

An update on the COVID-19 and Carter Natural Health Center:

Carter Natural Health Center will be open next week, March 23-27.

We do not have plans to close unless we are told to do so. We are here for you! We want to start by saying that getting adjusted boosts your immune system. You are doing the right thing by continuing your adjustment, acupuncture, and Nutrition Response Testing visits. We are fortunate to have a wellness office where people generally are healthy. Since we aren't a "sick" care clinic, our advice is to keep getting adjusted, take your supplements, and keeping your immune system healthy!

If you are elderly or immunocompromised, you can call us when you are in the parking lot and we will check you in. We will call you when we are ready for you to have your treatment. This cuts down on waiting time in the reception area. Also, if you want to have us bring supplements out to your car or mail them to you, just call and let us know and we can arrange that.

As the Coronavirus (COVID-19) continues to have an increased impact on our communities, we want you to know that we are working hard to provide you an "extra" clean office. Our priority is to keep you and our team members safe and healthy!

We have taken precautionary measures by implementing increased hygiene routines, monitoring operations protocols and following clinic procedures outlined by healthcare organizations and leading authorities within the chiropractic profession.

We recommend patients follow the guidelines issued by the CDC, and if you are feeling unwell please take steps to safeguard others and remain at home.

We will not be bombarding you with constant emails at this time as we understand everyone is trying to communicate via email regarding COVID-19. Please check our Facebook page, Carter Natural Health Center, for regular updates and tidbits of information about staying healthy during this trying time.

Hours:

Hours: Monday 9:30-12:30 2:30-6:00

Tuesday and Thursday 12:00-6:30

Friday 9:30-2:00

Let's not forget the basics...

-Avoid touching your eyes, nose, and mouth, especially during public exposure.

-Wash your hands thoroughly with water as warm as you can tolerate. Many of you have already discovered the shortage of hand sanitizer, but the truth is that hand sanitizer doesn't really compare to scrubbing your hands with soap in the warmest water you can tolerate.

-Minimize carbs and sugars. Remember sugar feeds all immune challenges, lowers your resistance to infections, and delays your recovery time.

-Try to increase and improve the quality and quantity of your rest. The immune system is most active during rest which means that in order for you to stay well, or recover, rest is essential.

Schedule Your Appointment By Calling

615-289-5823

www.drcarteronline.com

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