



Helping You Live Better

Letter from *Dr. Brown*

Hello to our Excel Family patients!

Well, as we all know, our lives are on hold per recommendations made by both our President at the federal level, and on March 24th, at the state level with a "Safer at Home" executive order by Governor Evers, in effect until April 24, 2020.



While chiropractic has its place in the health care arena, I have been studying this new form of the coronavirus. I call it "pneumonia on steroids". While some cases have no symptoms and some cases have mild cold-like symptoms and self-resolve, the bad cases are deadly. The alveoli (air sacs in the lungs) fill with a stickier, heavy mucus that is very hard to get out compared to a "regular" kind of pneumonia. This sticky goo fills up the lungs to the point you can't get air in. It affects all ages.

After much reading, watching webinars of both the experts and patient testimonials, I decided to join the "slow the spread" movement. We have closed our office to patients for 2 weeks, starting 3/22/2020 through 4/3/2020. Our plan is to open Monday, April 6th, usual hours unless it is still not safe to do so. Mary, Sue, or Laura will be contacting everyone by phone to get you scheduled especially those who were affected by our closing.

We are optimistic the viral cases will peak soon and life get back to normal. Of course, if you have an accident or injury, or in a lot of pain that is affecting activities, please give this office a call. I will be around for emergencies. If you need a supplement or supply, we will try to have coverage at our front desk almost every day, most likely in the mornings, between 9:00-11:00am. It might be a good idea to call before stopping by to make sure someone is there and also to make sure we have what you need. Other times can be arranged if needed.

Speaking of what you might need....boosting your immunity right now would be a great idea! Here are a few ideas:

- Vit D3 / K2 5,000IU per day. (I take 10,000/day). It's a precursor to the formation of IgG, IgA, immunity cells.
- Vit C 2500mg per day. We carry Pure brand 500mg. Vit C lasts about 5 hours in the body after you take it so is best taken in smaller doses throughout the day.
- Zinc minimum RDA of 11mg per day. We carry Pure brand 30mg capsules.
- Liposomal Glutathione no exact know recommended mg at this time. I have seen 250mg to 500mg recommended by different manufacturers. Protects the cell wall against invaders such as viruses. Comes in gel caps, capsules or liquid. The "liposomal" makes it more GI friendly.
- Garlic raw, cooked or in capsules. 180mg Allicin (the active part of the garlic) capsules. (I will do a newsletter just on garlic soon. Stay tuned!)

- Onion. Raw or cooked.
- A product called Buried Treasure. A combination of echinacea, elderberry, silver, zinc, etc. It's a liquid. They recommend 1-2 TBS , 4x per day if sick. I find it best if watered down or mixed in juice taken after a meal! Can be touch on the GI if taken full strength on an empty stomach! You can find this at the Buried Treasure website.
- Fish Oil Did you know we need Omega 3s to rebuild damaged cell walls? 1000-3000per day.
- L-Lysine 1000mg upwards to 4000mg per day. Very anti-viral. The brand we carry is Viracid. We had to order more! Should be getting that in next week.
- Salt in warm water mouth rinses. You need to gargle a full 2 minutes! You can do this several times during the day. Many things that are air- borne come into our bodies through the mouth. Rinsing w/ warm salt water cleans these things up.
- And one last suggestion...hot beverages vs cold. Hot tea, like echinacea, hot soups, etc. Viruses don't like the heat.

Speaking of beverages, just drinking more water in general keeps your body "rinsed", getting enough sleep to rebuild your cells and eating good, nutrient dense food to build good cells! Good fruits, lots of veggies and a good quality meat. The bad microbes love sugar so keep those at a minimum right now. This is NOT a good time to fast, or starve, burning the candle at both ends and wearing yourself out. Be extra kind to yourself during this time. Self- reflection, reading good stuff, try some yoga, pick up that hobby you put to the side because of your crazy, busy schedule, etc. You get the picture!!

Please stay tuned for future emails to help you stay healthy! Stacey Seacord-Peters, one of our massage therapists, is working on a list of ways to help combat emotional stress and anxiety during these crazy times. Watch for that soon.

Be safe!
Dr. Brown



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