

Update Notice for all patients

Hello everyone, here are some more protocols and tips for everyone. We will endeavour to stay open and care for everyone for as long as we can. Here are a few points that may help you and your family stay well.

1. Bookings in the clinic are made now to allow minimal contact and no waiting time in the waiting room. Please come on time as we have strict protocols now.
2. Patients are disinfecting their hands at the front door before entering.
3. Patients will be adjusted as quickly as we can so you are in and out quickly. We ask you come alone if possible. If the whole family are being adjusted we shall allow both rooms so you can be in and out easily.
4. If possible could you "tap and go" and claim your health insurance online in your own time. This reduces the contact for Kristy or Danni.
5. At present we shall continue to help people and help them stay well as we are deemed essential services.
6. PLEASE DO NOT PRESENT IF YOU HAVE A TEMPERATURE, FEVER, Cough or been in contact with anyone who has been overseas in the last 14-21 days.
7. We will do our best to care for you. Now is the time for you to check you are doing all the things you need to do to stay well.
8. Eat fresh nutrient dense foods and plenty of liquids. Warm liquids best as it flushes the virus into your gut to be destroyed.
9. Keep your lungs well. STOP SMOKING now.
10. Google how to wash your hands, so you do it correctly and remove the virus and any other bacteria from your hands. The mechanical mechanism and the rinsing breaks the virus and washes it away from you.
11. Make bone broth soups and store in the freezer. I put mine in ice cubes so I can drink when well and when unwell. They can go in your cooking and make it more yum. The bone broths feed the good bacteria in your gut. A healthy gut is a healthy immune system.
12. We have ample supplies of great quality Vit C, Multi Vitamins, Essential Fatty Acids, Zinc and magnesium. We also have Thieves, Lemon, Eucalyptus and other therapeutic grade oils which are excellent for respiration help. Great to diffuse through your house constantly. All these products will help maintain health and reduce the risk of micro nutrient deficiencies which can make you vulnerable to bacteria and viruses. We are only selling to patients. If you want some but can't come in, please call us and pay over the phone. The products will be left in my carport for collection.
13. Recommendations for care - If stressed start taking Neurocalm at night so you sleep. Vit C 1-2gm/day, 1 Multi/day, Magnesium, Vit D

Dr Steph Willis and myself have completed the COVID19 Government, Health Department training and are compliant.

Stress drives cortisol release to help you run from a bear. When stress is prolonged in the body it leads to inflammation, high BP, increase pain perception, poor sleep, sluggish bowel, changes in your gut flora and then reduced immune function. I believe it is paramount for everyone to get their heads around this to help you to stay well. We are all feeling overwhelmed at times and stressed. We are all adapting to the changes and need to be patient with each other.

Please stay connected to people. Send virtual flowers perhaps to those on their own especially. Talk about your fears to people. Do things that reduce your stress, like walking, gardening or playing a game of chess with a friend over the phone. I believe once people accept the changes in their lives, the sooner people will get on with their lives, just a bit differently. When I couldn't work for 12 months I could barely go out because of the pain I had. I was angry, upset, in 10/10 pain and I then became depressed because my life had changed so much for the worse, I thought. I had spent my whole life being well and this injury knocked me on the head, I thought. Amazingly I was ok. Through this time I reflected, went slow, slept in, day dreamed and came up with some great ideas!

This will be an amazing time for reflection, day dreaming and the creation of new things. We will appreciate what we have when this time is over, and treasure those things. Our food will be prepared for us full of love and nourishment. We can all learn something new and grow through this. I truly believe we need to be there for each other so we thrive.

Our goal at Jumping Creek Chiropractic is to help keep you all well hence why we are open.

Please pass this information on to all your family members.