

CORRECTIVE CHIROPRACTIC

To Our Valued Practice Members:

As the COVID-19 affects our communities, our work as your family chiropractor continues. We are vigilant; heeding all federal, state and local health advisories; and where it makes sense, adjusting efforts to safeguard the health and safety of our staff and practice members.

WHAT ARE WE DOING?

To date, we have taken the following precautionary measures as well as have some insightful tips for you on boosting your immune system:

1. Initial Survey Upon Entry: As you may have noticed, we are having every client answer 3 questions before walking in for their appointment and touching any of the equipment or getting on a table. We want to know: 1) Have you been or been around anyone who has traveled to: South Korea, Iran, China, Italy, or New York City? 2) Have you noticed any fever, cough, or shortness of breath? 3) Have you been in contact with someone with known or suspected COVID-19?

If the answer is YES, then we will need to reschedule your appointment to protect you along with the other practice members

2) Increasing Practice Hygiene: All doctors and staff are using hand sanitizer on a FREQUENT basis between practice members as well as frequent hand washing for a minimum of 20 seconds. For those that feel more comfortable bringing in their own towels instead of using our face paper, we encourage you to do this as well. Seriously, a couple clients have brought towels from home to use when going face down on the table and we are completely OK with that. We will also have latex gloves at the front for those that would rather put those on when entering the office rather than touching anything with their bare hands.

3) Increasing Routine Cleaning: In line with our longstanding commitment to provide a safe and clean environment, our office has increased the frequency of cleanings, paying close attention to high touch areas such as traction beds, adjusting bays, iPads, hand baskets, and warm-up stations. We have placed Clorox wipes all over the office for you to feel more comfortable to wipe down any equipment before use, and please know we will continue to wipe down very frequently between patients.

4) Diffusing On-Guard in the Practice: On Guard is a "protective blend," used to support the immune system and help kill off harmful bacteria and viruses. It contains a blend of five essential oils, including: wild orange peel, clove bud, cinnamon bark/leaf, eucalyptus leaf, & rosemary leaf/flower. If you need some for your home, we have extras at the office and our office manager can get this for you to diffuse at home. We will continue to diffuse this throughout the office indefinitely to help reduce bacteria in the air.

5) Maintain Appointments: We strongly encourage all of our clients to please maintain their adjustments. Whether you skip the exercises or the massage tables due to your comfort level, we want to make sure you are getting your adjustments (especially your cervicals) as the research has shown time and time again the strong relationship between the immune system and the nervous system. The latest research in 2013 showed a link between the immune system cells (macrophage) and the sympathetic nervous system. A specialty of coming to a Corrective Chiropractic office is our specificity on the adjustments and how they are proven in this study to balance the sympathetic nervous system. I have also attached 2 great articles (please read) discussing in depth the correlation between the adjustments and your immune system, as there will be some things we can control and others we cannot. Our best defense is building a titanium immune system to give us the best chance of not getting sick or mitigating symptoms if we do get sick.

6) Free Online Workshop Sunday Night: As you can tell, we want to make sure that all of our clients are well educated on strategies they can do to boost immunity. Corrective Chiropractic has hired a few guests for Sunday (March 15th) at 8:00 PM to discuss the best strategies to build your immune system. We will be talking about immunity supplements, best foods right now, breathing techniques to reduce stress, sweating once a day, and tons more topics to help you create a titanium immune system. The complimentary call will be on this Sunday night at 8:00 PM for roughly 1 hour by clicking <https://zoom.us/j/7428774356>

7) Expanded Hours: As we stated above, getting adjusted is one of the best things to be doing right now to build a healthier immune system. However, we understand many of our clients either have compromised immune systems, are over 60 years old, or have some respiratory issues that may limit them from coming into the office during busy times. Please reply back if you are one of these people so the doctors can make special arrangements for you to stay consistent with your health routine during this time. Our doctors are going to be working extended hours to make sure that their community is well taken care of so whether you need to come early, over lunch, or after the shift, please let us know and one of the doctors will gladly accommodate to help you. There is no additional expense to these special times as our doctors truly want to make sure you are well adjusted and being the healthiest version of yourself.

STAY IN TOUCH

Please call or text the office at **404-355-5499** if you have any questions, concerns, or if you would like to speak with a doctor on strategies to boost your immune system.

There is nothing more important to us than the health and safety of our practice members and staff. We will continue to provide information about what steps we are taking to address this evolving situation but please rest assured, we are on this.

In Health,

Shelby Wheaton

Office Manager