

Dear Advanced Health & Wellness Center patients,

We know that you all are thinking about health and safety during the current Coronavirus spread. I am writing today to inform you we will be open during these challenging times to provide a natural way to increase the body's ability to fight off disease. Chiropractic adjustments have been proven to help you maintain optimal health while providing your body the ability to fight off disease by boosting your immune system and reducing pain and inflammation.

In line with best practice models, we are taking every precaution to help protect you when visiting us at Advanced Health & Wellness Center. Although the virus is likely to cause only mild symptoms in most of us, it is crucial that we all do our part in preventing its spread. We have patients of all ages and levels of immunity, so we are choosing to use the utmost precaution to make sure you are not exposed when you visit Advanced Health & Wellness Center.

#### CLEANING AT ADVANCED HEALTH AND WELLNESS CENTER:

As always, the practitioners will be thoroughly washing hands before and after each patient; hand sanitizer will also be available for additional use in each room. We have obtained a list of disinfectants the EPA has approved that can kill COVID-19 and we will be using those to clean rooms in between patients. We will be thorough in cleaning the rooms including adjustment table, face rest, furniture, doorknobs and any other areas of patient contact between each patient. We ask that patients please wash their hands upon arrival. We will have hand sanitizer at the entry, or you can use the bathroom sink to wash with warm water and soap for at least 20-30 seconds.

#### VISITING ADVANCED HEALTH AND WELLNESS CENTER:

We welcome all healthy patients and will continue to do our best to help you maintain a healthy body and immune system. We ask that you please stay home if you have a dry cough or have had a fever in the past 21 days. If you become exposed to anyone who has a confirmed case of COVID-19, we humbly ask that you not come in, (and consider self-quarantine) for 14-21 days depending on the advice of your MD. We will waive the cancellation fee for any illness. As always, be sure to inform your doctor of your symptoms.

#### LIFESTYLE AND SUPPLEMENTS TIPS TO BOOST IMMUNITY:

During this time of stress, it is important that we maintain healthy lifestyle habits. Sleep deprivation, stress, excess alcohol and caffeine can all decrease immune function. Set yourself up for success with good self-care. Nourish your body with healthy whole foods and drink plenty of fluids. Consider stocking up on healthful pantry items such as frozen veggies and berries, frozen meats, poultry and fish, bone broth, soup, nuts, seeds, canned beans, grains and teas in case you need to spend an extended time at home.

Thanks in advance for your understanding and patience as we navigate implementing best practices during this time. Please feel free to reach out with any questions or concerns (661) 290-2400. Be well and enjoy your day!

Yours in Health,  
Dr. Jeff Willis