

# Newsletter - Happy Easter!

## Letter from Dr. Brown

#### Hi Everyone!

Our office initially intended to be closed to comply with the Stay-at-Home guidelines set forth by the CDC and our government. Since our closing I have had so many emergency calls that I decided to be available so you, our patients, can get the emergency care you need. If your appointment was cancelled at the start of this we will still call you to reschedule when the Stay-at-Home guidelines have been lifted. If you have a true emergency: a new injury, a fall, or other symptom with a pain scale of 5-6 please give us a call.



#### We will be open limited hours with stipulations, again, per the CDC recommendations.

If you need care we ask that you strictly abide by our stipulations. This will keep you and our staff safe.

We will only be able to treat you if:

- 1. You have not had a fever, difficulty breathing, or any other cold/flu symptoms in the past 2 weeks.
- 2. You have not been around anyone else who has had fever/difficulty breathing/etc, in past 2 weeks.
- 3. You have not traveled to ANY hot spot, including Kenosha, Milwaukee, Chicago, in the past 2 weeks.
- 4. You are not immuno-suppressed.

We will be open Monday, Wednesday, Thursday 2:00-6:00pm. We are scheduling one patient every 15 minutes unless a family is coming in together. We are not using our clipboard system so you will not handle any paper or pens. You will not need to use the "open/occupied" sign system. Our staff will have masks on and of course, tables are wipes with OSHA approved disinfectants after every patient.

Stacey will also be available for massage. (See info below)

When you arrive, we would appreciate if you would wash your hands prior to getting onto a table or use the hand disinfectant available on the front counter.

OK...together, everyone doing their part, we get you feeling better while staying safe!

We can do it!

For more information, you can visit www.cdc.gov.

### Massage

Beginning Monday, April 13th, Stacey will be available for massage. Her hours will be:

- Monday 12:00pm-6:00pm
- Wednesday 9:00am-5:00pm
- Thursday 9:00am-5:00pm

We are asking massage patients to please wear a facial mask during their massage.

Thank you in advance!



## **Supplements**

We have Liposomal Glutathione back on the shelves.

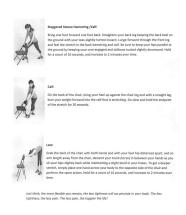
Liposomal Glutathione benefits

- Reduces oxidative stress. ...
- May improve psoriasis. ...
- Reduces cell damage in alcoholic and nonalcoholic fatty liver disease. ...
- Improves insulin resistance in older individuals. ...
- Increases mobility for people with peripheral artery disease. ...
- Reduces symptoms of Parkinson's disease. ...
- May help fight against autoimmune disease. ...

We are still waiting for Liquid Health Complete, Viracid and Vitamin K2D3 to arrive- if you have ordered these, we will let you know when they arrive.

More supplements are available. Please call ahead to check that we have what you are coming in to purchase!

## **Exercise for People Who Sit**



#### Do you find yourself sitting more these days?

Sitting puts pressure on the discs, causing low back pain to worsen after sitting for long periods of time.

With more of you working from home, kids doing their homework, more computer time, etc we are almost certain you are sitting more.

I have attached a "Exercises for people who sit" hand out. They work really well!! Give them a try.

They also work for those who have been out in their yard more recently, doing that yard work we haven't done in 9 months!

Click the link to download the exercises. Exercises for People

#### **Just For Fun**

Something fun.. Below is an Excel Family Chiropractic staff quiz. Match each staff member on the left side of the sheet with an activity they like to do, or have done, on the right hand side of the sheet.

Have fun!!

| 1. | Dr. Donna Brown       |   |
|----|-----------------------|---|
| 2. | Dr. Emma Hervat       | _ |
| 3. | Laura Hachmeister     | _ |
| 4. | Lorena Robles         | _ |
| 5. | Mary Stackpool        | _ |
| 6. | Sara Dailey           | _ |
| 7. | Stacey Seacord Peters |   |
| 8. | Caroline Cho          |   |
| 9. | Sue Bardonner         |   |

- A. Participated in 5 out of 7 MS Fundraisers (Pewaukee to Madison bike ride)
- B. Enjoys fishing
- C. Red Cross disaster volunteer
- D. Likes making greeting cards
- E. Rode motorcycles
- F. Enjoys building puzzles and playing cards
- G. New Doc on the block/newest staff member
- H. Daily yoga and Pilates routine
- I. Enjoys kayaking and long walks







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