

The Atlas Times

Issue #4

Baker Borski Chiropractic, S.C.

April 2011

Happy Birthday, Dr. Mike! (April 12th)
Mai celebrates her one year anniversary with us.



Welcome to the following New Patients!

Katie R.	Alexandria P.
Beverly K.	Savanna C.
Cathy L.	Kim K.
David K.	Brody H.
Jessie M.	Jessica N.

Welcome back

Mike, Ruby, Bristol K.	Gary K.
Mary G.	

Congratulations to Baby Bentley and family!

Thank you for your referrals!

Pat P.	Crystal B.
Louann S.	Hank, Lydia, Diane L.
Stephanie T.	Dean, Carrie K.
Dr. Moellendorf	Arlene K.
Sandy S.	Dr. & Mrs. Wachsmuth
Sue McC.	

Them bones, them bones...
Many of you have asked how to build good bone health/density without medication. What a great question! A new study just came out that said eating fresh fruits and vegetables helped young and older people build better bone mineral density by eating this way. It is also recommended to regularly

participate in moderate bone-stressing exercise such as walking, snowshoeing, hiking, etc. Moderate stress on bones encourages the osteoblasts (bone building cells) to grow and reproduce. Too much stress or too much in one area and we get osteoarthritis/bone spurring or overgrowth of bone. We can detect this on x-rays. Good sources of calcium and magnesium and Vitamin D (lacking in Northern climates with less sunlight) help as well. We sell Carlson's fish oil (capsules or liquid) which helps with cardiovascular and nerve health, but can include Vitamin D for our bones to make up for our lack of winter sunlight exposure.

American Journal of Clinical Nutrition, June 2006, Vol. 83, No. 6, pp. 1254-55.

Just recently I was made aware of an ad that actually shows that people are offered gift cards at stores for getting vaccinations (see my Facebook page.) Since when has become acceptable in health care to bribe people to take drugs? - that is what it comes down to. I am aware that for years the drug/medical profession has bribed and paid people to be guinea pigs for drug trials but now it includes getting vaccines not because they work but because there is a bribe involved. Here is a list of my and others' concerns regarding the present vaccination program:

1. One size does not fit all, no matter what the product.

2. No tests to determine if a child can genetically or environmentally withstand that many drugs/chemicals in them and almost total denial of side effects, damage and deaths from the vaccines.
3. Rarely are parents told and warned of side effects or risks from vaccines before they are administered. They are also “played down” and told they should not be concerned, benefits outweigh risks. That is unethical.
4. Unsafe chemical components in vaccines. See me for a list.
5. Studies that are done are often underwritten by those who stand to financially benefit from sales of vaccines.
6. They keep adding more doses with inadequate or no studies at all for safety and efficacy, at the recommended schedule.
7. Their own data (FDA, CDC) often prove they don’t work as well as we are led to believe. The FDA and CDC now take money from outside entities that sit on panels and influence decisions about production of vaccines and drugs in general. The fox is guarding the henhouse.
8. They bypass the body’s natural defense systems in the mucous membranes of the oral and nasal cavities and respiratory tract.
9. Because they bypass the normal defense systems, they do not elicit a normal, strong immunity response in the body. Inferior, short lived immunity is the result.
10. Many childhood diseases are worse if contracted as an adult. Childhood deaths from these

diseases usually are children who already have compromised and/or chronic health problems or live in substandard conditions, with substandard nutrition and hygiene.

11. Our overloading the immune system at earlier and earlier ages has resulted in an epidemic of chronic health problems that rob our children of normal, healthy life spans: autism, allergies, asthma and ADD/ADHD, diabetes, arthritis and cancer.
12. Overzealousness of medicating and vaccinating has resulted in more resistant mutated forms of these diseases. We have spent our efforts on attacking our immune system instead of strengthening it against disease.
13. That many of these diseases were eradicated because of vaccination is not entirely true. The Amish communities have rarely vaccinated and do not show consequences from polio, measles, whooping cough, or autism for example. There were other factors for these diseases to flourish when they did, having more to do with poor hygiene and sanitation.
14. Vaccination needs to be a voluntary program, not mandatory. Despite the hyperbole, it has not been proven that the benefits outweigh the risks with all vaccines, especially now that we understand mode of transmission and the role of hygiene and immune response to disease and infection.
15. You are not hearing about all of the vets from our armed services that are coming back with serious

disabilities and health problems from their vaccinations, even some deaths related to them.

16. We are allowing ourselves and our children to be experimented on with poor, corrupted science. We need to overhaul the system that allows this to take place.

Make vaccines safer and prove that they work.

Medical Journals recently stated that fevers are not to be seen as dangerous in general for children over 1 yr. of age and that allowing a fever to run its course can help the child get well faster. Chiropractors have been saying this for how many decades?!

Oh, Honey!

Natural, uncontaminated honey is a wonderful health product. Here's how and why:

Heart disease: A paste of honey and cinnamon on bread can help reduce cholesterol by 10% within 2 hours and inflammation in arteries, even revitalizes arteries and veins.

Arthritis: Add it with cinnamon to hot water has been found to help relieve pain from arthritis.

Colds/sore throat/cough: A tablespoon of honey in hot water with lemon or cinnamon will help almost immediately, and clears sinuses as well. A well known radio program quoted M.D.'s as using this for their kids, worked better than over the counter syrups!

Flu: A scientist in Spain showed that it helped shorten the flu.

Weight loss: It has been shown that cinnamon boosts metabolism. Drink with honey in hot water for the benefits.

Cancer: Honey with cinnamon in hot water was shown to eliminate cancer of

the bones and stomach in Japan and Australia.

Immune system booster: Daily use of honey and cinnamon strengthens the immune system and protects from viruses and bacteria by strengthening the white blood cells which fight infection.

There is concern when using honey on children 1 yr. of age and younger. Just make sure you use safe, uncontaminated honey.



Chiropractic and Blood Pressure

An 8 week placebo-controlled study shows that a specific chiropractic adjustment (Go, go AO!) can lower blood pressure. There were NO SIDE EFFECTS or problems. X-rays demonstrated that correcting Atlas or C1 was the key. The adjustment was said to have the effect of TWO blood pressure medications says George Bakris, M.D., director of the University of Chicago Hypertension Center.

Journal of Human Hypertension; stud online now (January 25, 2007).

Some reasons men are happier than women?!:

A woman marries a man expecting he will change, but he doesn't.

A man marries a woman expecting she won't change but she does.

A woman knows all about her children: dentist appointments, romances, best friends, favorite foods, secret fears, hopes and dreams.

A man is vaguely aware of some short people living in the house.

A woman has the last word in any argument. Anything a man says after that is the beginning of a new argument.