

The Atlas Times

Issue # 1

Baker - Borski Chiropractic, S.C.

January 2018



Welcome to the following New Patients!

Keith E.	Mike H.
Judy K.	Aimee H.
Paisley M.	Miranda K.
Mark L.	Ken K.

Thank you for your referrals!

Susan E.	Kendra L.
Mike H.	Jo J.
Kari M.	

Thank you for the gifts and treats

Celena W. N.	Lynn K.
Linda G.	Kari M.
Lydia W.	Dan & Becky L.

Revised office hours:

Dr. Borski and Betsy will be out of the office Thursday after 12:30 p.m. and all day Friday, January 25-26th for a conference. Dr. Baker will be in during her usual hours to see both doctors' patients during this time.

Osteoporosis/Bone density Meds

Contrary to earlier assurances that there was no connection between the use of biphosphonates and femoral (leg) fractures, the FDA warns that after

several years of use, there is a correlation. These drugs (Boniva, Fosamax, Actonel, Reclast, etc.) supposedly treat osteoporosis, but the bone rebuilt by these drugs is of a poor quality matrix and does not allow for the normal breakdown of old bone cells so the bone matrix is susceptible to increased risk of fracture. The FDA is urging physicians to assess the patient's reaction to the use of these medications. We have safe products from Metagenics and Standard Process that are proven excellent for supporting bone density. These products are available in our office.

Flu Shot Baloney

Let's run through the list of how to avoid or shorten a bout of the flu:

1. Maintain your regular adjustments. They are proven through scientific research to boost T cell count and immunity. You will have a stronger system to fight the virus. We often have patients tell us they get sick less often after being under care for awhile.
2. Get enough rest. Depriving yourself of sleep is one of the surest ways to get run down and come down with everything. Parents – you are responsible

- for your children getting enough rest.
3. Eat real food. I mean real food, not processed “food”. It’s the fuel for your body. It’s crucial for fighting bugs.
 4. Exercise. Dance, walk, ski, bike – something. It releases endorphins that make you feel good, it stimulates cells with oxygen for repair, and it releases stress which will tear your immune system down if you don’t have an outlet for it.
 5. Eat well, take supplements. Yes, we do need them. Our food supply is heavily burdened with chemicals and drugs which damage our DNA and immune system. Our food is also nutritionally deficient. Most of us don’t eat very well either: too many carbs such as cereal, bread, crackers, and pasta; too much sugar and sodium; eat organic as much as possible! Basic quality supplements to always take consistently are: multivitamin, Vitamin D3, Omega 3/Fish/cod/krill/tuna oil, digestive enzymes if over 50 yoa. or you have digestive problems, and Vitamin C.
 6. If you do get the flu (or food poisoning) you need to start taking probiotics right away and for 2-3 weeks minimum after the episode. This will help your digestive system get back on track faster. Probiotics are also needed when using antibiotics

as well, since they kill good bacteria with bad bacteria.

Please go directly to the CDC website to find statistics on how poorly the flu shot works. It is appallingly bad. Then, go to NVIC.org and find out the terrible side effects that are not revealed by the government. We think you will choose to boost your health rather than take a risky, unreliable shot.

A recent scientific study in Japan showed that **taking Vitamin D3** is as effective as the flu vaccine (without the dangerous risks and side effects) in preventing the flu. Here’s a statistic that should frighten you:

Study by the Cochrane Collaboration, 2006: Efficacy of Flu Vaccine for Children under 5 years of age.

From 1999-2002, flu deaths for children in this age group fell each year to below 20 deaths, but in 2003 with the CDC’s recommendation to vaccinate young children, that percentage rose to about 90 deaths.

A clinical study conducted by the Division of Molecular Epidemiology at the Jikei University School of Medicine Minatoku in Tokyo, Japan found that administering **Vitamin D3** was extremely effective at halting influenza infections in children.

This was a “gold standard” study: a placebo controlled double blind study of 334 children, half given 1200 IU’s of Vitamin D3. It resulted in an 8% reduction of influenza cases vs. the

vaccine having a reduction of 1%.
Vitamin D has also been shown effective for depression, arthritis, cancer and asthma.

ajcn.org; naturalnews.com

How to tell if you're drinking enough water –

You lose water all the time through urine and sweat glands. You need to replenish often with pure water, not other fluids such as tea, coffee, juice, milk or soda. Drinks with caffeine act as diuretics so they cause you to become dehydrated. Diuretic medications do the same. So how much do YOU need? It can vary day to day by activity level, even weather. Here are signs your body uses to signal it needs more water:

-fatigue and/or mood swings
-joint or body aches
-hunger even if you have just eaten
-dull, dry skin and/or wrinkles
-infrequent urination; dark urine; and/or constipation.
Your urine may be dark yellow if you are taking a supplement with B2 – that's OK.

Otherwise your urine is becoming too concentrated and gets darker. Urine should be light straw color. You should go 7-8 times/throughout the day.

Signs of chronic dehydration are:

-confusion and/or anxiety
-frequent urinary tract infections
-premature aging
-high cholesterol
-digestive disturbances such as frequent heartburn and/or constipation

Most tap water contains disinfection byproducts, chemicals, radiation, pharmaceutical waste/byproducts, and heavy metals. Plastic water

bottles may leach bisphenol A or bisphenol S linked to cancers, reproductive defects and more. The best water comes from a natural gravity-fed spring (mountain spring water). Distilled water is not recommended often – it causes acidity in the body to increase over time. Your pH should be 6.5-7.5. Mint leaves, cucumber, lemon or lime can add a dash of refreshing flavor and perhaps some health benefits of their own
Findaspring.com and ewg.org are sites that can help you find good water sources.

Easy tomato basil soup – serves 4 (Serves 4)

2 t. olive oil.
2-3 lbs. or 3 14.5 oz cans diced tomatoes, undrained (no salt added.)
3 garlic cloves, minced.
3 c. chicken or vegetable broth (low/no sodium.
¾ t. salt (if low/no sodium broth, to taste).
2 c. fresh basil leaves, thinly sliced

Heat oil in large saucepan over medium heat. Add garlic – cook 30 sec., stirring constantly. Stir in the broth, salt, and tomatoes. Bring to a boil. Reduce heat. Simmer 20 min. Stir in basil if desired. Place ½ of soup in processor and blend until smooth. Pour blended soup in bowl and repeat process with remaining soup. Garnish with basil leaves if desired.

Heat or Ice?

This will be a quick lesson in when to use ice or heat, or both.

Ice: is for inflammation and pain. It deadens nerve endings, quieting inflammatory and pain responses. It

causes a decrease in blood flow to an area.

Heat: relaxes tight, sore muscles. It encourages blood flow into an area. It can initially feel really soothing, but within a few hours the effect may be increased pain due to increasing the inflammatory effect of an injury or condition.

There are some people with a condition called cold urticaria which is a heightened and exaggerated response to the use of ice therapy resulting in an “allergic” response such as hives, airway constriction, etc. It is extremely rare, in less than 1% of the population, mostly children and adolescents who grow out of the condition.

Sometimes using both intermittently is a perfect combination for a condition such as overworking or over exercising.

It is recommended to limit your use of ice or heat to less than 20 min. The reason is that if you cause a temperature change for longer than that you can damage the tissue it is applied to and worsen your condition rather than improve. You can burn your skin with too much ice or heat. When you use only one you must wait 45 min. before using again for this reason. If you are alternating between the two, you can use them immediately since you are taking the temperature of the tissue in the opposite direction back towards “normal”. Sometimes you have to experiment with one or the other to see if you tolerate it if you are not sure of the nature of your condition or injury.

Muscle gels such as Icy Hot or Biofreeze should not be used with ice or heat: they will exaggerate the effects of either.

They are meant to be a temporary substitute for situations where ice or heat

can not be used. Please read labels and do your homework. Always monitor carefully and diligently any seniors or children if you are using this therapy on either population!

Top Ten New Year's Resolutions

Here is a general consensus list:

1. Spend more time with family, friends.
2. Regular exercise.
3. Lose weight.
4. Quit smoking.
5. Enjoy life more.
6. Quit drinking.
7. Get out of debt.
8. Learn something new.
9. Help others.
10. Get organized.

New Year's Laughs/Puns

Two antennas met on a roof, fell in love and got married. The ceremony wasn't much, but the reception was excellent!

Two peanuts walk into a bar and one was a salted.

I went to buy some camouflage trousers the other day, but I couldn't find any.

I went to a seafood disco last week...and pulled a mussel.

An invisible man marries an invisible woman. And the kids were nothing to look at either.

What do you call a fish with no eyes? A fsh.

A little person, who was a mystic, escaped from jail. The call went out that a small medium was at large.

Thank you, Bob D.!