

LAZARUS WELLNESS

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Dear Valued Patients,

As the COVID-19 containment ramps up and Napa County and Contra Costa County enforce Shelter in Place status, we wanted to remind everyone that we are an Essential service. Our patients need us more than ever right now, therefore we still, and will continue to be treating patients and operating at the elevated cleaning status as recommended by the CDC.

In addition to the normal cleaning routines we are doing nightly deep cleans and high traffic surface area cleans are done in between each patient. We have rearranged the waiting room and reception to minimize any exposure as well as other important exposure measures.

We also understand everybody has different opinions and responses to this unique time and it's difficult to find the facts. Please consider this:

Every challenge is disguised as a brilliant opportunity. This is your opportunity to slow down, read books you've put off for a while, try new healthy recipes, play games with family, watch inspiring documentaries, create art, meditate, dance or simply just appreciate different ways to live your life. Use this unusual time to your advantage to appreciate many of the things we all may have taken for granted and be grateful for each one.

Dr. Lazarus has extensive training in Immunology and Functional Medicine and has spent many hours gathering objective information from trusted medical sources regarding this situation. His input and advice have been valuable for many of our patients and he's available to offer it to you.

Dr. Lazarus created a Functional Medicine COVID-19 Resource and is providing it to all his patients. We are currently scheduling phone consultations or Zoom sessions if you're interested in how to implement a PERSONALIZED immune strategy.

Yours in Health,

Lazarus Wellness Team