Carucci Chiropractic Center will REMAIN open during the Corona Virus Crisis. Governor Ned Lamont executed Executive Order 7H on Friday March 20, 2020. As such “essential” personnel will remain working including all physicians. We understand this time is stressful and anxiety producing for many. Practicing the public health practices of social distancing, frequent hand and face washing and refraining from unnecessary travel are important for your personal health and that of our fellow citizens. We at Carucci Chiropractic remain open to assist with this crisis in the following ways:

1. We are practicing sanitary procedures first by utilizing the Triad Aer Air Purification System so WE HAVE CLEAN (virus free) AIR in the office! Second we are sanitizing surfaces, tables, door knobs etc frequently.
2. We have activated our “Wellevate Account” and “Full Script Account” where you can go to “Wellevate.me” and “us.fullscript.com” so you can order your immune boosting vitamins and supplements and have them shipped directly to your home as our in office inventory is limited at this point.
3. As you know receiving your chiropractic adjustment ramps up your white blood cell activity within 20 min. of an adjustment and it upregulates your Parasympathetic Nervous System – this combats the Fight/Flight Stress Response – something we all need at this time! You can also influence your parasympathetic nervous system by mediation, relaxation breathing and humming/chanting!
4. As Physicians Dr. Espinal and I are part of the State’s healthcare team to help you navigate at this time. We have office hours to check your blood pressure, heart rate, oxygen saturation rate, temperature, lung and cardiac function. We also are recommending Charleen Miele, MA-LPC for mental health consultations. Charleen can be reached directly for telemed consultation at: (860) 614-8382, cmieletherapy.com, Facebook: The Sacred Self,LLC
5. Lastly, I (Dr. Carucci) believe that we WILL get through this as swiftly as we can! Your help and cooperation with the state’s mandates of staying home, helping your neighbors if and when you can, coughing into your elbow, washing your hands and face after being out with people, getting outside for fresh air and some exercise while still maintaining social distance, will contain this virus and watch it’s decline. Until then practice the above recommendations, eat your fruit and vegetables, pass on the chips, cookies, candy, soda more often then not. Eat your organic eggs (these don’t interfere with your cholesterol issues) and other good clean protein (nuts, seeds, beans, meats and fish) – of course grass-fed, wild, are superior to “conventionally raised”. Practice patience and kindness, it will help your stress hormones lower and those you share space with! I believe that out of chaos comes order, out of crisis comes ingenuity and leadership, out of isolation comes rediscovering that we all are humans with the same needs, wants and desires: shelter, food and water, calm, love, a hug or hand shake, each other! We will overcome, together! God speed.

Lastly, if you believe in a higher power, offering a prayer or positive thought to the divine/universal consciousness will only help, so do so a few times a day! Thank you!

 Dr. Carucci