

Collaborative PT prepares for Corona Virus:

- disinfecting surfaces between each patient,
- everyone starts with a hand washing or sanitizing PRIOR to the session.
- Patients screened for signs of illness prior to session. Clearly, say home if you are sick.
- Skype/phone sessions available upon request.

Risk factors:

- 1) age greater than 60
- 2) people with chronic medical conditions: heart, diabetes and lung disease.
- 3) check with your pharmacist or doctor re: if any of your medications reduce your immune response as that is a risk factor as well.

I trust the doses and advice on Dr Andrew Weil, the founder of integrative health.

<https://www.drweil.com/>

Boost your immune system in general:

- Laugh
- Get plenty of sleep
- Avoid sugar

Eat:

- Lots and lots of veggies
- a citrus fruit per day
- Organic bone broths

Supplements: We buy Thorne products as they test for absorption. Good quality. Reliable research behind doses on bottle.

- Zinc
- Vitamin D3
- Magnesium
- Vitamin C
- Probiotics

Extracts: Choose organic

- Elderberry: powerful anti-viral Must have on hand so you take it at first sign of the flu
<https://www.drweil.com/health-wellness/body-mind-spirit/colds-flu/a-sure-cure-for-the-flu/>
- Astragalus
- Olive leaf

The very best information available is the Centers for Disease Control.

<https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>