

Coronavirus update at Urmos Chiropractic Health Center

The person best equipped to take care of you is you, but we've got your back (pun intended). We clean our offices every night and use antiseptic wipes on every surface between patient visits. Even before the Coronavirus, we made it a point to wash our hands all the time and to keep a clean office.

Now we are taking even extra precautions to keep everything clean and to help decrease the spread of this virus. Some changes we have made in the office include:

- more intense and frequent wiping of all contact surfaces
- refraining from having to sign in. Please let us know upon entering that you are here so that we can sign in for you.
- we already have enough chairs in the waiting room that you can be 6 feet apart
- we are taking patients back as soon as they enter to avoid having more than 2 people in the lobby at any time.
- we ask that you ALWAYS wear closed shoes or shoes with a backing so that you are not having to wear the booties when having the activator technique.
- if you are more comfortable bringing a towel to lay-on we encourage you to do so.
- we are asking anyone coming to our offices to stay home if they are not feeling well. Please call and we will gladly re-schedule your appointment.
- Here are some tips to help you and your family feel safe and ready to face the world.

1. **Keep up with your adjustments and massages.** Keeping the nervous system flowing is essential to boosting your immune system. A stressed body is a weak body so let us help you manage that stress.
2. **Exercise.** Keep yourself in good shape by getting plenty of activity such as walking, biking, stretching, yoga etc.
3. **Nutrition and Supplementation.** Stop eating foods that cause inflammation. Decrease your grains and sugar. Follow more of a keto or paleo diet. Drink plenty of water & green tea. Decrease sugary drinks.
4. Increase your vitamin B12, vitamin C and carotenoids to ignite the immune system. Products we have right now to help increase your immunity are:
 - **Ester C**- more powerful than regular vitamin C and causes less acidity in the stomach
 - **Carotenoid Complex**- each bottle contains carotenoid equivalent of 250 lbs. of raw fruit & vegetables it's made from. Clinically proven by USDA researchers to boost immune capacity by 37% in 20 days.
 - **Life Vitamins**- liquid vitamins which allow for immediate absorption
5. **Wash, wash, wash your hands.** Did you know soap and water are more effective than hand sanitizer (and apparently easier to find right now)? To really get rid of any germs, wash for at least 20 seconds- which just happens to be how long it takes to hum Row-Row-Row Your Boat 3 times.
6. **Be sneeze and cough courteous.** Coughing or sneezing into the inner crook of your arm catches the droplets that would otherwise end up in the air or on the surfaces around you. The COVID-19 virus is transmitted through droplets, not through breathing, so this is important.

7. **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 a mask can help protect those around you from the germs you send out when you cough or sneeze.
8. **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.
9. **Rest.** If you're not feeling well (whether it's coronavirus or an old school cold) please rest and catch up on your favorite show.
10. **Laughter.** Limit watching the news and watch funny shows!
11. **A good one is Toilet Tissue from the Carol Burnett Show** which can be found on You Tube!
12. WE LOOK FORWARD TO SEEING YOU AND KEEPING YOU HEALTHY!!!!