

What is a vaccine, from the Wellness Center?

Do you remember the reports coming out of China and then Italy of overwhelmed hospital systems and people dying of an unknown virus? Do you recall all those measures we took to prevent the spread of Covid-19 and very few people we knew were actually getting sick? Well, 1.5 years later, during that awful long wait, the virus is now a part of our community. And all those measures we took to slow the spread was so that the medical and research community could develop a vaccine and/or find treatment options that work.

Like the flu virus it is unlikely to ever go away but also like the flu or diseases we have not seen in our community like measles or dare I go back as far as small pox, we have a vaccine! This vaccine does a very good job at preventing you from going to the hospital or dying from this disease especially if you have underlying health issues like diabetes, hypertension, or lung disease.

So, what is a vaccine and how does it work to prevent you from getting very sick? Think of it like going into battle, people do better if they are prepared and have a road map on how to handle certain tactical moves, whereas if you are not prepared, you are more likely to get seriously hurt or die; That's the vaccine, the injection of virus information that prepares your immune fighting cells to go into battle and win. Currently approximately 7/10 Covid-19 hospitalizations and 9/10 Covid-19 related deaths are those who have not been vaccinated.

We understand that people have fears and concerns so we encourage you to come in to the clinic to have a conversation with your medical provider, but consider this, do you know all the genetically modified or chemicals that can be found in your food and do you still eat it?

