

Happy New Year! Wishing you all a year of health, happiness, and prosperity!

Saturday Hours:

Dr. Waters is in the office one Saturday per month. Visits are by appointment only and fill up fast! Please contact the front desk to schedule.

January 9th – This Saturday!

February 13th

March 13th

January Wellness Workshop: 30 Days* to Healthy Living Wednesday, January 13th at 6:15pm

Hit the reset button on your health with more of what you do want - more energy, more clarity, more confidence, and a feeling of overall well-being... and less of what you don't want – less extra weight, less stress, and fewer symptoms of toxic overload. Today's lifestyle puts us in contact with an abundance of toxins. There are chemicals and pollutants in our air, food, drinking water, household cleaning items and the products we apply to our skin. Even though there are ways to decrease the amount of toxins we encounter, it is almost impossible to keep clear of them entirely.

Unfortunately, these toxins can have a devastating effect on your body.

Some signs of toxic overload:

Fatigue

Brain fog - fuzzy thinking

Weight gain

Mood swings

Sinus congestion

Post-nasal drip

Digestion issues

Food cravings

Rashes

Headaches

Insomnia

Menstrual issues

Painful joints

This 30-day program will walk you through creating lasting lifestyle changes to improve your overall health.

****If 30 days feels like too much of commitment right now, we also have a 10-day reset as well as a 15-day cleanse we can discuss next Wednesday!***

Our Wellness Workshops are free and fun, and we encourage you to invite your family and friends. Space is limited in the office, so we ask that you please RSVP with our Front Desk by calling (949) 586-2731 or by replying to this email. This class will be offered “live” at Waters Family Wellness as well as on Zoom.

Our New Scheduling App

We are implementing a new electronic communication and scheduling system. We are excited to announce that we have partnered with a third-party company to assist us in creating a more user-friendly experience for you, our amazing patients! Some features of our new system include online scheduling, two-way texting and contactless forms that can be completed on your phone or computer. We are confident you will like our new system. And if you prefer to call us to schedule, we are still here and would be happy to hear from you!

The Scheduling App is available in the App Store. You can also follow these easy steps:

1. Scan this QR code on your mobile device.



2. Download The Scheduling App.
3. Enter our clinic ID: **KASQTF**
4. Register using the cell phone number on file with us.

Covid-19 Prevention

With the increase in local Covid-19 cases, I have had several patients call, text and email me for advice. Here is what I recommend to protect yourself:

- Wash your hands often with soap and water for at least 20 seconds (*sing the Happy Birthday song twice for a time reference – this is great for kids!*)
- Avoid touching your face (specifically eyes, nose, or mouth) with unwashed hands
- Prevent close contact with people who are sick, if possible
- Consume a healthy diet and avoid refined sugars
- Drink plenty of water throughout the day
- Go outside and soak up some sunshine and breathe some fresh air
- Skip the alcohol
- Get enough sleep

In addition, I recommend several nutritional supplements that will help protect your immune system:

Vitamin D3 – 5000iu or 125mcg per day

Elderberry

Vitamin C – 2000mg per day

Colloidal Silver

Colostrum

Echinacea

Additionally, spinal adjustments have been shown to increase immune function because they help to correct the spinal misalignments that cause neural dysfunction. Neural dysfunction creates a stressful environment for the body which may lead to a decreased immune system function and lowered response to a foreign body, such as a virus.

If you have influenza-like or Covid 19- like symptoms, there are also several supplements to help treat fever, fatigue, cough, and other symptoms. Please get in touch with the office if you have any questions.

New e-Pay System

Our practice management system can now send payment requests electronically. Instead of mailing paper statements, we may send you an email or text. This process is very convenient and environmentally friendly!

Please Note:

Our building is still experiencing a bit of a remodel. During this time, the South (*back*) entrance is temporarily closed for a few more weeks. Everyone will need to use the North (*front*).

Have a healthy month!

Dr. Brad