

First and foremost, we ask anyone who is experiencing symptoms of fever, cough and/or difficulty breathing not to come into our office. If you have these symptoms, follow the guidelines of the Florida Department of Health <http://www.floridahealth.gov/>

Our staff is taking all measures regarding “proper distancing” and sanitation of our office. We are following the guidelines and monitoring the [CDC](#) and [OSHA](#), as this situation remains fluid.

The building and all common areas, including the elevators, are constantly being sanitized. Open the attachment above to see the letter from our Property Management team.

We are asking all patients to limit their time in our office to receiving their chiropractic services and not to engage in any additional socializing. This limits the time patients will spend in our office. We are also asking that all paperwork, especially for new patients, be done online at home. We are following guidelines put forth by the [World Health Organization](#).

Remember, a specific chiropractic adjustment is not a treatment for the Coronavirus or any illness. The purpose of an adjustment is to assist the body to heal itself, by removing interference to the nervous system. We strongly believe our services are crucial for helping some people maintain optimum health and to support a strong nervous and immune system. We do plan to remain open during this pandemic and will only close if mandated by government entities. In the event we are forced to close, the doctor can be reached on his mobile phone at (305)742-6433.

We are asking all to practice the following. Remember, this virus is best fought at a “community level” versus an individual level:

1. 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 system shuts down in favor of survival mechanisms, which in turn further heightens 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.
2. 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.
3. Rest! Get plenty of sleep and rest.
4. Take some time off, perhaps use this time for a personal at-home retreat where you just enjoy some time spent away from work, extra-curricular activities and the hustle and bustle of life. Walks in nature, healthy dinners together with your family, board games, curling up with a good book and limiting your social contact are all enriching ways to protect yourself from community transmission.

5. Increase your consumption of antioxidants and nutrient-dense infection-fighting 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. Staying hydrated, by drinking good quality water and herbal teas, is one of the best things you can do to flush out toxins from your body and help support the immune system.

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.

Last, but definitely not least, we will continue to PRAY! We have a loving God that wants His world well!