

We are passing along some information put together by the Kansas Chiropractic Association.

In this time of worry and fear, please be safe, help your neighbor, and know that we will make it through to brighter days.

--- Dr. Kip

Our thoughts on COVID-19

As always, the well being of you and your family is our highest priority. 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 your 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/or use new paper for each patient.
- If you do not want to use the keypad, just ask the front desk.
- 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, see report.**
https://458r11jp.r.us-east-1.amazonaws.com/L0/https:%2F%2Fwww.ncbi.nlm.nih.gov%2Fpubmed%2F1373431%3Fmc_cid=891492fcc2%26mc_eid=5abb1ec7ab/1/01000170e3b8a30f-0b9936da-ec6f-4347-8148-610c98ffe72f-000000/e50kjaPahjDFJO0PQ6MvjQegM8E=153
- **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.

<https://allamericanhealthcare.net/how-can-chiropractic-care-effect-the-immune-system/>

Recommendations

1. Continue to get adjusted, so your brain and body can communicate without interference.
2. Wash your hands often with soap and water for at least 20 seconds.
3. Use an alcohol-based sanitizer.
4. Keep away from others who are sick.
5. Avoid touching handrails, door handles and other high traffic surfaces in public places.
6. Avoid touching your face, nose, eyes, etc.
7. Avoid non-essential travel.
8. If you aren't feeling well (even if it's mild), stay home, rest and hydrate.
9. Maintain your current nutritional and exercise schedule as prescribed or recommended.

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 deeply, and want you to know we are here for you.

Eat well, sleep well, take care of yourselves physically, mentally, and emotionally, and stay adjusted.