



# Junge Family **CHIROPRACTIC**,LLC

7/29/20

To our Junge Family Chiropractic People :)

We have been open since the start of Covid and are continuing to do what we can to create a safe, disinfected and clean environment where you can still obtain care as part of your healthy lifestyle.

**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.
- HAND WASHING:** there are multiple bathrooms available to wash as well as hand sanitized for doctors, staff and patients.
- 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.
- MASKING:** Although not everyone can mask, we will be using them as long as the state of Minnesota mandate is active.
- PROTOCOLS:** All of the staff is monitoring their symptoms and exposures regularly 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.
- ADDITIONAL questions or concerns:** If you prefer special accommodations at your appointment (those with co-morbid, anxiety, pregnant etc) simply give us a call at 507.208.4481
- FREE SCREENING TOOL:** this will assesses exposure risk and/or symptoms to determine how you should proceed (takes about 1 minute) <https://www.apple.com/covid19>

## Strategies to increase your health (and minimize and infection and death)

Many people are forgetting that it's not all about the strength of a virus, but It's about the strength of the host (that's you!)! Are you doing the work that is required to keep yourself well?

- Eating alive food? Organic as often as possible! This includes plenty of greens, vegetables, some fruit and protein. Meal plan if you need to..
- Drinking WATER? Time to ditch soda, energy drinks, etc.... You should be consuming half of your body weight in ounces daily. Always start your day with 20 oz of water.
- Getting vitamin D? Go outside, get fresh air, take a vitamin D (research shows it reduces your risk of infection and death)
- Exercising? We know this looks different for every person. It is important to get your body moving every day!
- Getting Proper Sleep? This isn't always the easiest since life and work can often compromise our sleep. Please know it is just as important for the body to rest as is to be active.
- Avoiding Toxins? This includes... junk in our food and beverages, toxic cleaning products, smoking, alcohol, ect....
- Taking Supplements? Since most people are malnourished due to diet, it may be time to include, probiotics, multi vitamin, vitamin D, vitamin A, fish oil, ect.... quality vitamins are key.
- **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. Great job for those who are! We love that we are able to care for you. Learn more below.

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

[https://chiro.org/research/ABSTRACTS/Immune Responses to Spinal Manipulation.shtml](https://chiro.org/research/ABSTRACTS/Immune_Responses_to_Spinal_Manipulation.shtml)

If we have learned anything during the past few months, it is that those with unhealthy habits and several health conditions are more susceptible to any illness or disease. Good health habits increase the quality of your health and life! Furthermore, being sick and diseased is way more expensive, stressful and time consuming!! Health doesn't come from a mask, a pill, a procedure, it comes from within.

We want you to enjoy this life and body you were given.

Chiropractically Yours,

*Junge Family Chiropractic*