

**Dr. Andrea Ferretti and The Holistic Practice Team COVID-19 Update
As at Monday, March 30, 2020**

On Friday, March 13, Practices and Strategies were put into place to ensure the safety of each and every patient's health and these practices and strategies continue to be employed and upgraded.

Based upon recommendations provided by CCO and OCA and following the "List of Essential Work Places" as delivered by the Premier of Ontario and Ministry of Health. . .

The Holistic Practice Clinic will remain OPEN with modifications to the scheduling of patients (to ensure social distancing), the delivery of supplements, and all health safety strategies (sanitization and disinfection before and after each patient) in place.

The Holistic Practice Clinic will remain OPEN to "flatten the curve" and alleviate the patient load on hospitals for those who have suffered accident, injury, or excessive stressors, and whom we are in a position to help.

Established is the fact that movement – gentle movement even more so – can stimulate our body to release the residue of the hormonal cascade caused by stress, can stimulate our channels of drainage and pathways of elimination. . . Dr. Ferretti is a certified Qi Gong Instructor (Yellow River Tai Ji Quan School of Canada – Master Ling Zhong Xie).

We would like to share with you a short Qi Gong medical practice series that is easily followed and very effective at increasing breath, movement and lymphatic drainage, and reducing the effects of the hormonal cascade that results from the stress response:

Please enjoy:

<https://drive.google.com/file/d/1A5wxl4PU8Cn4RotUJhuTJYMAubZjoKyu/view?usp=sharing>

To schedule a phone appointment or make changes to your appointment please contact the clinic via phone (905) 628-2389 or via e-mail: office@theholisticpractice.com