



DISC
CENTERS of AMERICA™

**PATIENT GUIDE
TO: COVID19**



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Covid19 Information

Learning About the Virus: Resources You Should Utilize

First and foremost, it is of the utmost important thing you must do to stay up to date on the current information that is coming out regarding the Novel Coronavirus. Unfortunately, the news cycle can be “narrative driven” so I advise you to utilize the following sources as your primary information gathering sources:

1. [Centers for Disease Control](https://www.cdc.gov/)- This is the national health information agency responsible for keeping Americans safe. This will give you the national guidelines regarding the virus and what you should be doing.
Website: <https://www.cdc.gov/>
2. [World Health Organization](https://www.who.int/) - This is the worldwide informational hub that keeps you up-to-date on what is going on worldwide. **Website: [https://https://www.who.int](https://www.who.int/)**

AVOID ALL NARRATIVE DRIVEN NEWS REGARDING THIS VIRUS AS IT IS NOT FOR THE PUBLIC GOOD. USE THE REPUTABLE SOURCES AS LISTED ABOVE!

Disclaimer - This is for informational purposes only. This is not diagnostic. If you have concerns you are encouraged to contact your healthcare professional.

What You Should Do if You Think You Have Contracted and/or Have Been Exposed

Step 1: Isolate yourself from others whom you may run the risk of exposing

Step 2: Cover up with masks and gloves

Step 3: Inform others you may have been in contact with and/or infected

Step 4: Contact your local health department for the most up-to-date guidelines and testing.

Protocol for Testing

Until we are at full capacity for testing, the Department of Health has issued guidance to ensure that states prioritize resources to meet the most urgent public health need.

Testing for COVID-19 shall be authorized by a health care provider when:

1. An individual has come within proximate contact (same classroom, office, or gatherings) of another person known to be positive; or
2. An individual has traveled to a country that the CDC has issued a Level 2 or Level 3 Travel Health Notice, and shows symptoms of illness; or
3. An individual is quarantined (mandatory or precautionary) and has shown symptoms of COVID-19 illness; or An individual is symptomatic and has not tested positive for any other infection; or Other cases where the facts and circumstances warrant as determined by the treating clinician in consultation with state and local department of health officials.

Current Guidelines Regarding Covid19 (3/23/20)

There is currently no vaccine to prevent Coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive **actions to help prevent the spread of respiratory diseases, including:**

Avoid close contact with people who are sick.

Avoid touching your eyes, nose, and mouth.

Stay home when you are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

Follow CDC's recommendations for using a face mask.

CDC does not recommend that people who are well wear a face mask to protect themselves from respiratory diseases, including COVID-19.

Face masks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of face masks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).

Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Virus Information You Can Use to Protect Yourself

Viruses have been around for thousands and thousands of years. You have been fighting viruses since the first day you were born and you have survived this long. Don't think doomsday is upon us. **Your body is remarkable. It can heal. It can adapt. You can survive even if you've been infected.**

We have been taught about germs and that they make you sick. Yet despite knowing this principle many people don't use simple deduction to understand the real reality regarding sickness related to viruses.

One can understand more clearly the principle I'm about to give you by looking at a group of people walking into the gym, your work or even your home with someone whom is sick. Just because you walked into a room with someone sick does not mean you will actually become sick. In fact, in many cases no one or very few actually get that sickness.

The reason for this is immunity and/or immune function. Your body has an innate immunity that develops over your lifetime. It is a cumulation of all of the bacteria, viruses and germs you've been exposed to and have fought off.

In fact, each time your body is exposed to a new germs or viruses it has the opportunity to grow stronger. The reason for this is similar to a kid going to school to learn mathematics. At first, you may not know how to perform that equation (or fight off that sickness) but the more you are exposed to it the more you learn and now are able to complete that math problem (or fight off that virus).

With this in mind, consider why someone would contract a sickness. Since it is not just from exposure to a pathogen it must be more. Because we now know that the immune system is a part of this equation, we must take into consideration why someone's

immune system and natural immunity is stronger than another person's.

Simple deduction can lead you to the answer - lifestyle and/or underlying causes or issues. In many cases lifestyle is the determining factor that makes the difference to one being healthy over being sick. Although, this is not the total picture it is a big part of the puzzle.

Complicating factors include things such as diabetes, auto-immune diseases and other diseases. Although, these factors increase your risk over someone who does not have them it does not mean you can't increase your body's immune system function.

Continue reading so you can learn natural immune boosting things you can do to help yourself...

There are many things you can do to boost your immune system function, below is a list of some of the most beneficial things you can incorporate into your daily routine to reduce your chance of contracting viruses and sickness.

Things to Boost Your Immune System Function:

1. **Sleep**- your body heals during the sleep phase. Getting run down because of exhaustion taxes your immunity and is in my opinion the number 1 reason many people get sick. (This is the number 1 reason I get sick- which incidentally is rare because I get my rest and listen to my body.) Get your rest.
2. **Eat Nutritious Foods** - you are what you eat. It is that simple. If you put a crap energy source in you, will get crap energy out. Give yourself higher nutritional quality foods and you'll get better energy and health as a result. Examples include: green leafy veggies, bright colored vegetables (peppers, tomatoes, beets etc.) lean proteins such as chicken, fish, pork and beef. Try not to fry, instead bake, grill or broil your food.

Some foods to consider eating that are truly nutritious: blueberries, kale, quinoa, broccoli, collard greens, sprouts, pomegranate, onions (my favorite)

3. **Drink Lots of Water** - hydration is key for almost every bodily function. Drink lots of water to help with your body maintain homeostasis. Not only does it help to flush the system and rid the body of toxins it also helps to reduce inflammation. (Inflammation is one of the main factors in sickness and disease.)
4. **Exercise** - exercise helps to promote health and well-being. In fact, many studies have demonstrated that exercise helps to boost the body's immune system function. Exercise while being healthy, exercise when feeling slightly run down, refrain from exercising while you are sick. This contributes to you being run down which in turn helps to make you sick.

5. **Chiropractic** - believe it or not chiropractic helps to boost your immune function. Your nervous system is your immune system and that's what chiropractors focus on. There have been many important studies that demonstrate the ability of chiropractic's ability to boost immune system function such as the HIV study that found **chiropractic helped to increase T-Cells** (part of the immune system function).

One of the most important studies was performed by Dr. Ronald Pero, Ph.D., chief of cancer prevention research at New York's Preventive Medicine Institute and professor medicine at New York University. It showed the positive effect that chiropractic care can have on the immune system and general health.

This is great news. Dr. Pero measured the immune systems of people under chiropractic care as compared to those in the general population and those with cancer and other serious diseases. His initial three-year study was of 107 individuals who had been under chiropractic care for five years or more. The chiropractic patients were found to have **a 200% greater immune competence** than those people who had not received chiropractic care, and they had **400% greater immune competence than those people with cancer and other serious diseases.**

The immune system superiority of those under chiropractic care did not appear to diminish with age. Dr. Pero stated:

"When applied in a clinical framework, I have never seen a group other than this chiropractic group to experience a 200% increase over the normal patients. This is why it is so dramatically important. We have never seen such a positive improvement in a group."

Ways to Kill the Virus Naturally

There are many methods that help to kill viruses the problem is incorporating them into our lives. Below you will find a list of multiple things you can do to help kill viruses that enter your body. The key is to be consistent don't wait until you get sick to incorporate these items as they will not work as well as being proactive. An ounce of prevention is truly worth a pound of cure!

Before we talk about how to kill the virus we must understand how viruses work.

Viruses upon exposure will enter the nasal and/or oral cavity and either be killed off by the body's natural immune response or propagate and cause sickness. In the instance they propagate and cause sickness they will eventually end up in the back of the throat and/or nasal cavity where they grow in numbers until they overwhelm your body's immune function.

To help your body fight off these viruses you need to keep your nasal and oral cavities as healthy as possible. The following items listed below will help to do just that. Incorporate these into your daily schedule to help to reduce your risk.

Vitamins: There are many vitamins that you can take and many beliefs as to the best way to take them. I have over the years stuck to the tried and true basics as they tend to be the easiest and documented as working.

The staples I believe you should utilize include **A, C, E, Selenium & D3**. Additional, supplement recommendations include: **echinacea, cats claw, elderberry, garlic, zinc and silver**. (follow bottles dosing instructions)

Peroxide: Gargle 1 time each day with peroxide mixed with water. Rule of thumb is 2 cap full's per 4 ounces of water (half cup). If it burns this means there is propagation of sickness in your throat - you should then gargle the same tincture every hour until the burning subsides.

Nasal Spray: zinc can help to kill bacteria and viruses, as well as salt. If you can find a zinc nasal spray use this according to the instructions to help reduce your risk. If you cannot find a zinc spray you can use saline or silver nasal sprays as a substitute. Your nasal passages are supposed to be moist. This helps to attract pathogens that enter into your nose and trap them so the body can clear them from the system.

DOC'S CARDINAL RULES OF THUMB:

Gargle with peroxide solution, Use nasal spray, Vitamins A,C,E & Selenium, Eat Clean Diet, **GET YOUR REST.**

STRESS

I believe stress is the cause of all sickness and disease in this world. Stress comes in many forms, **physical** such as slips and falls, **mental** such as emotional stress and **chemical** stress such as breathing polluted air or drinking polluted water.

If you are able to reduce the stress on your body, you can reduce the risk of becoming run down. By becoming less run down you allow your body to increase its immunity and immune function. It literally is that simple.

There are two types of stress: Eustress and Distress. **Eustress** is the good form such as the stress placed on the body while exercising that helps to increase immune function and **Distress** is bad stress such as physical stress from a fall which decreases immune function. The goal with stress reduction is to increase the good stress while

decreasing the bad stress.

Items 1-5 listed above are examples on how to reduce stress on the body. Use them, they actually help. **Below you will find another way as well.**

Breathing 101 - everybody breaths. That's the good news. The bad news is most people don't breathe effectively. Example - Take a deep breath. Did you suck your shoulders up to your ears while doing this? Or did you expand your belly and allow the air to naturally fall into your lungs? The second method is the correct one.

To "belly breathe" takes practice. You can do it by focusing on pushing your belly out as you breathe, and you will feel the air fall into your lungs. The reason you want to do this is three-fold: first your breathing is more efficient, second you are expending less energy to breathe and third this is a cleansing breath.

A cleansing breathe is a breathe that allow more air out of your lungs taking with it carbon dioxide that can build up in your body and make you sore, sick and lethargic but also it gets any bacteria or germs in your lungs out.

To take a cleansing breathe, belly breathe taking approximately 5 seconds to inhale through the nose, hold that breath for 10 seconds and exhale from the mouth over 10 second period. Do this multiple times to cleanse the lungs. This technique has another function that I have not covered - it increased oxygenation to the brain and body and helps to reduce your stress. Do this every day with a purpose to help reduce your stress.

IMMUNE BOOSTER KITS

There are multiple supplements you can take to reduce your stress and naturally boost your immune function. I have decided to put together kits for anyone whom is interested in an IMMUNE BOOSTER KIT. There is a charge for the kit.



Each Immune Booster Kit includes:

- 1 bottle of Stress & Adrenal Support
- 1 bottle of Sleep & Rest Support
- 1 KN95 Particulate Respirator Mask
- 1 Instruction Booklet with Steps to Help Protect from the Virus

The Immune Booster Kit

The body's enemies take on many forms — everything from environmental contaminants to seasonal changes. They're virtually everywhere, hoping to capitalize on a moment of weakness. It's a fight that never stops. It's a fight that we want to win. Though we can't make the immune system invincible to these pressures, we can make it more prepared. VitaminMed offers a convenient Immune Boosting Kit.

If you are interested in getting one of these kits contact our office ASAP as I do not know when they are going to sell out.

(The KN95 particulate respirator is the Chinese version of the American N95 mask. Research shows the KN95 mask filters more particulate out of the air.)

Contact: Dr. David Cifra, D.C.

Phone: 941-358-2224

We can mail yours directly to your address upon processing your order upon request.

**Cost For The Immune Booster Kit - \$99.50
Shipping and handling has an additional charge.**

**Steps Sarasota Disc Center Is Taking To Ensure
Your Safety While You Are In The Office**

Yes, first and foremost **we are open normal hours** of operation as we are essential providers.

We have taken several steps to ensure you feel as comfortable as possible while you are in the office. These steps include:

1. Sanitizing each room after every visit including air sanitizer
2. Sanitizing the counters and waiting room after each encounter
3. Washing our hands after each encounter
4. Allowing curbside waiting for those who do not want to enter until a room is free. If you are interested in curbside waiting, you must call the office upon your arrival and we will call you back when a room is free so you deal with only our staff.
5. Expediting the check in process – we are not having you sign; you will be routed directly to a room. You will not be given your chart. You will handle nothing to expose you to risk.

6. If you are concerned about exposure, we are temporarily allowing visits to be scheduled during our “closed” times where you would be the ONLY PATIENT IN THE OFFICE. If you would like this service, you must call to set this up.

7. If you are not sure what to do. We are accepting tele-services in which you can call into the office and speak directly with **Dr. David Cifra**. There is NO CHARGE FOR THIS SERVICE. In some instances, as is directed with each individual insurance company, we may be directed to bill the insurance company ONLY. In this instance YOU WILL NOT BE CHARGED.

**If you have any questions or concerns, please contact
our office directly by calling
[941-358-2224](tel:941-358-2224)**

**CALL OUR OFFICE IF YOU WOULD LIKE TO ORDER
YOUR IMMUNE BOOSTER KIT WHICH INCLUDES THE
KN95 MASK AND SUPPLEMENTS TO REDUCE YOUR
STRESS AND BOOST YOUR IMMUNE SYSTEM
FUNCTION.**