

Dear Patients, Friends and Community Members of Wellspring Chiropractic Lifestyle Center,

As you all know, the governor has mandated a “Stay At Home Order”. As a healthcare operation, we are asked to stay open to serve and treat if needed.

Here is the official memo from [Vermont Governor Phil Scott](#).

Chiropractic is an Essential Health Care Service

Chiropractic is an essential health care service. Chiropractors are an essential and necessary part of the health care team for millions of patients of all ages around the world. As primary, portal of entry doctors, chiropractors are licensed and trained to provide **all three levels** of health promotion and health care prevention interventions including:

- **Primary prevention health care** that prevents the onset of illness or injury before problems begin. This includes protecting the gains that have been made.
- **Secondary prevention health care** that leads to early evaluation and prompt management of disease, illness or injury to prevent more severe problems developing.
- **Tertiary prevention health care** aimed at recovery following illness.

Chiropractors are trained and licensed in all 50 states to enforce and follow all public health regulations while acting in the best interests of the public and patients they serve.

In addition to these essential aspects of health care, chiropractors are the only health care providers trained and licensed to provide care for the neuromusculoskeletal ramifications from structural spinal shifts that cause obstruction of the nervous system which impact the whole health and vitality of the individual. Chiropractors refer to these structural spinal shifts as vertebral subluxations.

Vertebral subluxations cause an increase in Cortisol, the stress hormone, which then impairs immune system function. Being in pain also impairs immune system function. The WHO urges people to **NOT use NSAIDs** (anti-inflammatory medications) as they also impair the immune system. Beyond the hand washing and distancing there is no other solution except the robustness of one's immune response.

Chiropractors have provided these essential health services for over 100 years and have done so during pandemics, natural disasters and following terrorist attacks such as 911 at Ground Zero.

Therefore, if you are in need of chiropractic services, you are permitted to leave your home for the purpose of receiving health care services from Wellspring Chiropractic Center in Shelburne.

If you are feeling any of the symptoms of possible infection, DO NOT COME. Information about what to look for can be found at [cdc.gov](https://www.cdc.gov). This website is very comprehensive and can answer many of the questions regarding COVID-19.

If you have any questions about a particular health concern and cannot make it into the office, Dr. Heather will be available for remote consultations via ZOOM or telephone. Please call the office at 802-985-0950 to arrange this appointment.

Our office will be following strict CDC guidelines for safe operation. Disinfecting protocols, protective gear (if applicable) and social distancing will be executed. Since we can only have no more than 10 people in the office at one time (including staff), please make an appointment. Walk ins may not be seen.

In the event of overcrowding, we may be forced to **prioritize availability**.

- Hospital Staff: includes physicians, nurses, technicians and administrators.
- First responders: includes police, fire, EMT (municipal or private).
- Existing patients that are suffering with an acute, unrelenting injury or exacerbation.
- Pregnant patients.
- All else.

Thank you for your cooperation during these difficult times. We are glad to be of service to you and you families.

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