

Hi everyone-

In the midst of all the unrest surrounding COVID-19 (coronavirus), we wanted to do everything we can to make sure our patients, staff and practitioners remain safe. We are closely monitoring the evolution of COVID-19 and taking guidance from the Centers for Disease Control and Prevention (CDC) and World Health Organization (WHO). We are currently open and treating those that are in need of relief from musculoskeletal pain, anxiety, stress, insomnia and other issues that may compromise or lower your immune system. Being the first line of defense for acute musculoskeletal conditions, from shoulder and neck pain to lower back and hip issues. We have an obligation to our community, to treat these conditions in order to keep you out of overcrowded emergency rooms as 15-25% of ER visits are musculoskeletal related. If you do not exhibit signs of acute illness, such as fever and cough, we are here to treat you to keep you well and out of pain, with a lower risk of exposure than the ER. We have 2 providers in our office with availabilities in their schedules. Please reach out to any first responders you know and let them know we are there for them, just as they are there for others. In the event of a statewide closure, we are considered an essential healthcare facility and will stay open to meet the needs of our patients.

WHAT CAN YOU DO TO STAY HEALTHY?

After doing research, there are studies and specific protocols to help combat the viral pandemic COVID-19. The German Dr. Dietrich Klinghardt has found that taking high doses of Vitamin C (around 2 to 4 grams – preferably liposomal and powder form) together with 2 grams of L-ascorbic acid on a **daily** basis helps fight off virus related flu's including COVID-19. The best way to receive Vitamin C is intravenously, but this is the next best thing.

For acute upper chest congestion, the Bioron homeopathic remedy- Ipecacuaha 30C is the best and safest form of treatment for children. If your child exhibits coughing, congestion and it is in the early stages, taking it as directed on the vial should do the trick. You do not want to touch the sugar pellets, so please go to YouTube for instructions.

Vitamin D3 is important and it helps improve the resistance against certain diseases and strengthens immune system functions. Liquid is the best form as it is more absorbable. Take it daily.

We carry many of these supplements so you can build the strongest possible immune system against many viruses. We also have supplements for anxiety, stress, insomnia, inflammation etc to keep you well and help you through these trying times. If we do not have something in stock, Amazon is probably your best bet. You might find what you need on other websites or local stores. Most places are sold out, but keep looking as they are replenishing stock.

Due to the increase in call volume, we encourage anyone with non-essential questions or supplement orders to email us at longevityhc@yahoo.com. We will get back to you within 48 hours. If we have the supplements in stock, you can provide payment over the phone using a credit card or debit card. This will minimize interaction time when you come to pick up your order. Limited delivery may be available in town and we will also gladly mail it via USPS (rates are based on weight and size of package). The postage cost will be added to your credit card or debit card charge.

Here are our protocols until further notice:

- We ask that you stop by the bathroom to wash your hands prior to entering our office. Upon arrival for your appointment, your temperature will be taken. If you have a fever of 99.8 or above you will be turned away and asked to reschedule your appointment.
- Please do not arrive early to your appointment. Practice the 6' social distancing rule if you encounter others in the waiting room.
- **Telemedicine** appointments are phone or online video chat appointments with an acupuncturist and may not be covered by insurance. We are offering 20 minute appointments for \$25 to help assess your needs and make recommendations accordingly. Our providers are available to give you advice, coaching and diagnose your needs in order to make a treatment plan, lifestyle recommendation and herbal prescriptions.
- For everyone's safety we are sanitizing regularly, maintain social distancing and ask that you leave through our back door.

We take this situation seriously and are committed to providing a safe environment for everyone who visits and works in our office. We appreciate your cooperation and understanding.