

# Dancing Bear Healing Center

## Partial Re-Opening of the Healing Center

The COVID-19 shutdown has been difficult for everyone. For many there has been stress over fear of contracting the virus, stress over money, stress over being indoors all the time, and the list goes on. Stress and being indoors lowers the immune system making vulnerability higher.

The highest risk factors are hypertension, diabetes, high cholesterol, obesity, autoimmune issues, smokers, and people over the age of 60 (worse if over 70). That said there are people in their 90's and even one over 100 that have survived.

Diet, exercise, and getting 30 minutes of sunlight a day will all help to boost your immune system. Stop smoking and avoid alcohol will also help. Try to eat a healthy diet (lots of vegetables, and no sugar or wheat (both lower the immune system)).

## To help people during this period DBHC has implemented the following protocols:

- Only one patient at a time may enter the clinic. Text or call when you arrive but stay in your car. We will either text or call back telling you it is ok to enter the office.
- Please be on time, the lobby will be closed to visitors so you will have to wait in your car until we are ready for you.
- No visitors. Only the patient may enter the office.
- Please wear a mask or scarf if you do not have a mask.
- If you have a fever, cough, or are not feeling well please contact your medical professional and cancel your appointment with DBHC.
- After your appointment, the room will be sanitized for the next patient.
- Please use the restroom prior to coming for your appointment as we cannot guarantee that the restrooms next to our office were sanitized.
- Please bring your own water, we will not be dispensing water from our water cooler as there is no way to sanitize it.

## What to expect at your appointment:

- All treatments will be in the lobby, with the patient sitting in a chair. There is not way to sanitize the treatment room so the lobby will be used.
- All treatments will use the red cold laser pen and a microcurrent device. This can be done easily in the lobby while sitting. No needles will be used during the shutdown.
- You will be expected to go home and rest for 30 minutes after your treatment.
- There will be two types of treatments:
  - **Immune boosting treatment:**
    - 30 minutes total, minimal intake time.
    - The microcurrent will be connected
    - Immune boosting points will be stimulated with the red cold laser pen.
    - After 30 minutes go home and rest.
  - **Regular appointment:**
    - Minimal intake to only cover any changes since your last appointment.
    - Treatment with Microcurrent will begin immediately when you sit down.

- Treatment with red cold laser pen, to include other issues that need attention (pain, deficiencies, etc.).
- Immune system boosting points will also be added to the treatment.
- After 30 minutes go home and rest.

Once the lockdown has ended and we can return to normal operations we will notify our patients. We will not be accepting new patients at this time except for immune boosting treatments as there is no intake.

NOTE: Microcurrent is contraindicated for anyone with an electronic implant such as a pacemaker.

The above process for treatment, distancing, masks, and sterilization is approved by the State of Arizona Acupuncture Board of Examiners.

DBHC is open by appointment only. Contact Dr. Lawrence at 480-422-7000 (call or text). To book an appointment use [www.DancingBearAppointments.com](http://www.DancingBearAppointments.com). For more information visit [www.DancingBearHealingCenter.com](http://www.DancingBearHealingCenter.com).