

ROUTE 28 CHIROPRACTIC

From The Desk of Bryan Walther, D.C.

April 21, 2020

Dear Patients & Friends:

In response to the state and national emergency, I assure you I am doing my part to slow the spread of the coronavirus by implementing the following measures:

- My staff and I are wearing masks and checking our own temperatures each morning. We also scan the temperature of every patient at the front desk and purposefully stagger appointments so none of our patients come into contact with one another. This includes having people wait in the car until the previous patient exits.
- I personally disinfect the adjusting table in front of each patient before and after treatment. I also wash my hands before and after each patient interaction. My staff disinfects furniture, door handles and other frequently touched surfaces after every appointment.

I also recommend boosting your personal immunity. Here are a few suggestions:

- Drink half your body weight in ounces of water and eat plenty of produce. Try to avoid sugary, processed food.
- Supplement your diet with vitamin D3 and vitamin C.
- Exercise and be active for a minimum of 20 minutes a day.
- Get at least 7 hours of sleep every night.
- Manage stress with deep breathing exercises, yoga, meditation and/or prayer.
- Get a Chiropractic Adjustment to ease your back and neck pain. When you feel well, you experience less stress, sleep more soundly and are more apt to exercise. Your health is enhanced.

If you are experiencing (or have been exposed to a person who is experiencing) cold or flu-like symptoms, please stay home.

Circumstances are changing weekly but my office has remained open. I am available in office and by phone (513) 575-5444.

Stay Healthy,

Bryan Walther, D.C.