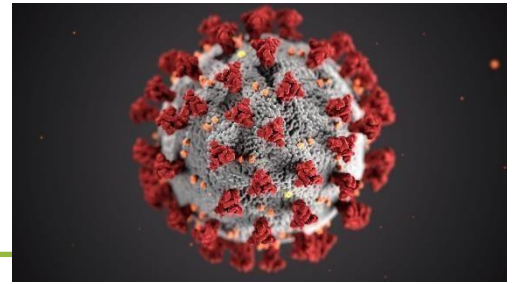




Brain Restoration Clinic

Dr. Jean-Ronel Corbier & Dr. Paul



- Brain Restoration Clinic (BRC) agrees with the CDC's statement regarding the Coronavirus COVID-19: *"The best way to prevent illness is to avoid being exposed to this virus."*
- BRC also believes that nothing can replace healthy living.
- Immune-enhancing strategies are always important to optimize health.
- BRC has adopted a "STOP VIRUS" approach – see the acronym below which helps mitigate the impact of the Coronavirus COVID-19.

STOP VIRUS:

S - Social distancing

T - Telemedicine

O - Optimum Nutrition

P - Proper Handwashing

V - Vigilance

I - Information

R - Rest

U - Unity (United we stand, divided we fall)

S - Supplementation

S - Social distancing

- "Social distancing" simply refers to avoiding close contact with other individuals in order to avoid catching the virus yourself and to avoid passing it on.
- This is perhaps the most important step to control this Novel Coronavirus outbreak.
- BRC is using elbow bumps (or simply waving our hand) as our new handshake.
- For now, we are replacing our in-office Brain Restoration Academy Support Group (BRASG) meetings with Facebook Live events.

T – Telemedicine:

- Access to care is a priority.
- Telemedicine has been part of our practice for several years.
- We will continue to offer telehealth consultations and make this service even more available for patients that are local as well as those from out of state.

O - Optimum Nutrition:

- Wholesome nutrition is most important to optimize health.
- Eat plenty of fruits rich in antioxidants such as plums and berries.
- Vegetables (organic): Garlic, Broccoli, Brussel sprouts, Spinach, Kale.
- Avoid refined sugar and junk food.

P - Proper Handwashing:

- Wash your hands often with soap and water for **at least** 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- Simply running hands under water is not effective. The act of rubbing your hands together with soap or sanitizer and creating friction is the most important part. Friction from scrubbing is what lifts microbes from the skin.

- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. *(If Hand sanitizer is not available please contact us for recommendations).*
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Adhere to 5 simple and effective steps (Wet, Lather, Scrub, Rinse, Dry).

V – Vigilance:

- Everyone should exercise vigilance when attending any public setting.
- Vigilance is particularly important for those over age 60 and those with weakened immune systems or chronic medical conditions.
- Put distance, at least 6 feet, between you and other people to prevent viral exposure.

I – Information:

- BRC encourages everyone to follow CDC recommendations: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- BRC Fights Fear with Facts.
- Contact us or make an appointment if you have questions or concerns that we can assist you with.

R – Rest:

- “Rest” is the antidote to “Stress.”
- Sleep is the best form of rest.
- Sleep before midnight.
- Use your bedroom only for sleep.
- See our “Sleep protocol” and “Box breathing” handouts for more detail.

U – Unity:

- United we stand, divided we fall.
- A house divided cannot stand.
- We all need to unite and work together as we fight our common enemy: the COVID-19 virus.
- BRC stands prepared to work in service of and act in the best interest of our patients and the community as we collaborate with our colleagues.

S – Supplementation:

- *** NEW - Brain Restoration Clinic’s Foundational Immune Support Supplements and Protocol ***
We’re hearing lots of people ask how they can support a strong immune system so we have bundled three quality products that we trust and are used by our own team members.

Click [HERE](#) or go to this website:

<https://us.fullscript.com/protocols/brainrc-brc-foundational-immune-support-pack> to access our Foundational Immune Support Pack in our online dispensary. If you don’t already have an account, you can easily create one.

If you have more questions or need support, please feel free to send a portal message or email our office at practice@brainrestorationclinic.com to make an appointment.