

# Friedman Chiropractic, Inc.

VOL. 15

NEWS

NO. 8

## BE WELL STAY WELL

As directed by the Department of Homeland Security, chiropractors are essential health care workers and we continue to serve patients throughout the pandemic. Our offices are open regular hours both in San Rafael and Petaluma. The San Rafael Medical Center building is instituting protective measures for all public areas. Our offices have been employing protective measures since early March.

Specifically, we are doing the following for your protection:

1. All staff are masked and follow social distancing.
2. There is no wait because patient appointments have been extended to accommodate social distancing guidelines. We are no longer using the waiting room and patients go directly into treatment rooms.
3. There is only one patient in the common areas at a time plus staff. Patients do not run into each other as individual appointment times have been extended.
4. All patients wear masks into and out of the office.
5. We have hand sanitizers throughout the office and each room is disinfected post treatment.
6. Telehealth consultations (Video or Phone) can be arranged as an option for those in need of chiropractic or nutritional guidance.
7. All patients are screened for any possible signs of illness prior to coming into the office.

It is important in these high anxiety times to remember that the body

### FRIEDMAN CHIROPRACTIC, INC.

Jeffrey I. Friedman, D.C., Director

711 D St., No. 104 • San Rafael, CA 94901 • (415) 459-4646

405 D St., Ste. 2 • Petaluma, CA 94952 • (707) 773-0288

We invite you to visit our website at [www.FriedmanChiro.com](http://www.FriedmanChiro.com)

has the potential to stay well or heal itself, barring any obstructions or deficiencies. In order to do that, our nervous system needs to be functioning at its best. According to Gray's Anatomy, 29th Edition, "the nervous system controls and co-ordinates all organs and structures of the human body." This also includes the control of our defensive body immune functions.

An interference-free nervous system is at the heart of chiropractic philosophy and methods since its inception. Additionally, a healthy plant-based diet plus essential nutrients such as vitamin C, zinc,

vitamin D and others would provide support. A more extensive suggested list is at our front desks.

Please contact us if we can be of help.

*"The power that made the body can heal the body."*

*James Parker, D.C.*

**Office News: Dr. Friedman is now working most Saturdays.**



## **Pythagorean Center for Natural Healing**

**A Facility of Friedman Chiropractic Inc.**

With the inception of our website, we decided to personalize Friedman Chiropractic, Inc. in honor of a physician-philosopher whose approach to natural healing epitomizes our methods.

His name was Pythagoras.

For more information on this remarkable man, please visit our website.

### **Applied Kinesiology...**

...is a diagnostic tool using the muscle structure of the body to aid in the examination of a patient. Its use allows immediate feedback aiding the doctor in making decisions on what type of care the patient needs.

**Visit Our Website!**

**[www.FriedmanChiro.com](http://www.FriedmanChiro.com)**

#### **DISCLAIMER**

This newsletter is intended to provide health information to improve quality of life and assist users to better understand their health and arrange more easily for healthcare services. It is not an attempt to replace the need to seek healthcare services nor to provide specific healthcare advice. Information provided should not be used to diagnose or dispute a qualified healthcare professional's judgement. If you have any questions, please give our office a call or check with your local healthcare professional.