

The Atlas Times

Issue #3

Baker - Borski Chiropractic, S.C.

March 2018

Happy Spring!



Welcome to the following New Patients!

Dennis C.	Priscilla K.
Leon Z.	Gary H.
Landon L.	Misty S.
Joseph W.	Ann H.
Janice A.	Morgan B.
Alesha B.	Kim D.
Annette K.	Naomi M.

Thank you for your referrals!

Phillip, Karlyn & Leann M.	
Alicia D.	Mike S.
Mary C.	Kathy W.
Eunice S.	Rosina K.
Lee B.	Dan K.

We will be closed Friday, March 16th. Dr. Baker will be in Thursday morning, March 15th.

March is Brain Injury Awareness Month!

Spring is coming...!!!!!!

As I write this we are still getting snow. But spring will get here soon enough. We carry supplements including **D-Hist** from Orthomolecular to help those of you who struggle with seasonal allergies. They also have **D-Hist Jr. Chewable** for children. This is a safe, natural product to treat nasal/sinus congestion, decrease mucous production, and help support bronchial/breathing

function: Non-drowsy, natural, and no side effects. Please remember we also carry **Vit.C/Zinc, Vit. D, Dynamic Greens, multivitamins for adults and children, digestive enzymes, pre-/probiotics and omega 3 oil** to complement your chiropractic adjustments!

Diet , diet , diet !

Many of you ask about diet, what to eat, how to lose weight and what is really good for you. There is some individuality to this but there are some common findings to help you sort it out. Remember that nutrition is a very dynamic science. We are always discovering new findings that may change what we previously thought and believed. But if you look at various cultures, indigenous peoples and longevity you can make some basic, correct assumptions for yourself. One of these is that, unfortunately, the Western diet of our country is one of the poorest that there is for health. Our food is over processed and has too many unnatural ingredients such as processed fats and sweeteners, "natural flavorings, colorings and preservatives; and is imbalanced as far as fats, proteins and carbohydrates are concerned. That is where some individuality comes in. And no, corn syrup sweetener is not a benign, natural part of our diet. Think about it, corn is a product used extensively to fatten animals for (premature) slaughter,

so we can eat them and the junk they were fed. The Mediterranean diet is considered one of the healthier versions for most people. It emphasizes healthy fats (olive oil for instance), a predominance of vegetables, then fruits, lean proteins and very limited grain consumption. Whole grains and Ancient grains are gaining in usage and are healthier versions of grains. There is a school of thought that **gluten** is **not** always the culprit with grain consumption problems. It may be far more likely that the herbicides, pesticides, and processing of commercial grain is wreaking havoc with our digestive/immune system. And if the animals are being fed this type of grain product, this affects us also if we consume animal products such as meat, egg and dairy, even animal hormone products in your supplements! Red wine and dark chocolate are allowed in the Mediterranean diet!! A recent study demonstrated that the Mediterranean style of diet is better for your heart. Other popular diet plans are the DASH, ketogenic, Atkins, ZONE, and Paleo. Here are some websites to check out on nutrition:

mercola.com
NaturalNews.com
thepaleodiet.com
deflame.com

We have many books in our check out library you can borrow to read as well.



5 Reasons to See a Chiropractor

I am a big believer in the value of chiropractic care. My family gets regular chiropractic care both for pain and injuries as well as general wellness. I sought chiropractic care during my pregnancy and my daughter had her first adjustment when she was 4 days old! While this post is not food related, I do think a variety of health and wellness topics are important, especially when you are trying to maintain a real food, healthy lifestyle. I am excited about today's post and hope you enjoy it!

This week, we have a guest post by my brother, Tommy John, currently a 3rd year student working towards his Doctor of Chiropractic degree at Life University. He is very passionate about chiropractic and the human body's ability to heal itself and has always been interested in health and wellness. He obtained his Master's Degree in Health and Exercise Science from Furman University before playing professional baseball for a few years. He then owned and operated his own baseball instructional facility and is a certified personal trainer and ARPWave therapist.

He is going to share 5 reasons why you should get your spine checked by a chiropractor...and, guess what!? None of these reasons to see a chiropractor are related to back pain!

1. Obesity and Metabolic Related Diseases

Of course we know that obesity is an out of control problem in the U.S. attributing to the top causes of death such as strokes and heart disease. For the most part, diabetes (Type I and II), high blood pressure, obesity and obesity related diseases, can all be reversed with choosing the right "real" foods to eat, the right movements to perform in a training plan, and the right thoughts and images to consistently have playing through our minds.

But what if you aren't digesting the foods properly? In order to digest foods you need the work of enzymes. The central nervous system (brain and spinal cord) control the cells responsible for releasing these enzymes and if the CNS is operating at its highest level then that person has the best chance to digest "real" foods when they are consumed.

The CNS also controls the release of two hormones responsible for telling us we are satisfied or full and when we should feel hungry and need food. These are called ghrelin and leptin. If the CNS is not performing at its most appropriate level then these hormones will be skewed leading to overeating, or eating when our body really doesn't need any food.

It is still going to be the responsibility of the individual to consume the right "real" foods in appropriate amounts so that their now higher functioning system can digest them properly in order to carry out processes of their systems. Having a clear spine would be the first and most important step toward a fat loss goal.

2. Symptom-Free Does Not Equal Health

There was a medical doctor, Dr. Windsor, who in the early 1900's took about 150 cadavers and observed what their organs looked like. He noticed the color of the tissue and cells, if there was visceral fat around it or not and whether the organ had signs of the start of disease.

He tried to stay away from organs that were the cause of death for that specific individual ie, for a person who died from a heart attack, he would avoid looking at the heart for observation.

He then traced the nerves that innervated these organs back to their location in the spine and **95%** of the time found that the organs that had preliminary signs of disease also had fixations and adhesions at those segments in the spine. Organs

that had no signs of disease had extremely healthy sections of the spine. ([source](#), [source](#))

Because a person does not have symptoms does not mean that they are healthy. The disease process takes time to develop, sometimes 10-15 years worth of breakdown in order for a symptom to appear.

If the CNS is clear at the spine, subluxation free, then the communication highway between organ/tissue/cell and brain is open and the appropriate changes that may need to take place can be monitored and changed more effectively.

So cancer cells that are forming on our livers right now as we read this post can be recognized by that organ, a message can be sent to the brain triggering an immune response to seek and destroy the useless, damaging cells preventing permanent trauma from occurring.

Seeing a chiropractor regularly will help keep your spinal nerves clear of interference, which will help keep your visceral organs functioning optimally.

3. Mental Health Disorders

Traditional methods of treating mental health disorders have a history of continually not being successful and all psychiatric medications have dangerous side effects which can lead to death in some instances. Chiropractic care on the other hand is a very successful, safe, alternative method to getting at the root cause of most mental health disorders and can even lead to the prevention of the need for pharmaceutical intervention.

Clear View Sanitarium, one of the most prominent mental health sanitariums, which existed from 1926 through 1961, was located in the birthplace of chiropractic on the outskirts of Davenport, Iowa. The cases consisted of approximately 65% schizophrenia, 15%

manic-depressive, and 20% other nervous and mental disorders. ([source](#) and [source](#))

The chiropractors who worked with those patients had unparalleled success and today chiropractic care continues to have amazing results with the ever expanding array of mental health disorders.

With the laundry list of side effects that come with the medications to “treat” these conditions, some of which make the condition worse or amplified, seeking out chiropractic care for a mental health disorder could lead to a lower dosage of your prescription or maybe even lead to total elimination of it.

. 4. Trauma From Birth

Not only can the birthing experience be traumatic for the mother but it is for the newborn as well. There are about 90-110 pounds of force applied into the arms and neck of a newborn baby from a “normal” vaginal birth without the use of forceps or vacuums. If the child is delivered by C-section then the forces applied to the baby’s system are even more severe.

These forces without a doubt alter the undeveloped skeletal system in a negative way.

The newborn baby starts its life with vertebral segments out of alignment putting pressure on nerve roots which can lead to a wide variety of issues that chiropractic care has already had very good success with including: colic, ear infections, asthma, allergies, autism, bedwetting, and constipation just to name a few.

And children respond so well to chiropractic care because they aren’t guarded and have no predisposed notions of what should or should not occur in a chiropractic visit. They just accept the appropriate adjustment and their nervous systems respond in an extremely powerful way.

5. Lack of Belief in the Holistic Health Model

I know it sounds like an oxymoron. You don’t believe in holistic health care so go get your spine checked by a chiropractor? Hmmm. I’ll explain.

Let’s say that you just can’t imagine your or your family’s world without vaccinations, without unnecessary medications, without artificial sweeteners, without homogenized/pasteurized low-fat cow milk, with good sources of fat, without chemotherapy, without flu shots. I’m not here to convince you otherwise because sometimes people are going to always do what they are going to do regardless of what they learn along the way.

I’m here to compromise with you. Of all the things you read that you feel is hogwash, I implore you to not ignore this. If you take medications, necessary or not, those are toxins to the body. Even your doctor will tell you that. That is why you WILL have side effects.

It would then be in your best interest to make sure you have a perfectly functioning central nervous system, which controls every cell in your body so that you can deal with the levels of poisons entering your system which will “treat” your symptoms along with attacking the rest of your body as well. Then maybe your side effects won’t be as harsh or permanent where death is on most lists of side effects of most of the top drugs sold in the U.S.

Let’s say you have the surgery that entails removing a troublesome gall bladder, for example. Whether you believe it to be a necessary surgery or not, a person without a gall bladder, which is responsible for the proper digestion of fat, absolutely better have a high functioning CNS to now make up for the fact that it is missing a critical organ involved in digestion.

So take meds, get things removed from your body, have huge batteries of physical exams issued by your doctor....but go get your spine checked by a Chiropractor first.

And maybe, just maybe you might start feeling so healthy you just may not feel the need to seek out a medication or have to have something removed from you surgically.

Notice not one of the reasons for seeking out chiropractic care was for low back pain or headaches. Indeed chiropractic care is superb at dealing with these issues but chiropractic analysis is so much more than that.

Chiropractors are masters of the central nervous system. The CNS is responsible for every function that takes place in over 100 trillion cells in the human body...all at the same time!!

The brain and spinal cord are the first to develop in an embryo in order to conduct the function of the cardiovascular system, respiratory system, endocrine system, digestive system and immune system for that developing fetus and eventual full-functioning adult.

There is not a person alive today who won't benefit from having a clear nervous system. And it's only when that individual's spine and nervous system is clear of interference that it can express it's greatest potential for life.

Chiropractors do not cure anything. All they do is remove what's in the way of a person's own nervous system from being able to fully recognize and deal with everything life brings them so their body's can heal themselves naturally.

By ohlardy.com

One of my colleagues has proposed that flu season is a result of "Sugar Season": it starts with escalating consumption of processed sugar and carbohydrates

starting with Halloween, then Thanksgiving, Christmas, Valentine's Day and Easter. The spike in sugar consumption stresses our immune system thus rendering us easy prey to illnesses such as flu...Interesting and logical!

My parents didn't want to move to Florida, but they turned sixty and that's the law.

Jerry Seinfeld

RECIPE - "*Homemade*" ginger-ale Syrup:

1 c. sliced ginger root

1 c. sweetener (honey or cane crystals, etc.)

2 c. water

Simmer for 10 minutes. Strain.

Put 2 oz. of "syrup" with 6 oz. of seltzer.

Maple Syrup vs. Sugar

Can you substitute REAL maple syrup for sugar and have a healthier alternative? You bet! For 1 c. of sugar substitute 1 c. maple syrup and ¼ t. of baking soda. Decrease other liquids by 3 T. Maple syrup is high in trace minerals such as zinc and manganese, which are good for heart health and **BALANCING CHOLESTEROL!!**



May the saddest day of your future be no worse than the happiest day of your past.

May you get all your wishes but one, so you'll always have something to strive for!

May God bring good health to your enemies' enemies!

