

# Smith Chiropractic CoronaVirus Update and Immune Support Info

We want to let all of our patients know that we are open and that we are monitoring the current outbreak news and have been discussing our plans as new information about this virus surfaces. Currently, we are planning on continuing caring for patients during our normal hours.

We strongly believe that chiropractic care is an important part of everyone's healthcare and know that chiropractic helps strengthen the immune system. Chiropractic care also helps decrease stress on the body and nervous system. Check out the article below for info on the immune system and chiropractic care.

<https://www.the100yearlifestyle.com/immune-system-science-simplified/>

During this time of increased stress, we know that chiropractic care is vital and do not want any disruptions in our patients' care. We are taking extra measures to clean and disinfect the office with non-toxic anti-viral agents and our staff has been reminded to stay home if sick. We are also asking patients that are experiencing any symptoms to let the staff know upon arrival.

Many of you have asked what we are doing to increase our families' immune systems to stay healthy. Here's what we are doing:

- Getting Adjusted
- Eating Well
- Managing Stress
- Getting Plenty of Sleep
- Exercising
- Washing our hands
- Supplementing with Immune Boosting Supplements (Juice Plus, Vit C, Vit D, Elderberry, Immune Boost)

We love being a part of your healthcare and are here for each of you! If you have any questions or concerns, please feel free to discuss with us.