

**December 15, 2020**

Hello, Patients,

I am writing to you in these hard times, but confident we can get through this *together*.

I am concerned about the effects of the COVID-10 pandemic and would like to share an alternative medicinal perspective to both prevention and recovery. Our office has exceeded the safety measures of our state, CDC and local requirements.

I'm not sure if you know this, but acupuncture is very effective at helping support the immune system and to help keep you as healthy as possible. Acupuncture can strengthen a weakened immune system by increasing red and white cell counts, T-cell count and enhancing humoral and cellular immunity. Acupuncture can regulate immune function and treat the underlying cause of the disease by reducing symptoms, speeding up the healing of infection and normalizing the body's immune response, even before surgery and after surgery!

There are several acupuncture points, and specific techniques, that bolster your immune response, along with alleviating stress and anxiety. Your body becomes stronger and your mind relaxes!

So, I invite you and your loved ones to come in for an immunity-enhancing, mind-relaxing tune up! Give us a call at (407) 682-4454 to set up either a F2F or Telehealth call or text to receive our newsletters @ (407) 484-2183.

My office is partnered with Dr. Neal Wieder, DC, DCBDN, so I have a presence on his website: [www.purechiropracticcare.com](http://www.purechiropracticcare.com).

That is where you can sign up for both his and my newsletters with your first name and email address if you choose. I am developing my own soon along with my new, exciting CBD and Hemp business, CBD DOC ROCKS.

You have nothing to lose, and so much to win!

I have an article that explains more about acupuncture and immune health on my website, you can read about that here

<https://documentcloud.adobe.com/link/review?uri=urn:aaid:scds:US:cb911c88-84fe-434f-9de4-31304d41b7c5>

I don't want to sound alarmist, I just want to help! And I know that acupuncture can help out in many ways.

Looking forward to seeing you soon!



Dr. Sheila L. Scott, AP, MSOM

Diplomate in Acupuncture (Dipl. Ac) NCCAOM

In accordance with State of Florida Guidelines, we are pleased to be fully open to serve your health and wellness needs.

As we do so, this office will practice to the highest standards to protect our community.

For your safety, our practice is following all CDC and DOH Guidelines to prevent the spread of covid-19.

- If you are experiencing symptoms of Covid-19 or may have been exposed, do not enter. Call our office first at (407) 682-4454. Or, Text to (407) 388-5825.
- Our clinicians and staff are screened daily and wear face coverings for your protection.
- Face covering are still required for all patients to help us protect others.
- We are following CDC guidance for disinfecting treatment surfaces and common areas.
- Appointments have been appropriately spaced to allow social distancing in our office. *Please help us with this by being prompt to your appointment.*
- Regular handwashing or hand sanitizer is used by our staff. For your continued health please practice good hygiene by regularly washing or disinfecting your hands. Also avoid touching your eyes, nose, and/or mouth.

