



Junge Family **CHIROPRACTIC**,LLC

4/6/20

To our Junge Family Chiropractic People :)

We are open and doing what we can to create a safe, disinfected and clean environment where you can still obtain care and stay healthy.

We've been able to help those who's surgeries, procedures & appointments have been cancelled (examples: ear tubes, carpal tunnel, spinal procedures, shoulder surgeries etc). Furthermore, chiropractic can reduce the need for medications including those (ex: Opioids) that can lead to other issues. These are a few ways we've been able to take some burden off the medical system.

Learn more about how chiropractic improves immune system:

<http://www.chiropractic.org/covid/>

https://chiro.org/research/ABSTRACTS/Immune_Responses_to_Spinal_Manipulation.shtml

Here is an overview of the steps we are taking:

- CLEANING:** While our office is cleaned all the time, we have already increased efforts to sanitize and disinfect key, high-trafficked areas, including the tables, kids' areas, doorknobs, handles, and bathroom. We are diffusing essential oils that are anti-microbial and we have temporarily removed toys that cannot be wiped down easily.
- SCHEDULING:** We are changing scheduling to reduce the number of people congregating at our office, keeping it under 10 as best as possible.
- ADJUSTING ROOMS:** We will be cleaning tables between each patient; the doctors will be washing their hands frequently and using hand sanitizer.
- PROTOCOLS:** All of the staff is checking their temperatures daily and will not be allowed to come to work if they have symptoms or increased temperatures OR if someone they live with does. Also, if a patient prefers special arrangement, they are encouraged to call and we'll do our best to accommodate.

What you can do to stay well & boost your immune system:

- Get good sleep
- Fruits and Vegetables (and take your Vitamin D!)
- Drink plenty of water
- Avoid processed sugars (this suppresses your immune system)
- Practice deep breathing & stress less (fresh air is the best)
- AND GET ADJUSTED!

By getting adjusted and removing nerve interference, your immune system gets a boost and your body has a better chance of fighting off illnesses and healing itself. Should you have any additional questions or concerns, prefer special accommodations at your appointment (those with co-morbidities, anxiety, pregnant etc) simply give us a call at 507.208.4481

Chiropractically Yours,

Junge Family Chiropractic