

Dear All,

We are still standing – and intend to remain so!!

Unless our beautiful country becomes a Police State and our right to work is taken out of our hands we will remain open for business. We are registered as Healthcare Premises under the Care Quality Commission and granted a Special treatment Licence by Westminster City Council.

We already practice biosecurity measures and aseptic techniques that have ensured infection-free procedures for the last 11 years. We will continue with these. We appreciate the potential disruptive effects of this new virus and would like to ask you to help us ensure that we stay healthy and available for you all during this difficult time. To this end we have instituted additional procedures to reduce the risk of transmission of the virus.

1. The front of the shop will remain open to everybody as usual. This area is bathed in sunlight which kills viruses. It will be staffed by Jit Tobin who will ensure its constant cleanliness.
2. Jit will take your coat and ask you to remove your shoes. She will also ask you to cleanse your hands with Natrasan (non-skin drying germicidal cleanser) and then dry them.
3. At this stage you may enter the “inner sanctum” where your treatment will be carried out as usual by Dr Dancey or Faye. There is a WC and further hand washing facilities here.
4. After your treatment you may leave the inner area, collecting your coat and shoes as you leave.
5. As usual all staff change from their outdoor clothing into clinic wear including shoes when in the clinic, wash their hands before and after treating all patients.
6. If you are not feeling well then please tell us first so that we can discuss the management.
7. Age is no barrier to treatment.

A healthy immune system is the best way to ensure that you do not succumb to the virus:

1. Eat plenty of fresh fruit and vegetables. Avoid sugar.
2. Take moderate exercise ideally in the fresh air and sunlight to allow you to breathe properly, stimulate the lymphatic and circulatory system and to increase body temperature and oxygenation all over.
3. Get sufficient sleep – at least 8 hours.
4. Ensure a healthy intestinal flora – take probiotics if necessary.
5. Stay well hydrated.
6. Vitamin C, D and Zinc supplementation will help the immune system.
7. Since the lungs are the target tissue, ensure that these are also healthy. Stop smoking, free your home of pollutants such as dust, dust mite and chemicals and take fresh air, breathe deeply, practise yoga and medication. Stay calm and dismiss panic and anxiety, which negatively influences not only immune system, but the lungs. The lungs are the primary organ in the death/fright complex. There is much fear associated with this pandemic.

Let's stay happy and healthy with some perspective on the issue.