



Reopening to In-office Care June 1, 2020 (COVID-19 Protocols)

Immune-Supporting Dietary and Lifestyle Recommendations

As a service to our patients and our community, we are providing and updating general immune-supporting information regarding dietary and lifestyle modification, and supplementation, in the [Special Resources 2020](#) page on our website.

However, due to the novelty of COVID-19, only very limited peer-reviewed research has been published regarding the effectiveness of dietary or lifestyle interventions for its prevention or treatment. None of the immune-supporting recommendations we offer at this time are intended to offer a specific cure or specific prevention of COVID-19, nor should they supersede recommendations from the CDC or other local, state, or federal public health authorities. If you have signs of illness (sustained fever over 100 degrees F, sore throat, and/or dry cough), contact your primary care provider. **Physical distancing, wearing face masks in public, and handwashing remain the most important modes of prevention.**

Nutritional Supplements – Availability and Safety During COVID-19

[Click Here for Ordering Options](#)

Office Re-opening June 1, 2020

We are happy to announce that we will **carefully and thoughtfully** reopen our practice for in-office patient care on June 1. We are not “going back to normal,” but moving forward with what comes next. Here is what that will look like for our practice:

- Extended consultations will all be done via telehealth videoconferencing to minimize the exchange of respiratory droplets. The only in-office visits will be for physical exam and chiropractic treatment.
- Only one person at a time coming or going from our office.
- Your car, bicycle, or our front garden will be our new “waiting room,” from where you text or call us when you arrive, and Dan lets you know when we are ready for you. Dan is the official door-opener and closer.
- Everyone in the office wears facemasks, including patients, Dr. Shapiro, and Dan. If you forget or do not have a mask, we’ve got you covered!
- All appointments and outside supplement pick-ups must be pre-arranged, with no spontaneous visits to our office.
- **Anyone coming for care in our office at this time must read and sign our consent form regarding in-office care in the era of COVID-19 through our new patient portal.** If you don’t currently have access to your patient portal, please [contact our office](#) and we will send you an invitation to access it.