

Dear Functional Health Patients,

Like many of you, we have been closely following the spread of COVID-19. The health and safety of our patients is our top priority.

Currently, our office is OPEN and we will be operating on regular hours. In addition to all that we do on a daily basis to keep our office clean and patients healthy, we continue to:

- Sanitize the tables after each patient.
- Sanitize door handles, the ipad, sign-in counter, and frequently touched surfaces regularly.
- Diffuse OnGuard an *antiviral* and *antibacterial* essential oil

You may not know where to begin to keep you and your family healthy but focusing on the basics is a great place to start.

- **Chiropractic Adjustments** --Getting *regular* Chiropractic adjustments focuses on the function of the central nervous system, which just so happens to regulate every single function in your body -- including your immune system.
- **Eating Healthy**--80% of your immune system is in your gut. A healthy gut = a healthy immune system. A balanced diet full of fresh fruits and vegetables, lean protein, and healthy fats will keep the good bacteria in your gut happy.
- **Regular Exercise**-- Physical activity may help flush bacteria out of the lungs and airways. This may reduce your chance of getting a cold, flu, or other illness.
- **Hand Washing** -- You've likely heard this a million times but get ready to make it 1,000,001 -- you must wash your hands frequently.
- **THESE Supplements** -- These selected supplements I'm calling the COVID-19 Prevention Protocol have been clinically studied products that I am personally recommending to my patients that promote healthy immune function. The 5 supplements are: Micro Eze, Immune Support, Ultrabiotic Defense, D3 500 with K2, and Appropriate Everyday Essentials formula. Click below to order them & they'll be shipped right to your front door.

Lastly, if you feel sick or have been around someone that is sick, please stay home and rest. We can't wait to welcome you back when you feel better!

If you have any question at all please feel free to call the office. 908-722-0500.

With your health as our primary concern,
The Functional Health Team

