

# March 19, 2010 - FAQ's about chiropractic care during this COVID-19 pandemic

**This email is sent to everyone currently receiving our Welcome to Wellness Newsletters. Dr. Taylor will be sending out a separate email specific to his patients. They will be receiving it prior to their next adjustment scheduled. Please make sure you click on 'view in browser' at the top of this email to ensure seeing all images and links.**

## **Are you still open?**

Yes, we are still providing essential care. We look forward to working together for the benefit of all our community. Welcome to Wellness is in business to help you get and stay healthy! We will get through COVID-19 together!

## **Is my chiropractic care considered essential?**

Yes, in most cases: For the majority of people that I have been seeing recently, I deem their care to be essential. The regulating body for doctors of chiropractic in Ontario is the College of Chiropractors of Ontario. The president of the College of Chiropractors wrote on March 17, 2020 to explain that essential care should be provided and non-essential care should be postponed if it is considered as maintenance or preventive. To paraphrase: Chiropractic care may be considered maintenance or preventive if you (the chiropractor) believe that the patient would not experience a flare-up or deterioration in condition if no care was given for two months. To view the entire message click the link: [College of Chiropractors of Ontario President's Message- COVID-19 Update March 17, 2020](#)

I personally have never gone anywhere close to two months without an adjustment for more than 30 years. I know that my health would deteriorate. I would not wish for any of my family members to go without their care either. If you are not sure about your specific condition, please call or email me at: 905-665-0123 or [team@welcometowellness.ca](mailto:team@welcometowellness.ca)

After 27 years, I have had the great honour of helping tens of thousands of people reach a higher level of health. Clinically, what I hear from those receiving regular chiropractic care is that besides relief of symptoms they sleep better, have more energy and that they have fewer colds, flus and less sickness in general. Most chiropractors that have been in

practice for several years or longer have noticed similar health results. Research on an overall health effect of chiropractic showed promising results in older people (one of the populations most at risk for any infection). A study involved 311 chiropractic patients age 65 or older, each of which 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 for those receiving chiropractic care:

60.2% fewer hospital admissions • 59% fewer days hospitalized, 85% less pharmaceutical costs, 98.5% believed their care to be considerably or extremely valuable  
[https://www.jmptonline.org/article/S0161-4754\(00\)90108-8/fulltext](https://www.jmptonline.org/article/S0161-4754(00)90108-8/fulltext)

I believe keeping people out of hospitals and reducing the number/amount of medications as an essential service. Do you? I have been blessed with my own great health improvements with chiropractic care. I was a “sick kid”. The tonsillectomy and adenoid removal at an early age may have helped in the short run but it didn’t serve me well after with chronic recurrent bronchitis, pneumonia and asthma. I was on 2 different asthma puffers for 9 yrs, constantly getting infections and taking antibiotics from an early age. All that changed with chiropractic care- after 2 and a half months I have never had to use puffers and have not had one medication in 36 years since. I have missed only 3 days of work in 27 years of practice (compared with countless time off school pre-chiropractic care). My own children have had regular care since being born. At the ages of 21 and 17 neither of them have had any medication (other than anesthetic for stitches) in their lives. Please realize your chiropractic care is safe and effective!

## **What are you doing to protect me and my family from catching and spreading the virus?**

As much as possible: We are following all guidelines available from our college and the regulations guiding doctors of chiropractic as health care practitioners in Ontario. Please see the [newsletter written March 15, 2020](#) for our policies and procedures. Please know that we are asking those who have or might have been exposed to the COVID-19 virus and those experiencing symptoms to NOT come to Welcome to Wellness.

## **Why do you prefer that I wash my hands instead of using hand sanitizer?**

According to the research, hand sanitizer is not nearly as effective at preventing infections:

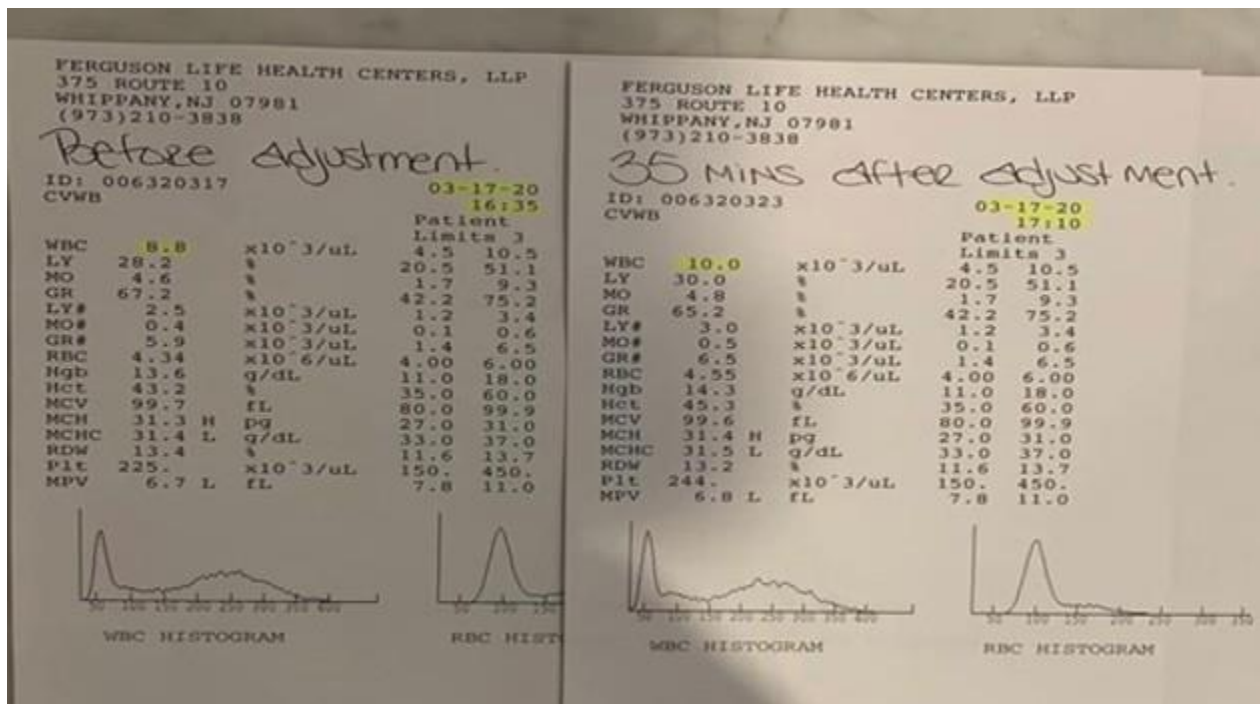
<http://www.cidrap.umn.edu/news-perspective/2019/09/hand-sanitizer-shown-less-effective-hand-washing-against-flu>

<https://www.cdc.gov/handwashing/show-me-the-science-hand-sanitizer.html>

As stated in our newsletter, we have four sinks available to wash your hands with soap and water and use paper towel to dry off.

## Does chiropractic care treat COVID-19?

NO. Chiropractic and living a good lifestyle is not a specific treatment for any specific illness or disease. Chiropractic care, eating well, exercising, avoiding and eliminating toxins and a good mindset are lifestyle choices that are the building blocks of a strong immune system and positive overall health! We are constantly defending ourselves at every moment from the hundreds or more bacteria, viruses (including the bugs that cause flu's like COVID-19), parasites and other invaders. Medical experts are saying that people who are susceptible to dying, or even suffering in any way with COVID-19 are the ones with a lower functioning immune system. A chiropractic patient had a blood test this week with a blood draw before and another draw 35 minutes after an adjustment. Notice the elevation in white blood cells after the adjustment. Chiropractic care affects the nervous and immune systems. Scientifically we are learning more and more each day as to how.



A recent reference for chiropractic improving the immune system can be found here: <https://www.ncbi.nlm.nih.gov/pubmed/31394861>

## Does nutrition or supplementation treat COVID-19?

NO, Good food, vitamins and minerals are important building blocks of health including your immune system. While this may sound like semantics, your immune system will defend itself against any pathogen, COVID-19 or otherwise. Supplements and good nutrition will boost the performance of your immune system and we believe will make you less likely to get any infection. See our newsletter for my recommendations. Here is

a research article that talks about what may help you prevent COVID-19 with supplementation. Please note nothing has been proven, just hypothesized:  
<https://doi.org/10.1002/jmv.25707>

**\*\*We have recently switched our phone lines over to VOIP and do not expect them to be in full working order until next week. Text reminders for your appointments are also down (we are doing our best to send them out manually) but the text communication is still working for most people. We have one phone line currently being forwarded to a cell phone- but only one phone. If you are cell phone/text savvy please try that first using the number: 707-34. If you have received text reminders or texted us in the past - it is still the same as previous and is expected to stay that way indefinitely:) This will decrease the phone use and you will likely get a faster reply that way. It will also make room for those seniors and others without cell phones to contact us. Emails are still working at [team@welcometowellness.ca](mailto:team@welcometowellness.ca)**