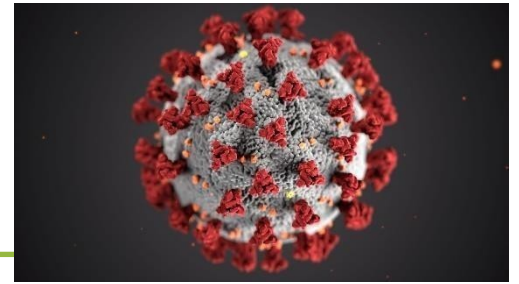




Brain Restoration Clinic

Dr. Jean-Ronel Corbier & Dr. Paul Corbier



- Brain Restoration Clinic (BRC) agrees that *“The best way to prevent illness is to avoid being exposed to the virus”* but also understands that complete avoidance may not be practical or possible.
- 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 - to help mitigate the impact of COVID-19.

STOP VIRUS:

S - Social distancing

T - Telehealth

O - Optimal Nutrition

P - Proper Handwashing

V - Vigilance

I - Information

R - Rest

U - Unity (United we stand)

S - Supplementation

S - Social distancing

- “Social distancing” simply refers to avoiding close contact with other individuals who are or may be suspected of being ill in order to avoid catching the virus yourself and to avoid passing it on.

T - Telehealth:

- Access to care is a priority.
- Telehealth 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 - Optimal Nutrition:

- Wholesome nutrition is most important to optimize health.
- Eat plenty of fruits and vegetables rich in antioxidants and polyphenols.
- 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.
 - 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, particularly in public settings. Know your potential risks and benefits before attending large gatherings.
- Vigilance is particularly important for those over age 60 and those with weakened immune systems or chronic medical conditions.

I - Information:

- BRC encourages everyone to educate themselves about COVID-19 and about how to support and foster a strong immune system.
- 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.
- See our “Sleep protocol” handout for more detail.

U - Unity:

- United we stand, divided we fall.
- A house divided cannot stand.
- 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:

- BRC has developed two supplement protocols for (1) COVID-19 Prevention Support and (2) COVID-19 Early Infection / Exposure. You can access those protocols on our Fullscript online dispensary (1) [HERE](#) and (2) [HERE](#). (Don't worry, if you don't already have a Fullscript account, you can easily create one when you click either link.)

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.