

[IMAGE]

Chiropractic Is Essential During COVID-19

By Editorial Staff

With most of the nation still under virtual lockdown due to the novel coronavirus pandemic, people are suffering – and not just economically. Even healthy people who have not contracted the virus (or may have contracted it, but never showed symptoms) are suffering from limited access to health care, including chiropractic. But don't let circumstance stop you from connecting with your chiropractor in one way or another during these uncertain times; here's why.

Chiropractic is essential during the COVID-19 pandemic; in fact, the Department of Homeland Security recently included chiropractors on its "Essential Critical Infrastructure Workforce" list, along with numerous other health care providers and a host of other essential businesses / services. With that said, call your chiropractor and verify whether they're currently available for in-office appointments; and if not, whether they have, or plan to have, telemedicine services available soon – and not just for pandemics!

Slowly but surely, the media is shifting its messaging away from doom and gloom and toward potential solutions. One message getting increasing airplay, and for good reason, is the benefit of a robust immune system in not only warding off viruses, but fighting them if you've become infected.

You might not have realized it until now, but chiropractors were touting the benefits of a strong immune system long before COVID-19. A healthy diet, exercise, appropriate supplementation (especially vitamins C and D), proper sleep, and stress reduction – all elements of comprehensive *wellness care* – have been shown to strengthen the immune system. In fact, reports from Wuhan, China, suggest doctors have been successfully using high-dose vitamin C to fight COVID; while here in the states, former CDC director Dr. Tom Frieden publicly endorsed vitamin D as an immune booster that could potentially impact who suffers mild symptoms and who suffers complications. And don't forget that chiropractic adjustments to relieve your pain and improve function will certainly benefit sleep and stress, thus benefiting your overall immune system.

essential list - Copyright © Stock Photo / Register Mark Back and neck pain are likely at an all-time high during COVID-19. Why? Stress, increased remote work (which may mean utilizing a makeshift workspace

that isn't posture friendly) and perhaps most of all, just sitting around more at home. If you're suffering and your chiropractor is accepting patients right now, make an appointment; as a health care provider, they should have strict guidelines in place to ensure all CDC protocols regarding coronavirus protection are followed. If they're not currently open, call and inquire about telemedicine services. Sometimes a quick discussion with your chiropractor can put your mind at ease and give you a roadmap for short-term relief until you can see them in the office.

Since your very first appointment, you've probably appreciated the essential nature of chiropractic wellness care. In the coming weeks, months and years, millions more will join you. That's because chiropractic is essential to long-term health and wellness – and not just during COVID-19.

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