

Dr. Andrea Ferretti and The Holistic Practice Team COVID-19 Update

We are exercising caution during COVID-19

The Holistic Practice Clinic Hours Will Continue as Normal

The Holistic Practice is committed to the safety and well being of all of patients and clients. It is important that all of us work together to protect ourselves and our community from potential illness. We are committed to providing a safe place for supportive health care, particularly in a time of high stress and anxiety.

We continue to monitor **COVID-19** developments closely and are following the guidance of Canadian health officials. We will continue to update our protocol should new information become available.

To protect the health of our patients, clients, staff and practitioners, effective immediately, we require all clients and visitors to complete a health self-assessment before entry into the clinic.

IF

You have a fever and/flu like symptoms or the new onset of a cough or difficulty breathing

OR

In the last 14 days you have:

- Been to a COVID-19 impacted area
- You have been in close contact with a confirmed or probable case of COVID-19
- You have been in close contact with a person with acute respiratory illness who has been to a COVID-19 impacted area

DO NOT COME TO CLINIC for appointments, or to purchase supplements, however we can accommodate you in the following ways;

- Book a phone appointment with Dr. Ferretti for nutritional/natural medicine consultation;

- Your adjustment/KST sessions can be rescheduled to later date and the cancellation fee will be waived;
- We can arrange to have delivered or ship any supplements (fees may be applicable) that you require to assist with recovery and/or prevention;
- **The Holistic Practice does not treat Covid-19**

If you suspect you have contracted the illness please call;

Telehealth Ontario (1-866-797-0000) and follow the instructions provided.

It is important to emphasize that we cannot diagnose or treat COVID-19 at The Holistic Practice. Telehealth will direct you. It is important that potential cases are screened over the phone to ensure those affected are supported and guided to the correct health resources while limiting contact to others.

The top questions we are receiving from patients:

1. What should I do if I am NOT well but I would like to consult with The Holistic Practice on my health and well being?

- You may access an appointment with Dr. Ferretti via phone or e-mail;
- Supplements and strategies can be discussed and arrangements to have any supplements shipped directly to your home will be made;
- Dr. Ferretti has created a COV-19 kit to help prevent you from getting the illness based on the latest research and can tailor the kit to your specific needs;
- Your adjustment/KST session can be rescheduled to a later date without fee or penalty.

2. How can I best prepare and strengthen my immune system?

Dr. Ferretti can discuss with you how to help you support your immune system and strengthen your overall health and resilience to infection. Most people will recover on their own from COVID-19, particularly if they are in good health. We are also providing an immune boost kit which can also be tailored to your individual system and specific needs. Dr. Ferretti created a researched based selection of products that can help to protect you from the virus and also be taken in higher doses should you test positive. The research studies are available and have been posted on our website and Facebook

page. Also suggested are zinc lozenges (they appear to help reduce the respiratory symptoms), which can be used in conjunction with the Alkalize-C recommended at night which also contains 15 mg of zinc.

The Holistic Practice approach to care may include:

- Helping you to choose the right professional-grade supplements that will support your immune system;
- Optimizing your sleep and recovery so that your immune system can do its job.
- Reducing your stress to improve your immune response;
- Supporting your digestive system so that your barrier defenses are strong;
- Optimize your nutrition so that your body has everything it needs to fight illness.

3. What can I do if I am feeling overwhelmed and anxious?

Anxiety is a normal response to the increased stress in our community. Many are expressing fears around the unknown, including financial and work-related stresses as the area prepares. The Holistic Practice can also help you refer you to services and support if you are in a high-risk or are feeling run down due to stress and anxiety.

For mood and anxiety, exercise every 48 hours is essential. If further apart it will not help your mood.

4. How is The Holistic Practice ensuring safety

- We use professional protective supplies, including, masks, gloves, hand sanitizer, and medical-grade disinfecting wipes;
- We are utilizing Ozone generation to clean the clinic during the hours when clinic is NOT in session;
- We are employing Air Purification Systems that have recently become available to the public which employ two new proprietary technologies, AHPCO and Polarized Ionization (see <https://hypoair.com/vesica/>) and make it possible through the air to kill 99.99% of viruses and bacteria on surfaces within 20 minutes in rooms where the air purification units are running. In addition to our regular cleansing and detoxification regimes (which includes several timed manual wipe-down of surfaces), this airborne sanitizing of surfaces happens continuously through the time(s) that the clinic is open and in session;

- We are controlling access to the clinic by requiring self-assessments and offering phone appointments to those who need or want it;
- We are limiting staff in the office and advising anyone with cold/flu symptoms to stay home until full recovery.

Your health is our highest priority. The team at The Holistic Practice is taking all appropriate measures to prepare for and mitigate the risk of contracting the virus.

Thank you for your continued support. Be safe and be well.

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