



Dear Patients and Friends,

Just a note to let you know **we are open and caring for our patients!**

As a result of the Coronavirus (COVID-19) situation, we have also escalated our cleaning/sanitization procedures in the office and

- We have added additional targeted immune-boosting techniques.
- We are diffusing air-sanitizing and air-purifying essential oils around the office.
- We have hand sanitizer in the office and following my message is a great recipe you may have seen on social media to make your own, if you are having trouble finding!
- We have implemented a separate waiting room for anyone with any upper respiratory issues or symptoms. Please give us a heads up prior to your appointment.
- Please wash your hands frequently with soap and warm water for at least 20 seconds.
- Avoid close contact with larger groups of people.

Stay calm. Deep breathing exercises are calming to your nervous system which is good for your immune system!

Getting your adjustments and boosting your immune system is now more important than ever.

We look forward to caring for you and yours soon!

Yours in Health and Wellness,

**Dr. Sherry Durrett**

## DIY hand sanitizer

Melissa Maker

Clean My Space founder

**\$1.10**  
PER 6 FL. OZ.

### Ingredients

Prices based on national averages.

- ¼ cup pure aloe vera gel **\$0.50**
- ½ cup rubbing alcohol **\$0.24**
- 1 tablespoon nourishing oil like vitamin E, jojoba, or sweet almond **\$0.20**
- 15 drops of essential oils like lavender, tea tree, vanilla, thyme, rosemary, lemon or peppermint **\$0.15**

### Directions

- Mix the solution together in a clean squeeze bottle and adjust the amount of rubbing alcohol to achieve your desired consistency. Shake well and use as needed.