system. The better your nervous system, the better your immune system. The better your immune system, the better you are able to fight off any infection. With Chiropractic care you will have a better spine, a better nervous system, and a better immune system for your best experience of health, strength, and vitality.

We are being told that we face the greatest epidemic in 100 years. If we want to better protect ourselves and our families, doesn't it make sense to get chiropractic care?

We are open for business. We are an essential health care facility not subject to closure.*

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Measures to Minimize COVID-19 infection

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MEASURES TO MINIMIZE COVID-19 INFECTION AND MAXIMIZE YOUR IMMUNITY TO PROTECT YOURSELF, FAMILY, AND LOVED ONES:

1. Receive regular frequent chiropractic adjustments to enhance your entire body performance including your immune system.
2. COVID-19 clinic protocols involve social distancing during your clinic visit. Our large indoor and outdoor reception area allows for 6 feet distance between patients entering and exiting our clinic. Additionally our frequent disinfection protocols and procedures have always been and will remain exceptional. Our large clinic facility allows patients to be adjusted without coming near (6 feet) of other patients. All Doctors will wash and disinfect hands in between patients (this is more effective than glove procedures).
3. Protect and confine your elderly loved ones (80+ yrs old) and minimize any public contact especially those with chronic illness such as: cardiovascular disease, lung disease, immune disease, and/or diabetes.
4. Practice excellent hygiene which involves frequent washing of hands for 60 seconds in hot water with lathering soapy disinfectant suds.
5. Hydrate with 2-3 liters of pure fresh water per day. Eliminate intake of any processed foods and increase fresh fruits, vegetables, and high protein food sources (preferably organic). Vitamin and mineral supplements (consult with your Doctor of Chiropractic for recommendations).
6. **If you have a fever, shortness of breath, and cough do not visit our clinic and immediately report to a local medical facility for COVID-19 testing and if necessary treatment and quarantine.**
7. For healthy non symptomatic individuals limit public exposure to essential workplace employment and activities such as visits to your Doctor of Chiropractic and/or other health care professionals, grocery shopping, and necessary supplies.

Thank you.



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*This information is not intended to imply that chiropractic adjustments can cure Covid-19 infection nor can it prevent you from contracting Covid-19 if exposed.

COVID 19 AND CHIROPRACTIC CARE

Hello Friends, Family, and Neighbors,

With the increasing spread of the coronavirus and its impact reaching our community, I want to share with you my thoughts as your healthcare provider.

In these historic, unprecedented, and concerning times, it is important to remain calm and develop a game plan. Huddle up with your family, friends, congregation, and support groups to discuss a plan of action. This is especially important if you have special needs or are in a high-risk group.

The facts are that this flu-like infection can be very contagious. If you have ever had the flu you know that it hits suddenly, and you become very sick very quickly. The coronavirus symptoms are fever greater than 103°, generalized muscle/joint aches, and a significant cough with possible shortness of breath. If you get these sudden symptoms, I recommend that you get tested quickly and follow your medical doctor's instructions.

This virus can be more dangerous than typical influenza - especially for older people and people who may be on medications that compromise their immune system. If you have pre-existing conditions such as asthma, COPD, diabetes, heart disease or lung issues, take extra precautions to avoid getting ill. I think by now we all know what those precautions are.

To try and stay healthy continue to do some form of stretching or exercising, take nutritional supplements such as vitamin D, timed-release vitamin C, zinc, and extra zinc lozenges if you feel sick. Stay hydrated and get plenty of rest. Self-isolate if you feel sick.

At our clinic, we are taking extra measures to keep our treatment tables and equipment sanitized. Our staff is here to keep those who are not directly affected by this virus on their care plans. **Research has shown that regular chiropractic adjustments can have a positive effect on our immune system and keep our nervous system strong.**

If you develop influenza or coronavirus symptoms please notify us. We can postpone your treatment until you recover and then resume care at that time.

From all of us at Waldrop Chiropractic and Wellness, we will get through this pandemic together. The next few weeks may be difficult and scary. But in the end, we will look back at this and appreciate how hard our immune system and chiropractic care can work for us.

We have your back!

Dr. Rachel Waldrop, D.C.

Our Thoughts on COVID-19

As always, the well-being of you and your family is our highest priority at Waldrop Chiropractic and Wellness. We continue to follow and apply health and safety regulations, regardless of season or sickness. This is how we ensure that our practice members can trust us, not only for chiropractic care, but for the office environment.

We wanted to detail some of our sanitation and cleaning measures for you, as we all try to make wise, positive choices.

What We Are Doing

These include our normal protocols. We are adding extra thought to keeping everyone as healthy as possible.

- We are giving specific, scientific adjustments so each nervous system functions optimally to boost immunity against all germs and viruses.
- The office is being thoroughly and regularly sanitized.
- We use hand sanitizer or wash our hands between each adjustment.
- We pull we wipe down our tables and use new paper for each patient.
- If you do not want to use the keypad, just ask the front desk to sign you in. We wipe down the check-in stations between each patient.
- We are working to be more efficient, avoiding crowding in the office.

Immune System Booster Facts

White blood cells counts are higher within 15 minutes after a chiropractic adjustment, as shown in this study.

- Chiropractic boosts your immune system as much as 200%. ("Pero R." "Medical Researcher Excited by CBSRF Project Results." The Chiropractic Journal, August 1989; 32.)

Just over 100 years ago, there was another pandemic: The Spanish Flu of 1918-1919. Invaluable statistics came to light in that difficult time about the value of chiropractic care and fully functioning nervous systems.

Recommendations

- Continue to get adjusted, so your brain and body can communicate without interferences.
- Wash your hands often with soap and water for at least 20 seconds.
- Use an alcohol-based sanitizer.
- Keep away from others who are sick.
- Avoid touching handrails, door handles and other high traffic surfaces in public places.
- Avoid touching your face, nose, eyes, etc.
- Avoid non-essential travel.
- If you aren't feeling well (even if it's mild), stay home, rest and hydrate.
- Maintain your current nutritional and exercise schedule are prescribed or recommended by this office.

According to the CDC, if you think you have been exposed to COVID-19 and develop a fever and symptoms of respiratory illness, such as cough or difficulty breathing, call your healthcare provider immediately. Your healthcare professional will work with your state's public health department and the CDC to determine if you need to be tested for COVID-19. If you are feeling unwell, we ask that you please take steps to safeguard others and remain at home.

We care about each of you so deeply and want you to know we are here for you. Please reply with any questions or call (662) 546-4400 to make an appointment.



Welcome To February's Health Newsletter

MEASURES TO HELP YOU MINIMIZE COVID-19 INFECTION

Measures to Minimize COVID-19 infection and maximize your immunity to protect yourself, family, and loved ones:

1. Receive regular frequent chiropractic adjustments (according to Dr. Donald Pero's, PH. D., Chief of Research at New York's Preventative Medical Institute and Professor of Medicine at New York University). Dr. Pero's research study of 107 individuals who received long term chiropractic care chiropractic patients had a remarkable 200% greater immune competence than those who didn't receive chiropractic care. Despite a wide range of ages in this study, immune competence did not show any decline with age and remained uniform for the entire group. It is for this reason that new patients are encouraged to keep their chiropractic appointments to increase their immune system defenses and protect against all infectious diseases. Existing patients are encouraged to keep their adjustment appointments and to consider an increase in their frequency in their adjustments to maximize their immune and nervous system function.
2. COVID-19 clinic protocols involve social distancing during your clinic visit. Our reception area allows for 6 feet distance between patients entering and exiting our clinic. Additionally, our frequent disinfection protocols and procedures have always been and will remain exceptional. Our clinic facility allows patients to be adjusted without coming near (6 feet) of other patients.
3. Protect and confine your elderly loved ones (80+ yrs old) and minimize any public contact especially those with chronic illnesses such as cardiovascular disease, lung disease, immune disease, and/or diabetes.



Please click [here](#) to view the rest of our April newsletter.

What Patients Are Saying

2020-04-14



Dr. Van Dahm has helped alleviate my chronic headaches,neck and back pain. He has made my life better with my regular adjustments.

 **Krista Harr** [View review](#)

2020-04-14



Dr. Van Dam has been great. Would recommend to anyone!

 **Ashley Pavlish** [View review](#)

2020-04-14



 **Rhonda Braaten** [View review](#)

Boosting Your Immune Function To Protect Yourself From Disease & Infections

by Dr. Daniel Roig | Mar 12, 2020 | Health Alerts | 0 comments



Though it should be taken seriously, COVID-19 caused by the coronavirus is only one of a slew of viruses spreading around this winter in the United States. The Centers for Disease Control has issued infection prevention habits to curb the spread of the virus around our communities. These recommendations include washing your hands with soap and warm water for 20 seconds or more and avoiding going out when you are feeling ill.

These recommendations only scratch the surface of disease spread and prevention. Our body has a powerful ability to identify and manage foreign invaders like viruses and bacteria. The immune system is a complicated and elegant process that, when functioning correctly, can keep germs from multiplying and spreading and causing serious complications.

We want to add to the CDC list of disease prevention habits with some additional recommendations for maintaining or improving our body's natural, healthy immune response. Taking measures to maintain a healthy immune system not only prevents severe complications from viruses like COVID-19 but also ensures that we are healthy and robust to take care of others who might not be able to fight off infections.

Stay Hydrated

Water is essential for life; it makes up the vast majority of our bodies. Without water, humans can survive only four (4) days. Becoming dehydrated not only impacts your physical functioning, but it also can have adverse effects on mood and mental functioning. Being fully hydrated helps your liver, kidneys, and gastrointestinal system function properly so that your body can flush out toxins and infections. To ensure you are staying adequately hydrated, make it a point to have 8-10 full glasses (8 oz) or more of water each day.

Eat Healthy Foods

It's easy to slip into a comfort food habit when we are feeling stress or are locked up in our houses watching a neverending news cycle. Instead of reaching for those chips in the pantry, that candy hidden in the drawer, or ordering that pizza for delivery, focus on eating as many fruits and vegetables as you can into your daily meals. The more color and variety, the better for your immune system. The vegetables and fruits of our diets offer essential vitamins and minerals that support our body's immune function and immune response.

Free Guide
Start Eliminating Your Back Pain Today!



Give us your email and we will send you the guide

Full Name

Email*

Submit

Office Hours

Monday	8:00 AM — 7:00 PM
Tuesday	8:00 AM — 7:00 PM
Wednesday	8:00 AM — 7:00 PM
Thursday	8:00 AM — 7:00 PM
Friday	8:00 AM — 4:00 PM
Saturday	8:00 AM — 1:00 PM
Sunday	Closed

Book Your Appointment

First Name

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Reduce Stress

There is no longer any question that our minds and our bodies are linked, and that stress (whether real or perceived) has a negative effect on health and immune function.

We know it's easier said than done, but try not to "worry" about the spread of COVID-19. The act of worrying doesn't benefit you unless that "worry" instinct is quickly transformed into action to take care of yourself, your family, and your community.

Studies have shown that a higher level of daily stress increases the risk of disease as much as smoking and poor diets. Don't be fooled that your ability to "handle" stress means you don't have stress. Just because you can stay productive in the face of stressful situations or feelings doesn't mean that the adverse effects of stress aren't felt by your body.

Take measures now to reduce unnecessary stressors in your environment. If the news or the internet is raising your stress level, then it isn't doing you much good to "stay in the know," instead turn off the TV and put away your phones. If you have to check-in, then do so only at certain times of the day and only for a prescribed period (15 minutes).

Find time for quiet and allow your mind and your body to relax. Take a nap or meditate for 15 minutes. These periods of stress reduction can work wonders for your immune system and for your ability to respond clearly and effectively to real stressors that show up in your daily life.

Move Around, Elevate Your Heart Rate

Your routines might change in the face of a viral outbreak such as COVID-19, but don't let that disruption in routine impact your regular exercise routine. Moving around and elevating the heart rate will keep your circulation moving. A healthy circulation goes a long way towards responding to and eliminating infections and toxins from the body.

Get Enough Sleep

You may already notice that you catch colds more easily if you haven't been sleeping well. This should be your first hint that getting enough sleep has positive effects on your immune system. Not sleeping enough also increases stress hormones in the body, and we already know what stress can do to your immune system. Most people should shoot for 7-9 hours of quality sleep each night.

To help your body get to sleep, reduce your exposure to blue lights from phones and computers for 1 hour before bedtime. Also, avoid eating within two hours of bedtime to prevent GI distress from interrupting your sleep. Lastly, try to keep your regular sleep habits even if other routines have flown out the window. Go to bed and wake up at generally the same time every day.

Supplements

There is some evidence that various micronutrient deficiencies — for example, deficiencies of zinc, selenium, iron, copper, folic acid, and vitamins A, B6, C, and E — alter immune responses.

So what can you do? If you suspect your diet is not providing you with all your micronutrient needs it— for instance, you don't get enough fruits and vegetables — taking a daily multivitamin and mineral supplement may bring other health benefits, beyond any possibly beneficial effects on the immune system.

Get Adjusted

Put simply, the better your body is functioning overall, the better your immune system can work to protect you. In addition to reducing pain and discomfort and improving the body's ability to move, chiropractic care and spinal manipulations specifically have been shown to enhance the immune activity, improve communication between the immune and nervous systems, and reduce pro-inflammatory cytokines.

Taking action now to boost or support your immune system will not only help you to fight off infections like COVID-19 but will also help to improve overall health and wellbeing. Combining these immune-boosting practices and the CDC recommendations for infection control are your key to keeping your self, your family, and your community healthy.



Shiepis Clinic Of Chiropractic

2756 Cleveland Ave NW
Canton OH 44709

Call No
(330) 453-773

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Coronavirus Important Information

Coronavirus Important Information

At Shiepis Clinic of Chiropractic, your health is always our number one priority.

As we continue to provide care to our patients, we have implemented measures to increase the cleaning and sanitizing practices in our office, which includes all treatment surfaces, common areas and frequently touched surfaces like door knobs, sign in areas, etc.

If you are experiencing any of the following symptoms:

FEVER

COUGH

SHORTNESS OF BREATH

You should refrain from coming into the office, limit your exposure to other people, and reach out to your primary care physician/local emergency department to determine your risk level and next steps.

It is estimated by epidemiologists that a large majority of those in the US could become exposed to the coronavirus. However, it is important to understand that it will not affect all individuals the same. For the majority of individuals, contracting the virus is expected to be similar to coming down with a cold or flu virus, followed by recovery. Symptoms for many will be mild to moderate. However, for individuals of advanced age, with complicating conditions or challenged immunities, it could cause more severe sickness or possible death.

Measures taken by state and local officials have been based on emerging information as well as trends experienced in other areas that have already been exposed. In Ohio, the coronavirus is expected to peak in exposure and confirmed cases sometime in April. Cancellation of school and other events, and restrictions on gathering sizes, have all been done in an attempt to reduce the number of people that will become sick and reduce the strain on the healthcare system so that resources are available to those who need it.

In these unprecedented times of uncertainty, what can you do to improve your health and reduce the risk for you and your family? Here are some suggestions that we recommend:

1. Drink plenty of water
2. Eat healthy, nutrient rich foods
3. Get plenty of rest/sleep
4. Take daily vitamins, including those that are known to support your immune system
5. Incorporate daily physical activity and stress reduction techniques like meditation into your routine
6. Get fresh air. As the weather changes, open windows and get outside as much as possible
7. Get adjusted



Dear Premier Patients, Friends, and Community:

During the unsettling event of the CoronaVirus pandemic, we are maintaining normal office hours and services for our patients and community!

While we are all holding our breath and lying low, waiting to see what will happen--life goes on! If we are trying to recover from an automobile accident or industrial injury, our healing processes don't go on hold until quarantines are lifted. If we don't actively work on optimal recovery, we will be stuck with less than optimal outcomes.

Additionally, one of the very best ways to stimulate your immune system is chiropractic adjustment of the spine. Research clearly demonstrates increased white blood cell circulation for several days following getting adjusted. And no health care providers are better trained in alternative treatment and therapies to stimulate and maintain the immune system than chiropractic.

At Premier Chiropractic and Sports Medicine we are carefully following CDC healthcare provider protocols for limiting disease communication and spread with the following policies and practices:

- All staff members are routinely treating our hands with surgical scrub (Hibiclens) to kill bacteria and viruses that may contact our hands;

- All common surfaces, door knobs, I-pads, ink pens and treatment tables are being cleaned regularly;

- Reception area seating has been spread to maintain recommended 6' distances from other parties;

- All patients are being screened by phone prior to arriving at the clinic for any symptoms of COVID-19;

- All patients are treated upon arrival with the FDA Approved Violet laser which kills all bacteria and viruses--FREE!

What can you do to help keep yourself virus-free and not spread COVID-19?

- Wash your hand with soap on an hourly basis;

- Clean solid surfaces, keyboard and doorknobs regularly;

- If you are sick, stay home from work;

- If someone at work is sick, they leave or you leave!

- Get good sleep, hydration (3-4 liters water/day), exercise in private;

- Get adjusted! Adjusting stimulates the immune system to fight off infection!

- If you have any concern about COVID-19--Call us!

Stay tuned for daily updates on anti-viral nutrition, natural virus cures, and maybe a bad joke or two!
Doc.

Brian E. Larson, D.C., DACBSP® Clinical Director
35670 Kenai Spur Hwy Ste.104, Soldotna Alaska 99669
Office: (907) 262-0801 Fax: (907) 262-0860

March 11, 2020

BOOSTING YOUR IMMUNE SYSTEM AND AVOIDING CORONA VIRUS!

Nutrition, Health and Wellness, Chiropractic



As coronavirus (COVID-19) is at the top of the headlines, stay informed from trusted information sources such as the Center for Disease Control (CDC). Below are reasonable steps you can take to help keep yourself healthy and safe.

Boost your immune system! First and foremost, I urge all of you to do everything possible to stay healthy yourself. It's essential to prioritize your well-being and do all you can to boost your immune system. Research shows that sustaining healthy habits supports immunity and can help prepare our bodies to better fight and recover from illnesses.

- Stick to a nutrient-dense, toxin-free diet, including known immune-supportive foods like garlic and ginger. Avoid foods that tend to weaken the immune system, such as sugar, refined grains, and all processed and refined foods, as much as you can. Keep alcohol consumption to a minimum.
- Continue receiving adjustments, they increase the activity of the body's white blood cells that work to combat viruses.
- Practice mindfulness. Research suggests that mindful meditation can have benefits for health including immune function.
- Get adequate sleep, ideally seven to eight hours a night. This is your body's time to perform preventive maintenance, which bolsters the immune system. Research shows that repeatedly short-changing sleep by even an hour or two can negatively affect immunity.
- Get plenty of sunshine and supplemental Vitamin D and K2. High levels of vitamin D have long been linked to lower rates of illness.
- Consider taking additional vitamins, micronutrients, and supplements to support immunity, such as a high-quality multivitamin, magnesium, omega-3, vitamin C, elderberry, and digestive enzymes. Probiotics and powdered greens have also been shown to support immune and gut health.
- Get at least 20 minutes of low- to moderate-intensity exercise a day to prime the immune system. This movement results in the production of more white blood cells, which combat bacteria and viruses, and promotes improved circulation.

VIRTUAL CHECK-IN

FOR YOUR SAFETY!!

1

LET US KNOW WHEN YOU ARRIVE

When you park your car, please send us a text or call to let us know you are here, and our team will check you in!

2

STAY IN YOUR CAR!

Please stay in your car! We will let you know with a return text or call when it is your turn for your adjustment.

3

COME INSIDE!

After receiving a text or call with your adjusting room #, please come inside and head straight to your room.



BE IN THE KNOW ON CORONAVIRUS!

Now more than ever is the best time to stay
on track with your recommendations!

WHY?!



Research has shown that
chiropractic care boosts
the immune system!

HIV positive patients
adjusted over a 6 -
month period showed a
**48% increase in CD4
cells, an important
immune system
component.**

White blood cells,
which eat and
destroy bad cells,
are enhanced
through
chiropractic care.

The Chief
of cancer prevention
at New York's
Preventative Medicine
Institute found that
people who received
regular chiropractic care
over a five -year period
had a 200% greater
immune competence
that those who had not
received chiropractic
care. **The chiropractic
group showed a 400%
greater immune
competence than
people with cancer and
other serious
diseases.**

Days off School, Chaos all around – and how Polaris Chiropractic can help!

The shelves are starting to look empty and no cleaning products or toilet paper 🧻 in sight. All Minnesota schools are now closed, and we don't know what's next. So much coming at us all and it can be scary. We know that the best thing to do right now is to make sure we're all taking great care of each other and ourselves. Most importantly, taking care of our immune systems so that if you do come in contact with the virus, your body can quickly fight it!

Here's a quick list of things you can do to boost your immunity:

GET ADJUSTED. We will continue business as usual over the following weeks because we know how important a strong immune system is to fight any virus your body comes in contact with – an adjustment alone can boost your immune response by 200%! Now is when your body needs chiropractic more than ever. We want you to know we're taking extra precautions at Polaris Chiropractic to keep you safe.

1. 🧼 We are consistently wiping down all surfaces within the office.
2. 🧸 We have also removed all the toys that aren't easily wiped down to sanitize and bring back out when things have cleared. So, we apologize ahead of time if your kiddos favorite toys are missing when they come in! 😬
3. 🍷 All surfaces and tables are cleaned consistently, and we have hand sanitizer throughout the office for your convenience!
4. 📅 We have spread out our schedule so we can keep the waiting room free of people as much as possible. Come in, get an immune boost and head home! 😊

During this time, let's all do our part to combat what we can control and keep using chiropractic to strengthen your immune system. There's no better time than now to ensure your body has the ability to adapt to any virus and exposure out there.

🥬 Feed your body the good stuff! More greens AND less processed + sugary foods.

👨👩👧👦 Keep your family members well-adjusted! If you are interested in having a family

member adjusted these coming weeks, that is not a current patient; call the office so we can discuss a plan for them, especially kids! We know there is serious need and Restore Chiropractic wants to be there to help! 💙

🏃 Get plenty of exercise and outdoors. Even if your workouts go from the gym to home, or happen in the home itself, movement is so calming to your brain + great to boost your immune system! Make sure to break a sweat, because that's how our body gets things moving on out!

🌿 Supplement your system. It is always a great idea to increase your Vitamin C and D intake.

🧘 Manage your stress levels. In times like this, our stress levels skyrocket. Stress is known to cause 90% of all illness and will only dramatically decrease our body's ability to FIGHT. Amidst all the unknown and chaos right try and find peace. Meditate, stay away from social media, love on your people, and stay calm.





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Chiropractic &
Rehab

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Schroeder Family Chiropractic & Rehab
March 31 · 🌐

WE CARE AND WANT TO KEEP YOU WELL!
Measures to Minimize COVID-19 infection and maximize your immunity to protect yourself, family, and loved ones:

1. Receive regular frequent chiropractic adjustments (according to Dr. Donald Pero's, PH. D., Chief of Research at New York's Preventative Medical Institute and Professor of Medicine at New York University). Dr. Pero's research study of 107 individuals who received long term chiropractic care chiropractic patients had a remarkable 200% greater immune competence than those who didn't receive chiropractic care. Despite a wide range of ages in this study, immune competence did not show any decline with age and remained uniform for the entire group. It is for this reason that new patients are encouraged to keep their chiropractic appointments to increase their immune system defenses and protect against all infectious diseases. Existing patients are encouraged to keep their adjustment appointments and to consider an increase in their frequency in their adjustments to maximize their immune and nervous system function.
2. COVID-19 clinic protocols involve social distancing during your clinic visit. We also will call you from your car when it is your appointment time. Additionally, our frequent disinfection protocols and procedures have always been and will remain exceptional. Our clinic facility allows patients to be adjusted in private rooms. Dr. Marc and Dr. Scott will disinfect hands in between patients (this is more effective than glove procedures).
3. Protect and confine your elderly loved ones (80+ yrs old) and minimize any public contact especially those with chronic illness such as: cardiovascular disease, lung disease, immune disease, and/or diabetes.
4. Practice excellent hygiene which involves frequent washing of hands for 60 seconds in hot water with lathering soapy disinfectant suds.
5. Hydrate with 2-3 liters of pure fresh water per day. Eliminate intake of any processed foods and increase fresh fruits, vegetables, and high protein food sources (preferably organic). Vitamin and mineral supplements (consult with your Doctor of Chiropractic for recommendations).
6. If you have a fever, shortness of breath, and cough immediately report to a local medical facility for COVID-19 testing and if necessary, treatment and quarantine.
7. Limit public exposure to essential workplace employment and activities such as visits to your Doctor of Chiropractic and/or other health care professionals, grocery shopping, and necessary supplies.

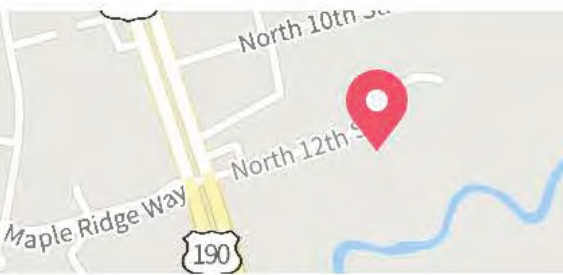
Thank you.

5.0 5 out of 5 - Based on the opinions of 5 people

Community

- 1,015 people like this
- 1,019 people follow this
- 783 check-ins

About



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Covington, Louisiana 70433
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As always, the wellbeing of you and your family is our highest priority at Null Chiropractic. We continue to follow and apply health and safety regulations, regardless of season or sickness. This is how we ensure that our practice members can trust us, not only for chiropractic care, but for the office environment. COVID-19 has not changed our procedures, but we are emphasizing our commitment to keeping everyone as healthy as possible.

We wanted to detail some of our sanitation and cleaning measures for you, as we all try to make wise, positive choices.

What We Are Doing

These include our normal protocols. We are adding extra thought to keeping everyone as healthy as possible.

- We are giving specific, scientific adjustments so each nervous system functions optimally to boost immunity against all germs and viruses.
- The office is being thoroughly and regularly sanitized.
- We use hand sanitizer or wash our hands between each adjustment.
- We wipe down our tables and use new paper for each patient.
- We are working to be more efficient, avoiding crowding in the office.

Immune System Booster Facts

- White blood cells counts are higher within 15 minutes after a chiropractic adjustment, as **shown in this study**.
- Chiropractic boosts your immune system as much as 200%. (Pero R. Medical Researcher Excited By CBSRF Project Results. The Chiropractic Journal, August 1989; 32.)

Just over 100 years ago, there was another pandemic: **the Spanish Flu of 1918-1919**. **Invaluable statistics came too light** in that difficult time about the value of chiropractic care and fully functioning nervous systems.

Recommendations

1. Continue to get adjusted, so your brain and body can communicate without interferences.
2. Wash your hands often with soap and water for at least 20 seconds.
3. Use an alcohol-based sanitizer.

NEW LIFE CHIROPRACTIC'S RESPONSE TO COVID-19

A lot has happened in the last few days and weeks. New Life Chiropractic is a leader in the entire profession of chiropractic. Thankfully we have many practices already in place to make sure our office is clean and sanitary. Below is an update of what we are doing internally and what you can be doing to keep your immune system strong. We are following all current CDC guidelines regarding COVID-19. Our office is staying up to date on all updates coming from the CDC and we are making every effort to provide safe and effective care for our community.

First: BOOST YOUR IMMUNE SYSTEM

You should be focusing on boosting your immune system. At home you can eat less refined white sugar, less processed food and more healthy whole foods, drink more water and get as much sunlight as you can in Colorado. As far as Chiropractic, now more than ever, you should be getting ADJUSTED! Typically, patients on a maintenance schedule will be able to hold their chiropractic adjustments from 1-3 weeks, depending on stress levels. However, in times of immune system suppression, a patient can have their spine examined for misalignments several times per week to ensure their nervous system is free of interference. White blood cells, which eat and destroy bad cells, are enhanced through chiropractic care. 1

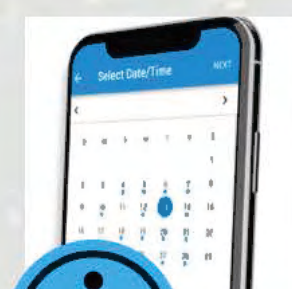
Science has shown that getting adjusted boosts the immune system!

The chief of cancer prevention at New York's Preventative Medicine Institute found that people who received regular chiropractic care over a five-year period had a 200% greater immune competence than those who had not received chiropractic care. The chiropractic group showed a 400% greater immune competence than people with cancer and other serious diseases. 2

Second: Here's What We Are Doing INSIDE The Office

1. We expanded our hours to increase the availability of adjustment times. This significantly reduces the number of people inside the office at any given time.
2. We normally sanitize the adjusting tables several times a day, we are increasing this to after every patient visit. In addition, there are always antimicrobial wipes available in every adjusting room to use prior to your adjustments.
3. We have our office cleaned and sanitized every night, which includes all surfaces in the office. We also have the office professionally cleaned every weekend.

Third: Use Your SKED App!



You can see how busy the office is during all shifts, every 15 minutes. The app shows green if it's not busy, yellow for moderately busy and red for times that are busier. Oftentimes you can move your appointment by 15min in a direction and come in and out quickly.

★★★★★ - New Life Chiropractic Gunnison

— Colleen B. 1 month ago



(704) 482-0135



Schedule An Appointment



145 W Dixon Blvd Shelby, NC 28152

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Covid-19 / Coronavirus

Our Commitment To Our Patients, Our Staff & Our Community

Your Safety & Health Are The Most Important Things

With the current pandemic caused by Covid-19 aka the Corona Virus, Carolina Chiropractic Plus wants to assure our patients that we are monitoring the situation and taking precautions to minimize the risk to you, our staff and our community.

While we have always made sure to keep equipment, surfaces and other areas clean and disinfected, we have increased the frequency of these cleanings to help better protect everyone.

We continue to sterilize shared equipment after each use to prevent the spread of germs.

We continue to maintain self-sterilization of our doctors and staff members by frequently washing our hands, sterilizing between patients and utilizing gloves & other means of protection.

While we are taking all of these steps and more to maintain an even cleaner, safer environment, we cannot do it alone. That is why we are asking patients that if you have an appointment and are feeling unwell, have been knowingly exposed or are positive for Covid-19; please call us to reschedule your appointment. We understand for some this may cause a delay in relief, but your overall health, as well as our other patients and staff members, are just as important to us.

As a patient, you know firsthand how we care about the wellness of others and we simply ask you exercise that same consideration for those around you during this time. We want to remind everyone that now is the time to practice the best hygienic & nutritional routines you can. Remember the following:

1. Wash your hands regularly and after contact with shared surfaces, scrubbing for at least 20 seconds.
2. When drying your hands, when available, use a paper towel to dry your hands and then use it to turn off the water.
3. If you sneeze or cough, try to do so into your arm, not your hands. This will help prevent transmitting germs to surfaces you touch.
4. Practice social distancing, avoiding large groups (10 or more) and being extra aware of personal space right now.
5. If you are experiencing symptoms; fever, cough and difficulty breathing, call your primary care physician and follow their recommendations. If you have to go to the hospital, wear a mask to help prevent further spread of the virus.
6. If you are at greater risk from the virus, please talk to your doctors in advance to map out a plan on what you should do to prepare for quarantine or additional measures. It's always better to have a plan and not need it then to need it and not be prepared.
7. Stay hydrated & Eat Health & Stay Active. Your immune system works best when adequately fueled to fight off physical illnesses.

While this situation calls for us all to be extra cautious and more aware of our actions, if we work together we can help reduce the spread of the virus and make our homes, communities and businesses a safer place for everyone.

If you have any questions, please call us at [704-482-0135](tel:704-482-0135) or send us an email at info@ncchiroplus.com.



BOOST YOUR IMMUNE SYSTEM

During the 1918 Spanish Flu, chiropractic care was proven to aid in the prevention and recovery of those exposed or infected. [You can learn more about by reading our article here.](#)

In addition to boosting your immune system through chiropractic care, we can assist you with a range of nutritional & wellness concerns with supplement programs designed to provide the essential vitamins and nutrients to help you keep your immune system in high gear and better prepared for potential illness. [Learn about our immunity booster supplement program here.](#)

For anything else, please don't hesitate to call us or schedule an in-person or phone consultation below.

 (704) 482-0135

 [Schedule Online](#)

Immunity Booster

Supercharge Your Bodies Natural Defenses

Your Immune System: The Best Defense Is A Good Offense

When it comes to your health, your first line of defense is a strong and healthy immune system. Once you get sick, it's also your best offense against germs, bacteria and viruses. That is why it is important to take the steps to create and maintain a strong, active immune system. One of the best ways to boost your immune system is utilizing supplements that are rich in specific vitamins, minerals and other nutrients. Since we understand how important a healthy immune system is, not only to you but to the friends & family you spend time with, we have put together a program of supplements designed to help keep you healthy and your immune system fueled.



Get access to our **Immunity Booster** supplement program by filling out the form below. Then check your email and we will give you access to order at your convenience online and get your supplements delivered directly to your home. Start increasing your bodies ability to fight infections today. Fill out the form below now:

Get Your Immunity Booster

I'm Interested In:

☒ Immunity Booster

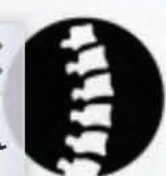
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📍 Keller Family Chiropractic, LLC

10400 Lancaster-Newark Road NE
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KELLER FAMILY CHIROPRACTIC, LLC

GLEN E. KELLER, DC

ERIKA SCHILLING, LMT

740-467-2486

Welcome to our practice! We hope that you will find this site helpful in learning more about our office, our chiropractic care, and how chiropractic care can improve your quality of life.

At Keller Family Chiropractic, your health is always our number one priority.

As we continue to provide care to our patients, we have implemented measures to increase the cleaning and sanitizing practices in our office, which includes all treatment surfaces, common areas and frequently touched surfaces like door knobs, sign in areas, etc.

Dr. Keller is wearing examination gloves for each patient

When you ARRIVE at our office for your appointment :

Please **call our office** to inform us of your arrival (from the parking lot while you are in your car).

You will be asked the following questions

Have you Traveled in the last Month? (if so where?)_____

Have you had any of the following symptoms in the past Month?

- Fever
- Cough: Dry/Productive
- Shortness of Breath
- Bronchitis
- Nausea/Vomiting
- Diarrhea
- Severe Fatigue
- Muscle Pain (like flu symptoms)
- Joint Pain (like flu symptoms)
- Sore Throat
- Loss of Smell

Are you Allergic to Latex Gloves?

Have you been around anyone with these symptoms or diagnosed with COVID 19?

Have you been diagnosed with anything new?

Our office will notify you **when** it is your turn **to come IN** the office for your visit.

This is another effort we are trying to **minimize exposure** of several patients being in an enclosed area at the same time.

If you are experiencing any of the following symptoms,

FEVER, COUGH, SHORTNESS OF BREATH, or LOSS OF THE SENSE OF SMELL

You should refrain from coming into the office, limit your exposure to other people, and reach out to your primary care physician/local emergency department to determine your risk level and next steps.

It is estimated by epidemiologists that a large majority of those in the US could become exposed to the coronaovirus. However, it is important to understand that it will not affect all individuals the same. For the majority of individuals, contracting the virus is expected to be similar to coming down with a cold or flu virus, followed by recovery. Symptoms for many will be mild to moderate. However, for individuals of advanced age, with complicating conditions or challenged immunities, it could cause more severe sickness or possible death.

Measures taken by state and local officials have been based on emerging information as well as trends experienced in other areas that have already been exposed. In Ohio, the coronavirus is expected to peak in exposure and confirmed cases sometime in April. Cancellation of school and other events, and restrictions on gathering sizes, have all been done in an attempt to reduce the number of people that will become sick and to reduce the strain on the healthcare system so that resources are available to those who need it.

Chiropractic contributes its unique salutogenic health care approach to the emergent COVID-19 crisis

Politics, Position Papers, Science /

Chiropractic contributes its unique salutogenic health care approach to the emergent COVID-19 crisis

Amy Haas and Dave Russell

In the face of the current global concerns, it is important to work together as a community to support all possibilities for the optimal health and wellbeing of humanity. Chiropractic care is a unique salutogenic approach to health care that has been shown to improve overall well-being and to enhance physiological function and adaptability. Chiropractic therefore offers a valuable and important contribution in supporting the well-being of our international community at this trying time.

The primary objective of chiropractic care is to optimize health and well-being through the enhancement of nervous system function by reducing nerve interference caused by vertebral subluxations.¹⁻⁴ Chiropractic care has been shown to enhance and/or restore nervous system functional integrity including sensorimotor integration, cortical processing, and physiological adaptability.⁵⁻¹⁰

Chiropractic care is salutogenic in nature, intended to support the body's intrinsic processes rather than to "treat" any specific symptom or pathology. To be clear, chiropractic is **not** a treatment for any infectious disease.

In light of that, it is of note that a small-but-promising body of evidence suggests that chiropractic care may influence and support immune system function.¹¹⁻¹⁷ Though this evidence is preliminary, these data are of interest to consider in light of the intricate connection between the immune system and the nervous system, a field of quickly emerging research.^{12,18-21}

The nervous system plays a crucial role in alerting and guiding immune system cells to where an infection is located in an essential and coordinated response to danger.^{12,18} Steinman¹⁸ states *"There are three types of interactions between the CNS and the immune system: in the first, the CNS acts reciprocally with the immune system; in the second, the CNS drives immunity; and in the third, the immune system regulates the CNS"*. The synergy and coordination between the nervous system and the immune system, and of these two systems with the endocrine system and the microbiome²²⁻²⁹, suggest that the chiropractic adjustment may have broad-reaching effects on salutogenesis and adaptability via modulation of these coordinated subsystems.

Although the exact nature of the effect(s) of chiropractic care may have on immune system function specifically has certainly not yet been fully described, the beneficial and sustained effects that chiropractic care have on the function of the autonomic nervous system (responsible for organ and gland function) is established and the utility of chiropractic care for promotion of healthy adaptability, resilience, and salutogenesis is clear. ***Chiropractic care can therefore provide a valuable salutogenic resource for people whose well-being is tested by these stressful times***³⁰⁻³⁷

While chiropractic care plays an important role in supporting numerous aspects of general wellbeing,^{5-11,38-40} it does not, in any way, replace good hygiene and other healthy lifestyle practices or medical intervention for pathology or disease including COVID-19. Additionally, because chiropractors are portal of entry professionals, in the face of the current global pandemic all chiropractors should become very familiar with their local government and WHO guidelines for appropriate hygiene and facilities sanitation procedures as well as the management/referral of people infected with, or potentially infected with COVID-19. These public health regulations are of the highest priority and should be followed for the safety and protection of the rest of the community seen in one's practice.

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Student and Public



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COVID-19

Hornback Chiropractic and Wellness was founded on the over-riding principle of bringing wellness to our families and community. We strive to make this the foundation of all our decisions. Our team continues to treat patients in our offices, as it is vital to maintain good health. We also continue to maintain our high standard of disinfecting our chiropractic tables after each patient and also cleaning all hard, common use surfaces throughout each day.

Currently, the Coronavirus (Covid-19) is impacting the health of this country. We are constantly monitoring the advice of the Centers for Disease Control and Prevention (CDC) to stay up to date on their recommendations. As Covid -19 works its way into our region, we wanted to remind you of the benefits of chiropractic in fighting illness and the steps to take to combat this particular virus. As many of you know, chiropractic care is essential to maintain a healthy lifestyle. The chiropractic adjustment removes nerve interference allowing for your immune system to function at its highest potential and to combat illness naturally. When the adjustment is complimented by proper nutrition and personal hygiene, your body is in the best position to maintain good health.

HOW TO BOOST IMMUNITY & STAY HEALTHY DURING A CRISIS



HOW TO BOOST IMMUNITY & STAY HEALTHY DURING A CRISIS



Madison area friends & family,

There is so much coming at us all. We know that the best thing to do right now is to make sure we're all taking care of each other and ourselves. We must remember to take care of our immune systems so that if we do come in contact with the virus, our bodies can quickly fight it, as it's designed to do. Your body is strong 💪 and powerful! Check out some tips 📌 below 📌 that you can add to your arsenal to stay calm and healthy.

HERE'S A QUICK LIST OF THINGS YOU CAN DO TO BOOST YOUR IMMUNITY:

1. 🙌 **GET ADJUSTED.** We will continue business as usual over the following weeks because we know how important a strong immune system is to fight any virus your body comes in contact with. Your body needs chiropractic now more than ever!!
2. **Feed your body the healthy stuff!** More greens, less processed and sugary foods. Stay very hydrated. 🥬
3. **Supplement your system.** Ginger, Garlic, Vitamin C & D3 and Elderberry Syrup 💙
4. **Manage your stress.** Stress is known to cause 90% of all illness and will only decrease our body's ability to FIGHT. Amidst all the unknown right now, try and find peace. Meditate, limit exposure to social media 📱, love on your family, and stay calm. 🧘
5. **Get lots of restful sleep.** Your immune system requires large amounts of energy, so it depends on adequate sleep 😴 to function at full capacity.
6. And of course, **wash your hands!** 🧼

Gaslight Family Chiropractic - COVID-19 Immune Support

Dear GFC patients,

Firstly, thank you for trusting our office with your healthcare needs. We love providing chiropractic care, massage therapy, and clinical nutrition to you and yours, so that you can stay your healthiest!

With covid-19 literally taking over all sources of tv, radio, and internet, we are choosing to take this time to emphasize the importance of maintaining health and minimizing the fear surrounding this pandemic.

The single most important thing that we can do is to help boost our immune system. Sustaining healthy habits have been proven to support our immunity to help prepare our body to better fight off and recover from any immune challenge we may come into contact with.

Immune boosting activities that we at GFC suggest:

- Get adjusted! Staying well adjusted helps your nervous system work at its greatest potential, thus allowing the proper nerve signaling to the immune system, so that it can work quicker and be more resilient.
- Take your supplements! Giving your body the adequate nutrition to help support the immune system is vital. We recommend: Any immune boosting support (Cataplex A-C-P, Immuplex, Congaplex, Echinacea; to just name a few), in addition to Vitamin D, Calcium, and a great multivitamin. If you'd like to know exactly which supplement could help you, please stop in and have one of our doctors do a Nutritional Response Test. We can test your body to narrow down which supplement is going to help you the greatest.
- Get adequate sleep!!! Research states that we should all be aiming to get 7-8 hours of sleep per night. We do 70% of our healing when we sleep, so this is a vital time for our body to recharge, re-energize, and keep our immune system healthy.
- Exercise- 20 minutes of low to moderate exercise per day is a perfect goal to have in order to keep your immune system in tip top shape.
- Eat nutrient-rich, whole foods, packed with great vitamins and minerals. Limit refined sugar and alcohol.
- Give yourself some "me time" to help reduce stress. That may include yoga, meditation, or massage. (GFC has some incredible massage therapists that would love to help with this :))
- Limit stress!!!! Stress can completely deplete our immunity. (have you ever wondered why so many students get sick during exam week??). If your body needs help processing stress better, there are some incredible supplements to help with you that we can recommend.

In addition to boosting our immune systems, it is equally as important to practice proper hygiene:

Gaslight Family Chiropractic

2213 Wealthy Street SE Ste 220
East Grand Rapids, MI 49506

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CALL US

Phone: (616) 458-2348

Fax: (616) 458-2342

HOURS

Mon: 9:00AM-6:00PM

Tue: CLOSED

Wed: 9:00AM-6:00PM

Thu: 8:00AM-5:00PM

Fri: 8:00AM-1:00PM

Sat: 8:00AM-1:00PM (Fall-Spring ONLY
on the 1st and 3rd Saturdays of the
month)

Sun: Closed

Search for:

Boost Your Immune System

SPECIAL COVID-19 MESSAGE

TIPS TO BUILDING A STRONG IMMUNE SYSTEM

Because of the COVID-19 Coronavirus, it's never been more important to boost your immune system. For strategies you can employ immediately to strengthen your immune system and avoid being a host to a potential viral infection, watch the video below and read the accompanying article.

Videos

A special video message in light of the COVID-19 Coronavirus. Also, [CLICK THIS LINK to view our VIDEO BLOG](#), which contains updates and additional tips to help you through this difficult time.



[MORE COVID-19 RELATED VIDEOS](#)

Article

For strategies you can employ immediately to strengthen your immune system and avoid being a host to a potential viral infection, click the image below



[Visit our COVID19 Home Page](#)

Boosting immune systems has always been a valuable part of our chiropractic health program. Below are additional articles that have been available.

Even the healthiest people get sick every now and then. Did you know... fine-tuning certain aspects of your health routine strengthens your immune system against everyday bacteria and viruses like those cause the common cold and flu? Check out our series of articles to learn how to boost your immune system and stay healthy.

CALL US TO LEARN MORE
916-933-7022

IMMUNE SYSTEM - PART 4

2/4/2019

Keep Your Immune System in Tip-Top Shape



Click links below more related articles:

- [Feel Better with Chiropractic Care](#)
- [Exercise for a Stronger Immune System](#)
- [Eat This, Not That, To Fight Your Cold](#)
- [Keep Your Immune System in Tip-Top Shape](#)
- [Nutritional Health Renewal](#)

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The Back to Health Chiropractic Team

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Bottom Line:

Thank goodness for the immune system! Did you know, you encounter bacteria that could make you sick each and every day? Your immune system is fighting to keep you healthy 24/7, and when it's not at 100%, you'll get a signal - like a runny nose - that sickness may be on the way. No one wants to be sick, and recent research indicates that some simple changes may help strengthen your immune system and keep you from getting sick.

Why it Matters:

Most people who rarely get sick are take proactive steps to keep their immune system in tip-top shape so it can fight off almost anything that it comes in contact with. By making smart choices like those here, you can ensure your immune system remains strong!

- Be sure to eat a healthy diet of veggies and lean meats to boost your immune system.
- Exercise daily to keep your body (and mind) strong.
- Stay adjusted to decrease stress and improve your overall well-being.



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questions at every appointment.

Pre-Screen Questions:

1. Have you traveled recently to an area with known local spread of Covid-19 – Coronavirus?
2. Have you been with in 6 feet of someone who tested positive for Covid-19 – Coronavirus or quarantined for possible Covid-19-Coronavirus?
3. Have you been experiencing fever (over 99.6), or lower respiratory symptoms such as cough or difficulty breathing?
4. Or, have you had at least 2 symptoms of: fever, chills, headache, sore throat, loss of taste or smell or generalized muscle pains?
(Please click [here](#) for the CDC guidelines regarding symptoms of Covid-19.)

If you answer yes to any of these, please call the office to reschedule your appointment to a later date.

Here are some steps that you can follow to help stay healthy:

- Wash your hands often with soap and warm water for at least 20 seconds
- Avoid touching your eyes, nose and mouth
- Clean frequently touched items (doorknobs, countertops, keyboard, phones, etc.)
- Cover your cough and sneezes with your arm
- Boost Your Immune System
 - Get Adequate Sleep – make it a priority (Adults 7-9 hours; Children need more).
 - Drink Plenty of Water – staying hydrated helps to flush toxins from your body.
 - Get Adjusted – stress directly impacts the nervous system and can show up as pain in the musculoskeletal system.
 - Maintain a Healthy Diet – easily digestible foods don't sap energy that could be used to fight infections.
 - Minimize Stress – stress increases cortisol that lowers your immunity. Meditation / mini-breaks.
 - Moderate Exercise – helps to decrease cortisol levels and increases immunity.
 - Limit Alcohol Intake and Don't Smoke

If you experience the following symptoms: fever, coughing, or shortness of breath, or if you or a loved one has traveled to a country with confirmed COVID-19 cases, especially China or Italy, then please notify our scheduling staff. If you or a family member has tested positive for Covid-19, or is under quarantine (self or medically mandated) please notify our office to reschedule.

Take Our
PATIENT SATISFACTION SURVEY



To Your Health Newsletter

May, 2020 (Vol. 14, Issue 10)

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COVID-19 YOUR SAFETY IS OUR HIGHEST CONCERNS [CORONA VIRUS LETS GET BACK TO THE BASICS](#)

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Corona Virus Lets get Back to the Basics

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[Corona Virus Lets get Back to the Basics for Protection: Chiropractic Professionals of Columbia](#)

At the Chiropractic Professionals of Columbia the Corona virus "COVID-19", is concerning and a little scary, because the World Health Organization just Declared the Coronavirus a Global Pandemic. In South Carolina there has been Reported cases in Camden, and Charleston. You may not even know where to begin to keep you and your family Safe and Healthy, but focusing on the 4 good hygiene basics is a good place to start. We all need this information to protect our families.

Chiropractic Professionals of Columbia

Columbia, SC 29201 (803) 888-6221

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Washing Your Hands is a Must

Simple hand washing with warm water and soap for at least 20 seconds is your first, and best, line of defense from Viruses. Hand washing is the Best way to protect yourself.

You should wash your hands before meals, after using the restroom, and after you've been in public where people are actively spreading germs. Did you know you can get the Corona Virus infection from Doorknobs and Fast Food restaurant's touch screens.

We touch our face all the time and don't even realize we do it. It's very important not to touch your face when you're out and about, because touching your face is the best way to expose yourself to the Corona Virus.

Eat Healthy Food

Did you know your immune system Health starts with a well balanced diet. A balanced diet contains whole grains, fresh fruits and vegetables, lean protein, and healthy fats will keep the good bacteria in your gut happy. Your Immune System is your body's first lines of defense when it's exposed to Viruses, so keep them healthy and you will keep yourself healthy too. You Should also increase your intake of Vitamin C, either as a food source or supplement, or Vitamin D, which you can get from a few minutes in the sun, fortified foods, or a really good supplement.

Sleep Is Most Important

If you're not getting a minimum of eight hours of sleep each night, then you're harming your Immune System. When you sleep, your body uses the time to rest and rejuvenate. Sleep is most important to your overall health and wellness, so make sure you're getting enough of it.

To get the Best Sleep your room should be cool, dark, and quiet. Make sure that all electronics are turned off. Scrolling through social media and reading about recent Corona Virus Outbreaks isn't going to help you get your best sleep.

Chiropractic Adjustments are a Must Have!!

The Chiropractic Professionals of Columbia focus on the function of the central nervous system, which just so happens to regulate every single Cell, Organ, Tissue function in your body. Your Nervous System Controls your immune system. Chiropractic Adjustments focus on the removal of spinal joint dysfunctions that can impact how your central nervous system communicates with the rest of your body. When your body is able to communicate freely and efficiently, then your Nervous System can work optimally to help you stay healthy.

There's no new way to outsmart a virus, all you can do is go back to the Simply basics to help you stay healthy. For updates regarding the latest developments with the Corona virus (COVID-19), please visit the Centers for Disease Control and Prevention website.

Did you know South Carolina Gov. Henry McMaster announced that MUSC.care that South Carolina residences can visit online to talk about any flu-like symptoms so that state health officials can know about any cases of corona virus quickly. The service is free to South Carolinians and can be accessed at [musc.care](https://musccare.com). The you have to set up an account for it to work, but the password for South Carolina residents is covid19. Symptoms of the Corona Virus vary from mild to severe and include coughing, sneezing, and shortness of breath, according to the Center of Disease Control.

The Chiropractic Professionals of Columbia believe the best way to prevent infection is to wash hands for 20 seconds; avoid touching eyes, nose and mouth; avoid contact with sick people and clean frequently touched objects with a cleaning spray or wipe, according to the CDC.

If you're in need of a Experienced Chiropractor in Columbia South Carolina, Choose the Chiropractor's with Years of Experience. You will be glad you did! We are just a Phone Call Away. 803-888-6221. You have Nothing to lose but your Pain!

We use the the Latest and Safest Chiropractic Techniques used Today. We have over 20 Years worth of Chiropractic Experience working with Patients with the Gentlest Techniques Possible. We are Full Spine Adjusting Chiropractors. We find and Locate Your Vertebral Subluxations and Yes, we Fix That!

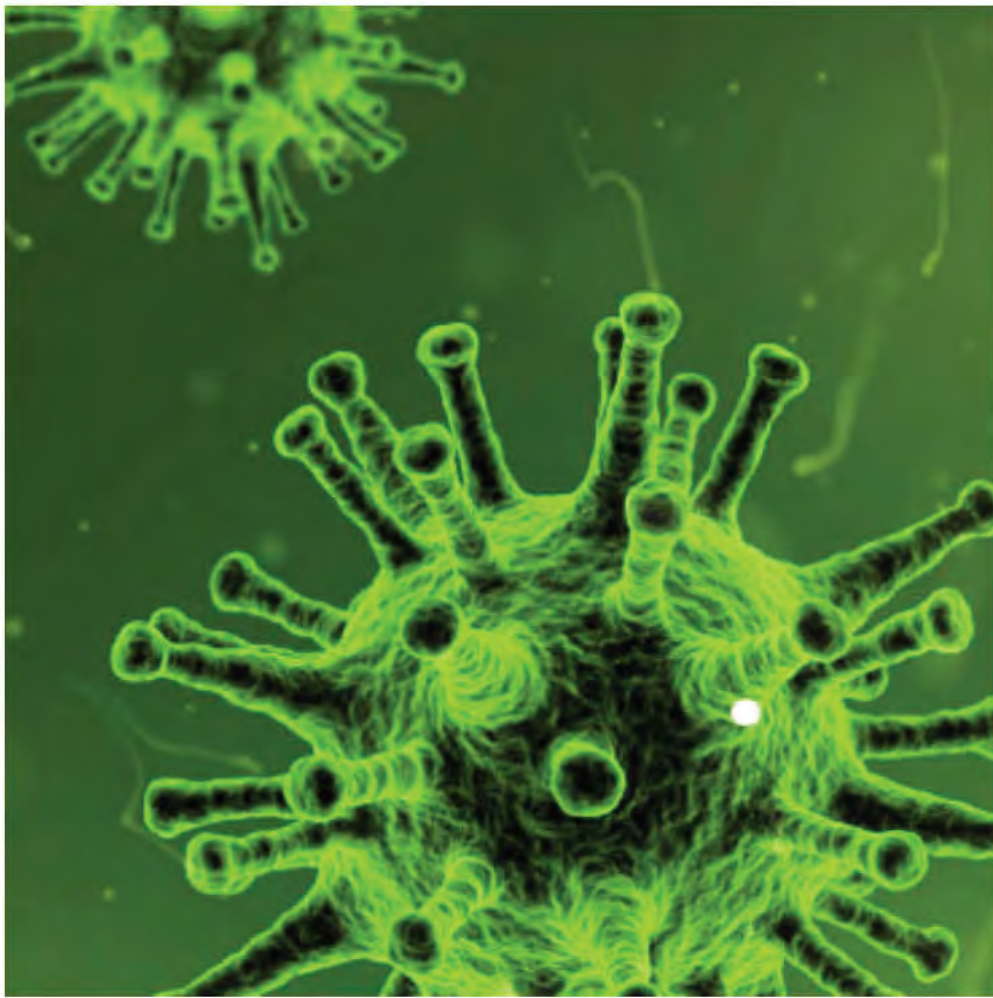
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The Chiropractic Professionals of Columbia have been Helping patients for over 20 years. We have Years of Experience, and Have the Latest and Greatest Rehab Facilities. We Would love the Opportunity to be your Family's Chiropractors. We can See you Today! Don't Wait, Just Call 803-888-6221 or Visit us on the Web at www.MyChiroPros.com

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Coronavirus disease (COVID-19)

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Dr Andrew's Weekly Blog

The Coronavirus has been in existence since the 1960s when it was discovered in the nasal cavities of 2 human patients, and labeled Human Coronavirus 229E and OC43. Through the years a few new strains have been identified, such as, SARS in 2003, MERS in 2012, and now Novel/Wuhan Coronavirus in 2019.

The 2019 Coronavirus originated in Wuhan, China and has spread across the world over the last few months. Wuhan is home to China's only Biosafety level 4 (BSL-4) laboratory. A BSL-4 laboratory is a facility that operates under the highest level of biosafety precautions and is able to work with agents that could easily be aerosol-transmitted, cause fatal disease, and for which a treatment is unknown. In 2017 the Wuhan facility was authorized to begin working with potentially harmful agents, and the first priority was to study the SARS virus. This raised much worry around the globe because the SARS virus had already escaped a BSL-3 facility in Beijing on multiple occasions.¹

FREE

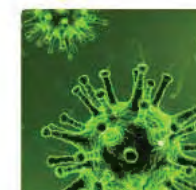
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Coronavirus disease (COVID-19)

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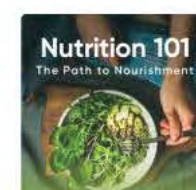
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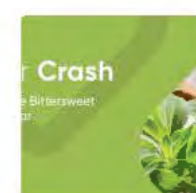
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4 MONTHS AGO / 2



Nutrition 101 2019

5 MONTHS AGO / 2



Sugar Crash 2019

6 MONTHS AGO / 1



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In 2015 it was published in the *Methods of Molecular Biology* that research was being conducted that involved bioengineering the full length cDNA of MERS as bacterial artificial chromosomes. The article claims that, "the development of CoV infectious clones provides a valuable molecular tool to study fundamental viral processes, to develop genetically defined vaccines, and to test antiviral drugs."² Samples have provided evidence that COVID-19 is a clone of SARS as bacterial artificial chromosome.

Based upon what has been described and the known fact that China hid the rate of COVID-19 infections in Wuhan from the World Health Organization (WHO) it is a reasonable assumption that this virus is a man-made bio-agent that escaped the BSL-4 facility in Wuhan. The virus has since spread across the world and has now been deemed a pandemic by the WHO, and when a disease is marked as a pandemic then the creation of a vaccine is allowed to be administered without prior human testing.

The symptoms of the coronavirus include: runny nose, sore throat, cough, fever, and difficulty breathing in severe cases. This pandemic has caused panic in the United States due to its spread. Now is the time to choose faith over fear. Be your own best health advocate, and live the 5 essentials for optimal health. The key to not only overcoming COVID-19, but any potential health crisis is to live the 5 essentials, and it is never too late to start.

Essential

1: Mindset

Fear and worry about the coronavirus has caused people to empty shelves at grocery stores and place a heightened attention to the news media. Fear and worry do not serve the immune system well, and actually disrupt the response of natural killer cells that are vital in fending off viral invaders.³ Some of the best ways to fend off fear and worry is: diaphragmatic breathing, walking outside, meditation, gratitude journaling, and exercise.

Essential

2: Chiropractic

The central nervous system is in charge of regulating immune function. The vertebral subluxation interferes with the transmission of nerve impulses traveling from and to the brain. This creates disorganization in the brain and that results in decreased immune response. In order to increase immune function it is vital to receive at least a weekly adjustment. It has been well documented in research that the adjustment immediately affects immune system function. People who receive adjustments weekly are shown to have 200% greater immune competence than the average population based on research by Ronald Pero, Ph.D., former chief of cancer prevention research at New York's Preventive Medicine Institute and professor of medicine at New York University.



STATEMENT OF COMMITMENT DURING COVID-19 CRISIS

"We would like to address the current coronavirus/Covid-19 public health crisis. We are confident that everyone with a healthy immune system are in no significant danger. We also respect those who are fearful and wish to be responsible concerning the potential spread to those who are compromised . We encourage our friends and clients to take measures to boost their immunity and to practice good hygiene. The chiropractic adjustment has been proven to increase the body's ability to fight disease. As we provide this care, we will be sanitizing each table and washing hands after each client. We will remain open during our normal business hours and welcome you and your families in our office."* – **Dr. Lynn and staff.**

*Study by Selano et al, "The Effects of Specific Upper Cervical Adjustments On The CD4 Counts of HIV Positive Patients" (Chiropractic Research Journal 1994; 3(1): 32-39), the effects of six months of regular chiropractic care on the immune system function of HIV patients was measured. At the end of six months of care, the patients who had received regular adjustments had a 48% increase in the number of CD4+ T cells ($p=0.06$), whereas the patients who were not adjusted had an 8% decrease in CD4+ cells.



UPDATE ON THE COVID-19

A MESSAGE TO OUR COMMUNITY about upcoming changes at the office!

From the family at High Point Chiropractic to yours ❤️

Things certainly have changed quickly for all of us over the past few weeks. We want you, our community, to know that we are taking the Coronavirus (COVID-19) situation very seriously at HPC.

Your health and the health of this community is of our utmost concern and we are taking all the necessary steps to follow all state regulations to ensure your health and safety. While our office is cleaned regularly, we have scheduled additional deep cleaning services to put your minds at ease.

Here is an overview of the steps we are taking:

- Pre-screening all patients before treatment for COVID-19.
- Temporary removal of the toy section.
- No icing or use of ice packs in house.
- Frequent cleaning and sanitization of surfaces, tables, door handles. All tables and chairs will be cleaned and sanitized after every patient comes in contact with EPA registered cleaners.
- Sanitizing hands, facepieces and hand rests between each patient.
- Spread out scheduling to support social distancing.
- Continued common-sense practices surrounding hygiene and hand washing.
- Doctors using 3M, N95 Masks on every adjustment.

****The office will remain open during our normal office hours until further notice****

On that note, if you are sick, have traveled internationally in the last 3 weeks, or have potentially been exposed to COVID-19, please give us a call to reschedule your appointments

If your appointment typically falls during a busier time in the office, as you know, we are extremely flexible with scheduling. We would be happy to reschedule your appointment at a quieter time during the shift...just let us know!

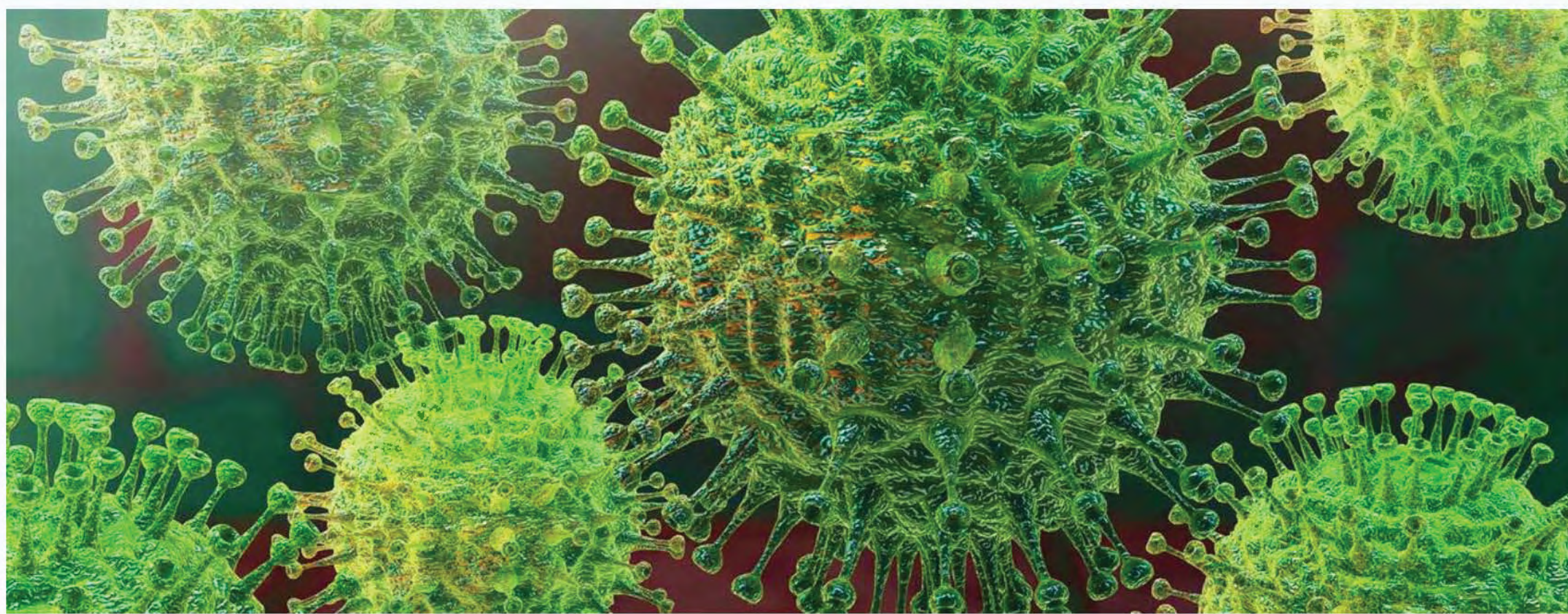
5 Tips to Support Your Family's Health and Immunity

Along with good hygiene habits like washing your hands with soap and water and minimizing touching your face, there are many other things you can do to support your health and immune system.

1. **Get Adequate Sleep:** Use this time to reevaluate your nighttime routines and sleep patterns. Lack of sleep has a massive impact on the responsiveness of your immune system. Aim for 7-8 hours per night for adults and 10-12 for children. Avoid technology and screens at least 60 minutes before sleep time.
2. **Assess your Nutrition:** It is imperative we feed our body nutrient-dense, high quality foods to support optimum overall functioning. Are you eating lots of vegetables and seasonal fruits? Are you purchasing local and/or organic foods? Organic quality is of particular importance for your protein and dairy choices. For a list of the best fruits and vegetables to buy organic, simply google "Dirty Dozen and Clean Fifteen". If you need guidance with your nutrition, please let us know! We are here to support you!
3. **Hydrate** with beverages that do not contain sugar and caffeine.
4. **Exercise** and move "Nutritiously" throughout your day. Aim for at least 20-30 min of exercise daily. Light exercise has been shown to augment the functionality of the immune system (so now is the time to get out and move your body on a daily basis)!
5. **Get Adjusted:** Chiropractic Care has been shown in several studies to have a positive effect on the immune system. Case studies show that including chiropractic care as a part of your health care routines help to support wellness year after year.



COVID-19



Defense Against the Coronavirus and Influenza

Understanding Infectious Disease and Immunity

Each year, a new strain of virus circles the globe. Recently the COVID-19 virus (a.k.a. coronavirus), has captivated the news and caused much anxiety in the general population. Understanding the spread of infectious disease and how best to defend yourself can lessen the fear as well as your chances of being impacted by these infectious pathogens.

Two Types of Defenses

There are generally two types of defenses to viruses and pathogens. One is external and the other is internal. An external defense is something you can do to lessen your chances of being infected, or if infected, decrease the severity of the event. An internal defense is working with your body's own immune system to heighten your natural immunity and decrease the chances of catching the disease or the impact from it should you catch it.

External Defenses

External defenses include measures having to do with reducing the risk of exposure. These include general cleanliness and disinfectants. Precautions such as avoiding sneezing on someone or being sneezed on by someone is obvious. Hand washing after using public facilities, as well as the correct usage of hand sanitizer can also help. It should be noted that overuse of hand sanitizer is detrimental and can actually weaken your defenses.

Masks and protective clothing are recommended for use by health professionals who are most at risk to exposure to infectious pathogens as well as for those who are already infected. Authorities in the U.S. are not recommending masks for general usage in lesser risk situations.



Our clinic staff takes every precaution and is extremely diligent to ensure that our facility and equipment are sanitized to eliminate the threat of infectious disease spread.



The discussion on the effectiveness of vaccinations, when even available, is a debate that is best left to healthcare professionals. This decision is best left between you and your doctor.

Internal Defenses

Internal defenses are those that your body innately has. These defenses are the best line of defense against any sort of pathogen. Functioning at 100%, your immune system is nearly impenetrable to pathogens that can make you sick. The key here is having your immune system functioning as close to 100% of its innate ability as possible.

Do Not Lower Your Innate Immunity

There are two ways to ensure that your defense systems are functioning properly. The first way is to not do things to yourself that can lower your internal immune system. Avoiding things such as smoking, and alcohol are big factors. Avoiding stress as best you can is also important. We should also minimize unnecessary medications and over-the-counter remedies that may weaken the body's ability to defend itself.

A big area that we have control over is what we eat. Processed food, refined sugar, bleached flour, and foods with additives will have a negative impact on your immune system. There is a large volume of information available on what foods negatively impact your immune system.

Lack of exercise or sleep can have a negative impact on your immune system. It has been shown that people who exercise properly and get the correct amount of sleep are less likely to get sick. Daily good habits in this area can help you against the threat of infectious diseases.

Raising Your Innate Immunity

Your immune system is controlled by your nervous system. Anything that interferes with proper nerve system function will have a negative impact on your immune system. Chiropractic has been shown to be the most effective form of healthcare for restoring proper nerve system function. The purpose of chiropractic care is to correct interference in your nerve system. The most common cause of interference to your nerve system is from



vertebral **subluxations**. Subluxations can cause your nerve system to function at less than optimum and therefore have a negative effect on your immune system.

Correcting subluxations through specific scientific chiropractic adjustments help to ensure that your nerve system and, therefore, your immune system are functioning as close to their maximum innate potential as possible. This increases your defenses against outside pathogens and increases your potential to stay healthy. Several research studies published in peer-reviewed journals suggest that the chiropractic adjustment may support immune function.

Our Response to COVID-19

Our Commitment to Your Health & Safety

Our community is facing a lot of uncertainty, and I want you to know we are here to support you by offering emergency and essential chiropractic care for new and existing patients.

Here at Intero Chiropractic, our top priority is and always has been the safety and well-being of our patients and team members. School shutdowns, self quarantines, and social distancing, and Shelter in Place have likely left you wondering if Intero Chiropractic is open and if you should be getting adjusted while the threat of the spread of the Coronavirus continues.

We are closely monitoring the latest developments and following the guidance of the CDC and the World Health Organization and will update you immediately if our hours or status changes.

We WILL be OPEN and ready to serve during this difficult time.

Below is an update of what we are doing internally, and what you can be doing to keep your immune system strong.

How to Boost Your Immune System

You should be focusing on boosting your immune system to prevent catching and spreading this illness.

Step 1.

Follow these immunity-boosting tips you can do at home:

Follow these immunity-boosting tips you can do at home:

- Eat less refined sugar, dairy, and process foods (even if you've stockpiled nonperishables 🍪, make sure you're eating your fruits and vegetables! 🍊🥬)
- Drink plenty of water. 💧 Hydration is critical for immune function and keeps things (i.e., toxins) moving through your digestive tract and out of your body.
- Supplement your diet as needed with Vitamin C, D3, K1, garlic, elderberry syrup, echinacea, ginger, and turmeric. Keep colloidal silver on hand as a natural antiviral. We have echinacea available in our office that we will be providing at cost.
- De-stress. 🛀 Stress robs your body of natural immunity and makes you more susceptible to illness. Take a break from social media and meditate, relax, and unwind.
- Get plenty of sleep. 😴 Sleep is a natural healer!
- Exercise. 🧘 Take a walk around the neighborhood or do an at-home workout. Many gyms and yoga studios are offering free online classes (even to non-members) during this time.

Step 2.

Get Adjusted.

As far as Chiropractic, now more than ever, you should be getting ADJUSTED!

Typically, patients on a maintenance schedule will be able to hold their chiropractic adjustments from 1-3 weeks, depending on stress levels. However, in times of immune system suppression, a patient can have their spine examined for misalignments several times per week to ensure their nervous system is free of interference. White blood cells, which eat and destroy bad cells, are enhanced through chiropractic care.¹

↓↓ Science has shown that getting adjusted boosts the immune system! ↓↓

🔬👨⚕️ The chief of cancer prevention at New York's Preventative Medicine Institute found that people who received regular chiropractic care over a five-year period had a 200% greater immune competence than those who had not received chiropractic care. The chiropractic group showed a 400% greater immune competence than people with cancer and other serious diseases.²



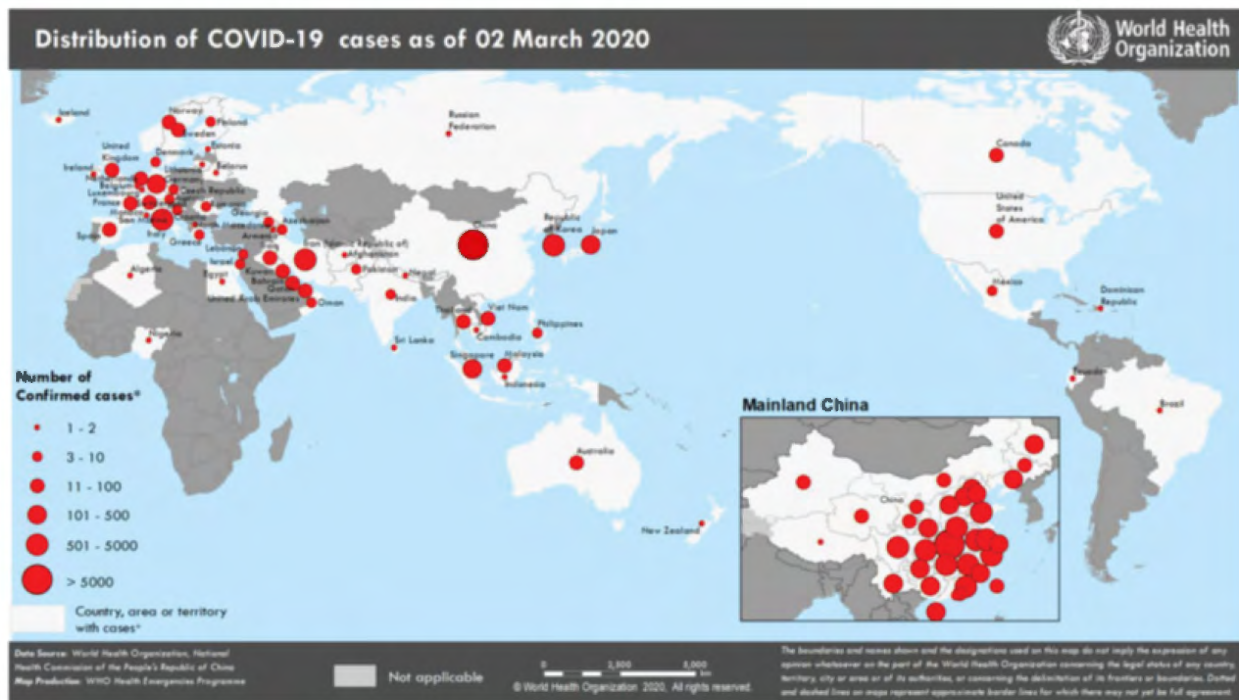


Everything You Need To Know To Prepare For & Prevent COVID-19

This document is comprehensive. Focus on what serves you now and skim the rest.

- Putting slack in the system
- What are the modes of transmission and symptoms of COVID-19
- We are accessing Lab Test Kits, how can you get one
- Prevention, boosting your immune system & infection control
- What should I NOT do
- How to communicate during a disaster
- References 45+

Figure 1. Countries, territories or areas with reported confirmed cases of COVID-19, 02 March 2020



With all the disinformation about the coronavirus out there.....

How can you decipher what is the truth?

Don't Panic - Be Prepared

We are here to help.

Yes, preparing is just simply responsible. Also, having a plan in place of how you'll care for a sick family member - especially someone elderly or immunocompromised is a good idea.

Helping the sick get well and the healthy excel!

Looking for some additional natural ways to support your immune system? We've got you covered.

Other common-sense measures to protect yourself and prevent spread of illness include:

- **Chiropractic adjustments have been proven to improve your immune system.** [Research](#) has shown that chiropractic care helps clear the signals from your brain to your body, including your immune system. Regular adjustments are not just for aches and pains, they also enhance the way all the systems in your body communicate and thereby function better.
- **Take off your clothes.** After being in a public space, take off your shoes and outer clothes. Leave them outside and/or in the direct sun since COVID-19 doesn't like heat or sunlight.
- **Load up on foods and spices with antiviral properties.** Consider coconut oil, raw garlic, oregano, ginger, fermented foods, walnut, pomegranate, green tea, and apple cider vinegar.
- **Eat lots of colorful fruits and vegetables.** They are full of *antioxidants* which will destroy the free radicals that weaken our immune system and are responsible for making us feel sick when we catch a bug. Each color provides different antioxidant power – so be sure to eat a rainbow every day. If you're kids aren't the hugest vegetable eaters yet, give them their antioxidant dose with a smoothie packed with fruits AND veggies, use that smoothie to make jello with grass-fed gelatin or popsicles, sneak pureed vegetables into your spaghetti sauce, soups, chilis, or whatever other way you can think of – be creative!
 - After testing millions of people it is clear the majority are antioxidant deficient. Unless there is a dramatic change in dietary habits, lifestyle, environment, etc most will remain deficient of the best defense mechanism of your immune system and therefore will benefit from the most potent antioxidants available, [LifePak](#). This has a combination of multi - antioxidants/vitamins/minerals your body needs.
 - **Citrus fruits** are an excellent source of vitamin C and are high in antioxidants. Vitamin C helps with stabilization of mast cells and basophils. Often when we experience an allergic response, cold/flu, there is a histamine response. This increases permeability in the body which contributes to a running nose, watery eyes, and low-grade fever. Excellent sources of immune boosting citrus fruits are grapefruit, oranges, tangerines, limes/lemons and clementines.
 - **Red bell peppers** contain twice as much vitamin C than ordinary citrus fruits. They are also rich in beta carotene. Beta carotene is converted to vitamin A in the body which will aid in healthy skin and mucous membranes, as well as improve eye health and vision. Those that are smokers or have a history of smoking should obtain beta carotene naturally and not in synthetic form as it may increase the risk for lung cancer.
 - **Broccoli** is rich in fiber, antioxidants and is packed with vitamins A, C and E.

Helping the sick get well and the healthy excel!

A Note Regarding Coronavirus (COVID-19)

March 30, 2020

As a chiropractic office, we understand and share our patients' concerns about the spread of Coronavirus/COVID-19. On March 11, 2020, the World Health Organization declared COVID-19 a pandemic, the first to be caused by coronavirus. As the status of the outbreak is rapidly evolving, we want to let our patients know what steps we are taking to address the situation in the office now, as well as what we recommend for our patients outside of the office. This information is based on the most current updates from the World Health Organization, the State of Michigan, the Michigan Association of Chiropractors, and other official sources.

The office always follows standard protocols for cleaning surfaces, especially patient contact surfaces. At this time, we are cleaning adjusting tables after each patient, and for other hard surfaces in patient areas we are cleaning frequently, as well as nightly. In addition we are diligently cleaning all other surfaces, bathroom, door handles, etc. To review other recommendations on personal steps you can take at home, as recommended by the CDC, please visit their website for details.

At this point we will be open for normal practice hours. We will update if this changes, using our automated text reminders, emails, and social media platforms. What YOU can do to work towards staying healthy:

1. **Get Adjusted** - You should be focusing on boosting your immune system. Chiropractic adjustments have been shown to affect the Immune System, and its ability to fight infection. Now more than ever, you should be getting ADJUSTED! In times of immune system suppression, a patient should have their nervous system examined for subluxation several times per week to ensure they are free of interference. Very important immune components, called white blood cells, eat and destroy bad cells, and are enhanced through chiropractic care! If you are not sure if you should be adjusted, or should enter the practice, call and we will discuss with you. We may be able to make special arrangements to see you outside of normal practice hours.
2. **Do your best not to live in fear or anxiety about the situation.** Yes, it is a serious matter that requires our attention. However, it is important to note that when we get trapped in a fear response our immune systems shut down in favor of survival mechanisms, which actually further heighten our anxiety! Be wise and discerning about your lifestyle practices and choices, and trust you are doing what you can to keep yourself and your family safe.
3. **Fresh air is vital to healthy immunity** - make a point of getting outside, daily. Even as little as 10 to 15 minutes three times throughout the day will benefit you.
4. **Rest!** Get plenty of sleep and rest.
5. **Increase your consumption of anti-oxidant and nutrient-dense infectionfighting foods** like: organic blueberries, raspberries, spinach, sprouts, garlic, onions, ginger, parsley, cilantro, spirulina, celery juice, bone broth and fermented foods and beverages.
6. **Drink lots of water.** Drinking good quality water and herbal teas, staying hydrated, is one of the best things you can do to flush out toxins from your body and help support the immune system. Remember that eating unrefined salt (i.e. Sea Salt) is critical, to help balance your water intake. You can conservatively consume ½ to 1 full teaspoon of salt per day.
7. **Keep your immune system strong by reducing your sugar intake and eating a balanced diet.** Avoid eating processed sugars. Sugar weakens the immune system and makes it less able to deal with viruses and bacteria. Be sure to read food labels carefully and to limit the amount of sugar you eat
8. **Supplement your healthy food choices, with essential nutrients.** Most important at this time would include Vitamin D, Vitamin C, Vitamin A, and Iodine. Note that the amounts are different for all people, and you should ask Dr. Dan if you have specific questions!

Stay well!

Dr. Dan

Welcome to Cavallaro Family Chiropractic (315-487-5200)

COVID-19 ALERT

If you think you have been exposed to COVID-19 and develop a fever or symptoms such as a cough or difficulty breathing, call your healthcare provider immediately for medical advice.

In accordance with Governor Cuomo's recommendation, we have reduced the in-office staff by 75%. We have also implemented Skype at the front desk so that staff may also assist you remotely during your office visit. They will be able to handle most duties such as checking in/out, scheduling and payments.

We continue to follow COVID-19 protocols for sanitizing the rooms and general office area.

Yours in health,,

Cavallaro Family Chiropractic



FOOD FOR THOUGHT:

Author Katie Gilbert's great article, "Immune Boost: This is a Spinal Zap covering how immune function is greatly improved with regular chiropractic care" was published in Psychology Today August 2006. It contained the following interesting paragraph on the flu:

a) "Chiropractic care was first linked to improved immunity during the deadly flu epidemic of 1917 and 1918. The funny thing was: Chiropractic patients fared better than the general population. This observation spurred a study of the field. The data reported that victims under chiropractic care had an estimated .25 percent death rate. A lot less than the normal rate of 5 percent among victims who did not receive chiropractic care." This equates to Chiropractic patients having a 20 fold (20 times better) result. You can find the full article here: <https://itsforyourlife.com/immune-studies/>

Dear Patients,

Our top priority, as it's always been, is the health and well being of the patients that we serve. We would like you to know we are doing our part to protect that. As we continue to monitor this evolving situation, the following represents the steps we are taking to ensure the health and well-being of our patients.

- " Hand sanitizer is available for you to use at both the front desk and in the adjusting rooms.
- " Adjusting tables will be wiped down with disinfectant wipes after each patient. Additional wipe downs will be done when necessary.
- " In each adjusting room there are containers of disinfectant wipes that you may use at your discretion.
- " The front desk counter will often be wiped down by the staff.

Getting adjusted helps your immune system and under normal circumstances we encourage those who are feeling ill to come in and get adjusted. However, since these are NOT normal circumstances, it may be best to reschedule for another day.

If there is anything else we can assist you with please let us know.

ALWAYS REMEMBER: THE SPINE PROTECTS YOUR NERVOUS SYSTEM.

YOUR NERVOUS SYSTEM HELPS CONTROL YOUR IMMUNE SYSTEM.

CHIROPRACTIC CARE HELPS BOOST YOUR IMMUNE SYSTEM.

BE REGULAR WITH CHIROPRACTIC CARE!

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[New Patient Forms](#)

[Our Location](#)

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Office Hours

CALENDAR

April 2020

Monday

8:30am - 11:45pm

2:45pm - 6:15pm

Tuesday

3:00pm - 6:00pm

Wednesday

8:30am - 11:45pm

2:45pm - 6:15pm

Thursday

Closed

Friday

8:30am - 11:45pm

2:45pm - 5:45pm

Saturday

Closed

Sunday

Closed

New Patient Orientation

1st Tuesday - 6 PM

3rd Monday - NOON





NATURAL
CHIROPRACTIC CENTER



MEET
DR. PEARSON



ABOUT
OUR CLINIC



PATIENT
REVIEWS



CONTACT
OUR TEAM

Services We Offer

We strive to correct the misalignments in your body so that you can function at a higher level of health and vitality! When your spine is aligned, your nervous system can function as intended, allowing your body to heal naturally from the inside out. This means, you feel better and ultimately, live better. We offer:

CHIROPRACTIC

ACUPUNCTURE



Coronavirus Notice

As the coronavirus spreads, we are hearing about how to reduce exposure and take care of ourselves if we get sick. These are important tips, but we're not hearing much about how we can boost our immunity so that if we do get exposed to the virus, our body can effectively fight back. Dr. Pearson wants to remind you that Regular Chiropractic adjustments can help reduce stress levels and keep your immune system strong.

With coronavirus continuing to spread, it's more important than ever to support the immune system with regular chiropractic care.

Immune Support

Boosting Your Immune System



Here are some simple tips to support your immune system and help decrease your odds of getting infected by any virus:

1. **Get adjusted!** Chiropractic adjustments improve immune system response. One study, from the National College of Chiropractic in Lombard, Illinois, found that disease-fighting white blood cell counts were higher just 15 minutes after a chiropractic adjustment was applied to the upper back. Making sure the connection between your brain and your immune system is at its best is one of the first steps to a healthier immune system, no cell will function the way it should if it is not getting the right messages. Schedule an appointment at Stow Family Chiropractic to get your next adjustment!
2. **Wash your hands often and thoroughly for at least 20 seconds.** This is one of the most important strategies you can incorporate into your virus prevention plan. Despite popular belief, the temperature of the water used for washing is unimportant. The important action includes vigorously rubbing with soap and water for 20 seconds before rinsing your hands completely. Regular hand washing has been shown to reduce your risk of contracting a cold or flu by up to 21%.
3. **Don't touch your face.** Many infections are introduced by touching infected areas, like handrails, and then touching your mouth or nose. These are the areas where a virus is likely to infect your body. So always wash your hands before touching your face. Researchers have found that the average person in a public place touches their face 3.6 times per hour. That is a staggering 60 times per day for most individuals, which greatly increases self-inoculation with viruses.
4. **Eat the rainbow of fruit, vegetables and berries.** These foods provide a wide pharmacy of phytonutrients, which are natural plant chemicals that work directly to support your immune system to more effectively fight off viruses. They also provide fiber, which is the most important factor in maintaining a healthy microbiome in our gut. Our gut is our most important immune organ as adults, containing 70-80% of your body's immune tissue.



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CONT



NATURAL WAYS TO BOOST YOUR IMMUNE SYSTEM IN FALLS CHURCH



During cold and flu season, as well as with the current worry about COVID-19, commonly known as the coronavirus; everyone is always looking for ways to avoid getting sick. [Falls Church Chiropractors](#) are answering many questions on the subject. Luckily, there are many easy and natural ways to boost your immunity. Here are a few ways you can boost your immune system from Rosa Family Chiropractic in Falls Church! The biggest defense that our immune system has happens through our gut; therefore, the best way to boost your immunity is through a healthy diet. Vitamin C plays a large role in increasing the production of white blood cells, which help to fight off infections. Good ways to increase vitamin C in your diet are through citrus foods, such as: tangerines, oranges and lemons. Red bell peppers are also high in vitamin C. Garlic has been called a superfood since early civilizations and is known to help fight infections, as well as lower blood pressure. Another important vitamin to boost immunity is vitamin E. Vitamin E is an antioxidant, which helps to protect your cells from damage. Good sources of vitamin E include nuts or seeds, such as almonds and

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OUR LOCATIONS:

 ALEXANDRIA, VA

 Olivia

Thank you for contacting Accessible Beltway Clinics. Are you a new or an existing patient?

New

Existing

 FALLS CHURCH, VA

1

an antioxidant, which helps to protect your cells from damage. Good sources of vitamin E include nuts or seeds, such as almonds and sunflower seeds, as well as avocados and dark leafy greens. Zinc is a very important nutrient needed to help your immune system fight off bacteria and viruses. Your body needs zinc in order to make proteins and DNA in all cells. When taken at the beginning signs of a cold, zinc will help to reduce the duration and symptoms of your cold. Food sources with zinc include red meat, beans, whole grains and dairy products. Zycam contains zinc which will help decrease cold symptoms.

EASY AND NATURAL WAYS TO BOOST IMMUNITY IN FALLS CHURCH

Aside from nutritional support, managing stress, exercising, and making sure you get enough sleep are crucial to improving your immunity, as well as your overall health. Smoking and drinking alcohol will impair the immune system and increase the likelihood of infections, so avoiding these activities will help as well! Some herbs that you can supplement with include Echinacea and Elderberry. Echinacea is known as an antimicrobial, which can be used to fight infections. Echinacea decreases inflammation, increases your white blood cell count and stimulating the body's immune system, which will reduce the symptoms of the common cold or flu. Elderberry flowers and berries are full of antioxidants and vitamins that will help to boost your immune system. Elderberry will help to decrease inflammation, decrease stress and prevent cold and flu symptoms. Oscillococcinum is a homeopathic product known to help decrease the duration of the flu. Although there is limited research on this supplement, it has been used for years by homeopathic providers.

Chiropractic adjustments are also known to help boost your body's immune function. Neural dysfunction will cause your body stress, which will in turn, decrease immunity and lower your body response to any foreign bodies, such as the cold, flu or coronavirus. By correcting the spinal hypo-mobilities and restoring proper function to your nervous system with regular chiropractic adjustments, the neural dysfunction will decrease and your immune system will be able to work properly. Come see us for more tips and to get adjusted at Rosa Family Chiropractic in Falls Church.

FALLS CHURCH

FREDERICKS

GERMANTOWN

GREENBELT

LAUREL

PERRY HARBOR

ROCKVILLE

TAKOMA PARK

TEMPLE HILLS

TOWSON

WHEATON

WOODLAWN

 Olivia

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an existing patient?

Skyline Chiropractic is Open Regular Hours and Tips for Staying Healthy

posted: Mar 23, 2020.



IMPORTANT ANNOUNCEMENT: Skyline Chiropractic is open regular hours!

I have received many questions as to whether or not we will remain open during this pandemic. The short answer is YES!

We are primary care providers and chiropractic care represents an essential and necessary component of the health care program of millions of patients of all ages and all walks of life in the United States and worldwide.

The news of coronavirus (COVID-19) and its ongoing impact on everything from federal interest rates to your ability to attend church services is now capturing the attention of our country. While you might be wondering how coronavirus is impacting your work, home, school and community gatherings, I want to take a moment and assure you that our clinic is open and committed to serving you during this moment of uncertainty.

These moments often create tremendous fear and anxiety for those not rooted in their faith and protection from an illness comes from. According to the World Health Organization, Coronavirus such as runny nose, sore throat, cough, fever and that the illness is often self-limiting (resolves) is working at its optimal rate, an infection will produce mild flu-like symptoms and resolve naturally for those with increased susceptibility (the elderly or those with other pre-existing medical conditions) further illness or fatality. Note: According to the CDC the estimated broad range of fatalities of COVID-19 is 0.25%–3.0%. This implies a survival rate of 97- 99.75%!.

Have a question? We are here to help!

Keeping the Office Safe for You

Our commitment to you also extends to your time in the office for your chiropractic adjustments and nutritional care:

- We are practicing social distancing. Waiting room chairs are six feet apart. All appointments are staggered and spinalators are shut down.
- We are diffusing Thieves oils which carry natural anti-viral properties into our air
- We are using hand sanitizers between each adjustment
- We are sanitizing all areas of high touch points multiple times throughout the day
- We will be providing an extra immune boosting supplement with your adjustments

Focus on Your Health

At the moment we urge you to resist the temptation to forgo your chiropractic and nutritional care - if anything it's time to increase your focus on your spine, nerve system, and immunity.

Your Gut and the Coronavirus: Your immune system and gut are intimately connected. It's estimated that as much as 80% of your immune system resides within your gut. An out-of-balance gut/microbiome can weaken your immune system. To enhance your gut/immune health eat plenty of fermented and cultured foods, focus on your prebiotic and probiotics which can also enhance your immune system strength.

Your Diet and the Coronavirus: A strong immune system begins with what you find at the end of your fork. Load up on antioxidant-rich vegetables and focus on low glycemic fruits (berries), for instance, which can decrease free radicals, which ultimately keeps your immune system strong. The omega-3 fatty acids in wild-caught fish/grass-fed meats can help manage inflammation levels. The healing diet we have introduced to you provides all the nutrients you need to keep your immune system healthy.

Get Adjusted: Now more than ever keep your adjusting and nutrition schedule, or request an extra adjustment weekly! Research shows those who receive regular (weekly) chiropractic care had 200% stronger immune system than those who did not get adjusted.

- Double your Vitamin D3:
- Adults: 10,000 IU daily
- Children: 3-5000 IU daily
- D3 activates your P53 gene which is responsible for DNA synthesis of your immune system. It also has been shown very effective for upper respiratory issues and so much more.
- Double/Triple your Vitamin C:
- Adults: 2-3,000mg daily at minimum If dealing with issues can do 1-2,000mg/per hour awake
- Children: 500-1,000mg daily
- Vitamin C stimulates the production of white blood cells, especially lymphocytes which are anti-viral.
- Use Essential Oil Hand Sanitizer. Most store-bought hand sanitizers contain toxic ingredients. We have plenty for you.

More Tips for Staying Healthy

Sleep well: Your immune system regenerates itself with 7-8 hrs of restful sleep (sleep is especially important between the hours of 11pm - 2am).

Mindset and thoughts: What you think and fill your head with plays a huge roll in how healthy you can and will be and how powerful and effective your immune system is. Look for all the opportunities of happiness and hope especially even more now. Do NOT subject yourself to anyone spouting doom and gloom. Negative thoughts, fear and stress down-regulate the immune system.

Stay hydrated and keep sugar intake to a minimum: Drink half your body weight in ounces of water daily (e.g. 150lb person = 75oz of water daily). Your body is made up of mostly water and it's needed to flush things. Sugar is a food for fire. It speeds up the aging process and makes you feel faster.

Keep moving: Exercise helps to increase body temperature which will make the environment less hospitable to viruses.

Please feel free to contact us if you have any questions.

Have a question? We are here to help!





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Dr. William Leach
Doctor of Chiropractic
5420 S. Quebec St., Ste. 205
Greenwood Village, CO 80111
720-242-8819



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Chiropractic Boosts Your Immune System!

Posted on March 16, 2020 by Lindsay

Coronavirus (COVID-19) is a growing concern and updates are being released every day. Although the current statistics of this virus, relative to the action that is being done, may seem extreme to many, it is clear that we are practicing an overabundance of caution.

We want to take this opportunity to *ensure your health and wellbeing* at Discover Health and Wellness.

Our mission is to improve our patient's health. Our offices provide an office of education, healing and of course, cleanliness. As more updates come out from the U.S. Center of Disease Control (CDC), we will continue to monitor our response.

At Discover Health & Wellness, we want to ensure all of our patients that the number one defense against this type of outbreak is to practice increased personal sanitation, and to boost your immune system.

Here is a video from our Executive Director, Dr. Keppen Laszlo, that will hopefully put your mind at ease, explaining how research has shown a strong correlation between chiropractic adjustments, and its increased effect on the immune system. ***The absolute best thing you can be doing at this time is to continue to wash your hands regularly, avoid contact with others that are showing symptoms, and to receive your chiropractic adjustments.***



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VISITING THE CHIROPRACTOR DURING CORONAVIRUS PANDEMIC

Brooke Niemela · March 20, 2020



A novel form of Coronavirus, known as COVID-19, has spread rapidly across the globe, as well as across the media. It is hard now to turn to any news source without hearing about the pandemic and its worldwide effects, as well as recommendations from the Center for

Disease Control (CDC) and World Health Organization (WHO) on ways to prevent further spreading in your community. Some of these measures are good health advice in general, such as washing your hands and minimizing how much you touch your face. The most talked about recommendation is "social distancing," which is basically not leaving your house or interacting with people unless it's absolutely necessary for your health or safety. It is recommended, however, that you keep up with all essential health care

appointments, which includes visits to a Bentonville chiropractor. Arbor Vitae Chiropractic recognizes that chiropractic care [has immune boosting benefits](#) and will continue providing care to practice members during this critical time.

The Neuroimmune Connection

Chiropractic care focuses on the central nervous system, which controls messages sent from your brain to other parts of your body. In addition to this vital task, the central nervous system also controls your body's immune system. The immune system is devoted to holding off any foreign illnesses, and when working properly, it allows your body to stay healthy in the face of disease, including when viruses are running rampant. In a situation such as we're seeing with COVID-19, the health of your immune system will play a large role in your susceptibility to sickness, as well as the ability to heal quickly and fully if you do contract the virus.

Our bodies have something called the vagus nerve, which extends up past the top of the neck, which highlights the connection between these the central nervous system and immune system. The interaction between these is known as the inflammatory reflex arc. This indicates that anything being misaligned or otherwise off in the neck and spine can lead to diminished capabilities of the immune system. A gentle adjustment from Dr. Tom Niemela can align the spine, [boosting your immune system](#). Research has shown that not only does chiropractic care encourage higher immunity, preventing sickness in the first place, but it can also help the body recover more quickly when illnesses do take hold. [In one study](#), a young boy showing symptoms such as fever, fatigue, and headache underwent regular chiropractic adjustments. Within an hour of an adjustment, his fever began to lower, and some of the musculoskeletal symptoms he was experiencing subsided. Where medicinal options did not improve this boy's health, chiropractic adjustments provided both short-term and long-term relief.

Commitment to Care During COVID-19

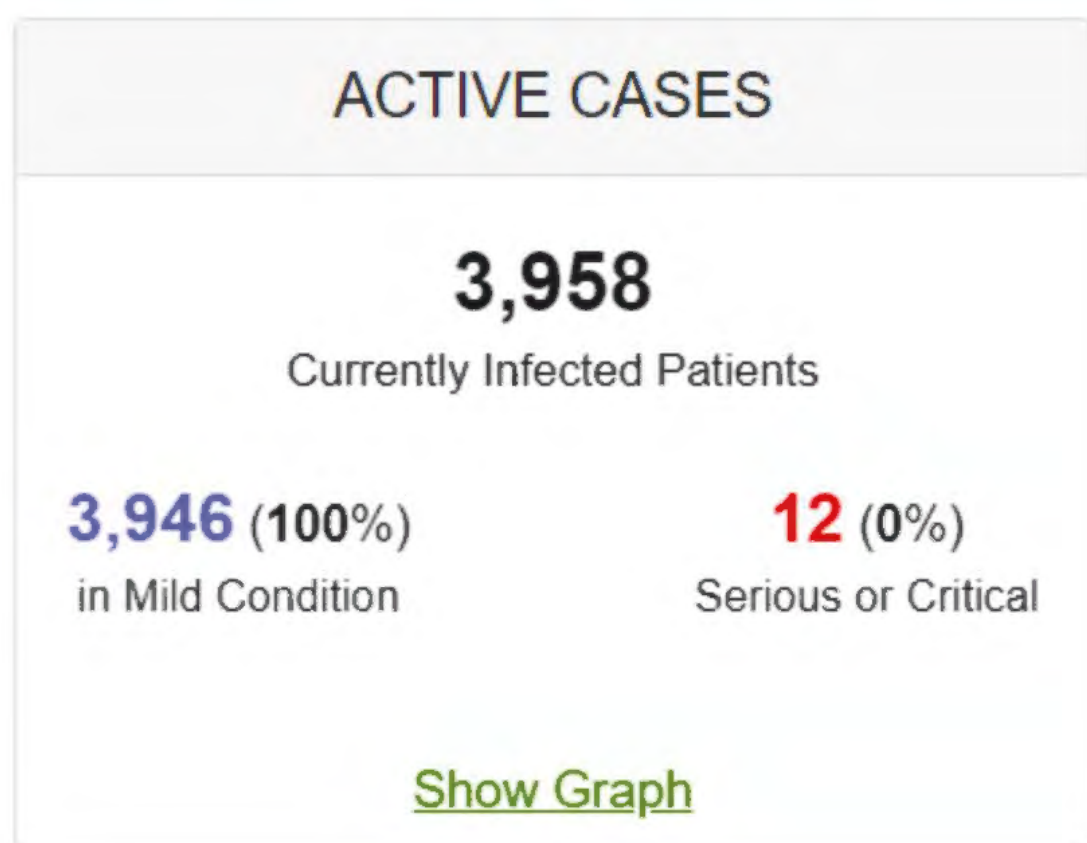
One of the reasons COVID-19 has caused chaos so quickly is that there is no existing cure, either through traditional medicine or alternative practices. Depending on severity and an individual's health, symptoms can be addressed, but the main goal as of now is to prevent spread of the disease. Where spreading has already happened, the focus is on keeping vulnerable individuals safe. Much of the outcome will be dependent on our immune systems doing their job, preventing us from getting sick, and if we do get sick, helping us to recover. Immunity is more important than ever at this time, and chiropractic care can help improve immunity, so now is not the time to miss appointments for adjustments.

The staff at Arbor Vitae Chiropractic and Dr. Tom Niemela are committed to serving our practice members during this time. While the news can be overwhelming, you can take action by taking control of your own health, which includes [visiting us in Bentonville](#) for adjustments.

IN THE REHAB ZONE

Where we blog about wellness, fitness & more

Total Coronavirus Cases in the United States



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Coronavirus by the Numbers: 99.7 Percent of New Cases Are Classified as 'Mild'

March 16, 2020 / Dr. Bill Booker / No Comments

Tags: Chronic Pain and Disease, Health Insurance and Public Policy

Source: [Worldometers.info/coronavirus/country/us](https://worldometers.info/coronavirus/country/us)

Our goal is to provide information on Coronavirus by the numbers in order to help our community stay informed. The most common misconception regarding the data is conflating the rate of contracting the virus with the rate of getting seriously ill from the virus.

As of Monday morning, there were 3,958 active cases of Coronavirus identified in the United States. Of them, 3,946 cases were listed as MILD. That means 12 people are considered in serious condition. **99.7 percent of active cases fall into the mild category.**

The number of people presenting with mild conditions is increasing. Last week, 89 percent of U.S. cases were listed as mild. People in the mild category should expect their symptoms to pass in one to three days.

Consider these additional data points:

— **On March 3, 17 days after the first diagnoses in the United States, the mortality rate was 7.25 percent. Today, the mortality rate is 1.73 percent. That is a 76 percent drop in the ratio of confirmed cases to deaths.**

— For people over 80 years old, five out of six — 83 percent — will present with only mild symptoms. Older adults and people who have severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19.

The Centers for Disease Control and Prevention (CDC) recommends social distancing to slow the spread of the disease and “flatten the curve.” The primary outcome of flattening the curve is not to reduce the number of cases, but to reduce the speed at which the virus spreads — the purpose of which is to prevent overwhelming health care facilities that may be incapable of managing a massive influx of patients.

Going to the emergency room or a doctor’s office without advance notice of your arrival is not recommended right now. Testing kits are available only in limited quantities and they need to be used on people who present with serious conditions.

As you may have heard by now, the CDC recommends that organizers of events with more than 50 people cancel or postpone for the next eight weeks.

We respect the recommendations of government health officials and recognize that many people, especially those with pre-existing conditions, are concerned about the virus. We believe that you should take whatever precautions you feel are necessary to protect yourself.

With the above data points in mind, we want to remind you that prevention is the best medicine! The most commonly overlooked form of prevention is boosting your own immune response. Here are **TIPS TO SUPPORT YOUR IMMUNE SYSTEM:**

- Drink lots of water
- Get lots of sleep
- Reduce stress
- Get chiropractic adjustments
- Take a high quality multivitamin
- Don’t smoke

— EXERCISE! Exercise improves blood circulation and kills viruses

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WANT TO BOOST YOUR IMMUNE SYSTEM NATURALLY?

PUBLISHED ON MARCH 13, 2020

The Corona Virus Catastrophe: Countries are closing down, travel is banned, the stock markets have come tumbling to all time lows.. Sounds like the story of Chicken Little – “the sky is falling, the sky is falling!” When you read about this new curse please focus your reading on the science and not the Media driven panic. The “sky is not falling”, we simply are scared because there is no known vaccine to combat this particular virus.

The Science tells us: The people at risk of contracting the virus and even dying from it are people whose immune systems are all ready depressed and who are all ready vulnerable. Their bodies can not respond to the virus by creating new anti bodies. The sick, elderly, and immune depressed. Essentially these folks are all ready sick and vulnerable to all virus’ and in fact the common flu virus kills far more than the Corona virus. Unfortunately this is Nature’s way, the health survive and the very ill don’t.

In The Absence of a Vaccine – The Answer then is to Boost Your Own Immune System? Science tells us if you have a normal immune system and contract the virus you may get some flu like symptoms while your body builds up your immunity to the virus, and then you are immune to its effects into the future.

Can I Build my own Immunity? Yes, you can. Nature’s laws dictate that we should eat, sleep, exercise, and live life styles that promote our well being. Nature’s laws dictate that we should pay attention to common sense hygiene. Wash hands frequently, keep everything clean and orderly. Eat unprocessed real foods, exercise to reduce cardio risk factors, keep your spine free and functioning by attending proactively to your Chiropractic adjustments. There are many proactive things we can do. To encapsulate them into 2 words – Pay attention to our “Health and Hygiene”.

This is not the End of the World: Please be led by the science and not the Media hype. Listen to and read the science. We will get over this as we did other catastrophes over the centuries, and we will survive as a civilisation. Remember the great “American Swine Flu Fiasco”, only the aged and in-firmed were impacted, however as soon as the vaccination became available toward the end of the epidemic, millions were vaccinated. The same thing will occur here, in the mean time build your own immune systems Naturally.

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BLOG

COVID-19 ×

March 11, 2020

Boosting Your Immune System and Avoiding Corona Virus!

Nutrition, Health and Wellness, Chiropractic



As coronavirus (COVID-19) is at the top of the headlines, stay informed from trusted information sources such as the Center for Disease Control (CDC). Below are reasonable steps you can take to help keep yourself healthy and safe.

Boost your immune system! First and foremost, I urge all of you to do everything possible to stay healthy yourself. It's essential to prioritize your well-being and do all you can to boost your immune system. Research shows that sustaining healthy habits supports immunity and can help prepare our bodies to better fight and recover from illnesses.

- Stick to a nutrient-dense, toxin-free diet, including known immune-supportive foods like garlic and ginger. Avoid foods that tend to weaken the immune system, such as sugar, refined grains, and all processed and refined foods, as much as you can. Keep alcohol consumption to a minimum.
- Continue receiving adjustments, they increase the activity of the body's white blood cells that work to combat viruses.
- Practice mindfulness. Research suggests that mindful meditation can have benefits for health including immune function.
- Get adequate sleep, ideally seven to eight hours a night. This is your body's time to perform preventive maintenance, which bolsters the immune system. Research shows that repeatedly short-changing sleep by even an hour or two can negatively affect immunity.
- Get plenty of sunshine and supplemental Vitamin D and K2. High levels of vitamin D have long been linked to lower rates of illness.
- Consider taking additional vitamins, micronutrients, and supplements to support immunity, such as a high-quality multivitamin, magnesium, omega-3, vitamin C, elderberry, and digestive enzymes. Probiotics and powdered greens have also been shown to support immune and gut health.
- Get at least 20 minutes of low- to moderate-intensity exercise a day to prime the immune system. This movement results in the production of more white blood cells, which combat bacteria and viruses, and promotes improved circulation.