

We Will Get Through This Pandemic Together

To my Dear Patients,

While the last few weeks have been a time of grave uncertainty, it has given us the opportunity to go inward and to deeply reflect on what's truly important to us. I really do feel this is a time of perspective and as a community we will come out of this stronger and more aligned as we are more resilient than we can imagine.

It's easy to express frustration towards adjusted schedules, reduced workload, interrupted travels or the inability to enjoy some of the luxuries we had grown accustomed to. However, we can also appreciate the extra time our adjusted schedules give us to spend with our family and to take on that new skill or project we never have time for; we can appreciate that the standstill in global travel has brought out the dolphins in the Venice canals and that the Himalayan Mountains can finally be seen from afar due to the improved air quality. I believe it's all about perspective and each day that passes we are getting closer towards flattening the curve to bring us back to a better form of the life we once knew.

As time passes, each day becomes more normal and I'd like to share with you some tips that have made it easier for me to navigate through the journey. My team and I are here for you and as a community, we will get through this together!

SET A DAILY ROUTINE

We underestimate the need for routine, however, it's important for keeping our body and mind aligned. While many of you are working from home, try your best to outline and maintain a schedule that is in line with that of your normal work schedule. Setting up a designated work space will also make your work/life balance a healthy routine.



TAKE TIME TO BREATHE

This global pandemic is one of great concern, but it's important that you protect your energy and not allow yourself to be overwhelmed by the news or social media posts that are circling. Allocate times in which you allow yourself to watch/listen/read the news or scroll through social media, start your day with thoughts of gratitude, and try to tap into a meditation practice to help manage your stress levels. Sometimes we just need to simply pause and breathe!



EAT CLEAN & TAKE VITAMINS

I found it interesting that the grocery stores were filled with fresh produce, but the frozen and prepared foods were mostly sold out. One of the best ways to protect your immune system is to eat a clean balanced diet filled with fresh organic produce.

Additionally, I recommend that you take 1000mg of Vitamin C, 50mg of Zinc, and a good probiotic daily while also keeping your pantry stocked with oregano oil, colloidal silver, ginger, & turmeric for an immunity boosting tea as needed.

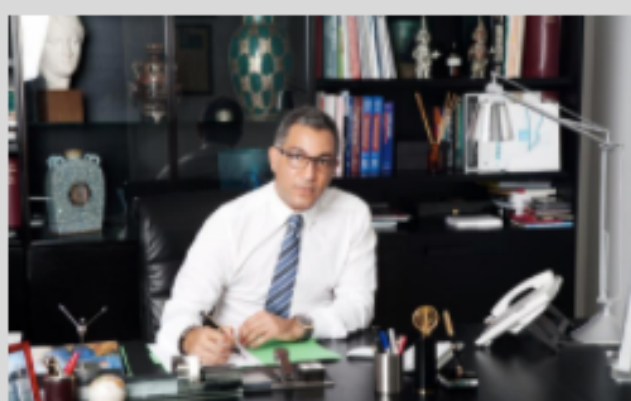


GET MOVING

Although our gyms and favorite fitness studios might be closed, allocate time to keep your body moving. There are many resources for at home workouts we can stream on our mobile device or smart TVs and when all else fails, take it outside. You can still enjoy exercising outdoors while adhering to social distancing regulations!



VIRTUAL CONSULTATIONS



While our office remains closed, Dr. Salomon is offering surgical consultations via Zoom during normal office hours. Click the link below to contact our office to schedule your complimentary consultation.

T. 305.270.1361

Hours: 9am - 6pm Monday through Friday