

# COVID-19 Actions at Welcome to Wellness

Welcome to Wellness is writing to share information regarding our Health Care Office's actions with respect to Covid-19. This is a challenging time for everyone. We are taking measures to protect you, our team, our family members and community.

This pandemic is new and rapidly changing. Welcome to Wellness is prepared to do whatever it takes to help you! Fear is not helpful for your immune system- the very system you want to work at full capacity at this time. With the following information, we aim to reduce your fear and help you take proper actions to promote your immune system.

Older people and people with weak immune systems (or multiple diseases) are the most susceptible. "Contact Telehealth Ontario at 1-866-797-0000 or your local public health unit if you're experiencing symptoms of the 2019 novel coronavirus."

We are receiving daily (often multiple times/day) updates from:

1. The World Health Organization <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen> .
2. The Public Health Agency of Canada <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/know-facts-about-coronavirus-disease-covid-19.html>
3. The Ministry of Health Ontario <https://www.ontario.ca/page/2019-novel-coronavirus>
4. Our good friend, supporter of WtW and President of the Registered Nursing Association of Ontario: Dr. Angela Cooper-Braithwaite, RN, MN, PhD. <https://rnao.ca/news/rnaos-official-statement-covid-19>

Our regular infection control program has been boosted. None of our team members have travelled to any hot spots or indeed anywhere out of the country in nearly six weeks mins a day. Any team members that exhibit signs or symptoms of this flu will be staying home.

We are also taking the following steps:

We expect to reduce the currently low risk of infection with our proactive actions, which include but are not limited to:

1. We ask that any patients who have recently travelled to areas with a large number of confirmed cases (China, Iran, Japan, South Korea, Italy, France, Germany, Spain, UK,

Washington State, New Rochelle NY, or any affected cruise ship) or who have had contact with a person at risk communicate with office staff via telephone call first. We will reschedule your appointment for at least 2 weeks.

2. We ask that any patient who has flu or flu-like symptoms (cough, fever, difficulty breathing, etc.) postpone their appointments for at least 2 weeks
3. We have removed our touchable items where possible: toys, magazines etc.
4. We ask that everyone entering our office use hand sanitizer or preferably wash his or her hands with soap and water for at least 20 seconds. There are four sinks available: in the washrooms on all three floors and an extra sink on the main floor by the exam/x-ray room.
5. We will regretfully not hug or give handshakes or fist pumps (props) until it has been deemed safe to do so. We have recently been tapping feet. Our “mental hugs” will be continued and offered in the form of a smile:)
6. Refrain from touching your face, including your nose, mouth and eyes
7. Refrain from using the neck traction and inversion stations. Please continue to do your warm ups of the wobble, and neck warmups at home or with your hands at the office
8. We are wiping down our equipment including our chiropractic, massage and physiotherapy tables- particularly the areas exposed to skin or facial areas **BETWEEN EVERY PATIENT**. This will undoubtedly take longer than normal. Our health care providers are to wash their hands preferably or alternately use hand sanitizer after **EVERY PATIENT**.
9. We will be wiping down all chairs, handles etc on a regular basis. Point of sale machines will be wiped down after each use.
10. Please bring your own beverages if you would like as we will not be putting out our water and tea dispensers.

## **How to Keep Your Immune System Strong During the Coronavirus Pandemic**

Your immune system works as a well-organized team to protect you from infections. When it detects potentially dangerous bacteria or viruses, such as the Coronavirus (COVID-19), your immune system unleashes a powerful army to destroy what could potentially harm your body. At least that's how things should work.

Numerous things can impede your immune system, inhibiting its ability to fight the coronavirus and other threats. A weak immune system can't effectively fight bacteria, viruses, and toxins. As a result, you become increasingly susceptible to infections.



## 9 Ways to Keep Your Immune System Strong During the Coronavirus Pandemic

Fortunately, you have plenty of control to keep your immune system strong and minimize infections. Prevention is key to avoid infections. How you eat and live can dramatically impact how well your immune system works.

These nine strategies will keep your immune system healthy to prevent viruses and other infections.

**1. Eat well.** A strong immune system starts with what you put on the end of your fork. Eating plenty of antioxidant-rich vegetables and low-sugar fruits, for instance, can lower the number of free radicals to keep your immune system strong. The omega-3 fatty acids in wild-caught seafood can help manage inflammation levels. Our [Core and Advanced Plans](#) include these and other foods. Both plans provide all the nutrients you need to keep your immune system healthy.

**2. Exercise.** Moderate amounts of exercise can support your immune system. Strength training and higher-intensity exercise are great, but even walking counts. One study found that post-menopausal women who walked 30 minutes daily for a year had half the colds as those who didn't exercise.

**3. Manage stress.** Researchers looked at more than 300 human studies over three decades. They found that being constantly stressed can harm your immune system. Keeping stress under control depends on what works for you: Meditation, deep breathing, regular exercise can all be helpful. Get the right amount of sleep.

4. **Stay hydrated.** When you're dehydrated, you lower the volume of blood and lymphatic fluids that support a healthy immune system. Dehydration can also increase inflammation, so your body can't work as efficiently to fight viruses and other infections. Drink plenty of clean, filtered water throughout your day.

5. **Minimize environmental toxins.** Buy organic foods whenever possible. Be mindful about cosmetics and other everyday products that can contain problem ingredients. The [Environmental Working Group \(EWG\)](#) has excellent guides on buying the best produce, skincare products, and household cleaners.

6. **Get good sleep.** When you don't sleep well, you limit the ability of your immune cells to fight infections. Lack of sleep means you're more likely to get sick after you're exposed to a virus, plus your body takes longer to recover from illness. Aim for eight hours of solid, uninterrupted sleep every night, and consider a sleep supplement if you have trouble falling or staying asleep.

7. **Protect your gut.** Your immune system and gut work together. After all, about 70 percent of your immune system is in your gut. An out-of-balance gut can weaken your immune system. Good gut health includes eating plenty of fermented and cultured foods, which contain probiotics to support your immune system.

8. **Visit your chiropractor.** Scientific research has demonstrated the power of wellness care. The study involved 311 wellness chiropractic patients age 65 or older, each of whom had received maintenance care for five years or more. This group was then compared with a group of otherwise healthy citizens of the same age who had not received chiropractic care.

The results:

- Chiropractic patients spent only 31% of the national average for health care
- They made half as many visits to their medical providers
- Their health habits were radically better than the overall population's
- They consumed far fewer cigarettes
- 98.5% believed that care to be considerably or extremely valuable

**Advantages experienced by the chiropractic/wellness group:**

- 60.2% fewer hospital admissions
- 59% fewer days hospitalized
- 62% fewer outpatient surgeries
- 85% less pharmaceutical costs

Journal of Manipulative and Physiologic Therapeutics (JMPT)

<http://www.journals.elsevierhealth.com/periodicals/ygmt/article/PIIS0161475400901088/abstract>

9. **Get the right nutrients.** Being proactive about a strong immune system requires getting the right nutrients.

**The Welcome to Wellness Immune Bundle** is designed to help strengthen your immune system, so your body is better prepared to defend itself against viruses and illnesses.

Welcome to Wellness has 2 Immune Boosting Bundles created with you in mind. We are offering all products within these bundles individually at **10% off** during this pandemic and if you purchase either bundle in its entirety you will **save 15%**.

Bundle # 1

1. [Vitamin C](#) – liposomal formulation allows for maximum blood levels (fat soluble) as close as one can get to IV vitamin C.
2. [Vitamin D](#)- unfortunately we won't get enough Vitamin D from being outside this time of year.
3. Multivitamin [Adult](#) and [Children](#)
4. [Probiotic](#)- to boost the gut bacteria that make your white blood cells
5. [Turmeric/Curcumin](#) – reduces free radicals

Bundle #2

1. [Max-Greens Formulation](#)
2. Protein Formulation Vegetarian, [Whey](#), [Bone Broth](#)