

The Atlas Times

Issue #8

Baker - Borski Chiropractic, S.C.

August 2011

Welcome to the following New Patients!

Brianna K.	Roberta P.
Misty C.	Sharon H.
Kathy O.	Ted B.
Roger K.	Randy F.
Jeanette C.	Nathalie S.
Edith T.	

Thank you for your referrals!

Randy P. X 2	Sue W.
Matt O.	Kim C.
Arlene K.	Cynthia S.
Tom W.	Carol P.
Ruthelle F.	

Welcome back...!

Bristol K.	Ruby K.
Lana W.	Shannon W.
Amy M.	

Thank you for the treats, recipes & gifts

Jack and Jen R.	Kathy B.
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We will be closed Friday, Aug. 19^h for a seminar. We'll see you Monday, Aug. 22nd at 8:30 a.m!

September is
Chiropractic Kids Month!!
Get your kids checked before school starts again and have their brains and bodies ready for the new classes!

AND

1. Make sure your Vitamin D levels are adequate.
2. Get enough rest! This is particularly important of your children.
3. Avoid processed foods/sugar.
4. Exercise.
5. Make sure you have a good source of Omega 3 fatty acids in your diet (see last month's newsletter).
6. Have a healthy outlet to relieve stress.
7. Wash your hands frequently.

Migraines

Migraine headache, one of the most debilitating types of headaches, causes one of the highest losses of income to workers in this country. \$17 billion dollars every year are lost to the families of migraine sufferers. These headaches are accompanied by excruciating, debilitating pain. These headaches are often preceded by an "aura" or visual disturbance. They can be accompanied by nausea and at times the sufferer is confined to bed for days at a time they are so intense. Recent research has verified what chiropractors have known for year. The research concludes migraine headaches may be caused by neurological influences rather than vascular. With that being said, what controls the vascular component? The nervous system! The root cause

revealed in this study is felt to be the brainstem (occiput-atlas/C1-axis/C2). This is precisely why many of our migraine sufferers respond so well to the Atlas Orthogonal Chiropractic adjustment (including Dr. Baker!). We are correcting and removing the neurological component in these migraines which then allows proper vascular flow to the brain thus relieving their migraines. Share the hope of health with your family, friends and co-workers that suffer with migraines. Let them know that here at Baker Borski Chiropractic we have improved the health of many migraine sufferers, including Dr. Baker herself! Here are just a few of those helped by chiropractic for relief of their migraines:

Dr. Robin	Wendy D.
Diane S.	Ruth H.
Harlan H.	Cindi B.
Cynthia B.	Larry W.
Anthony	Samantha
Mary B.	Mike
Karen L.	Sue K.
Joann D.	Kim C.
Tom W.	Chris K.
Barb S.	Dawn L.
Julie L.	Terry P.
Kate P.	Dianna R.
Lydia F.	Jean M.
Terri L.	Karen L.

Sorry if we missed you – there are so many we can't fit all of you in!

The Cost of Health Care

The United States has the most expensive health care in the world.

A U.S. study in 2001 showed that most bankruptcies are due to medical bills. 75% of *those* bankruptcies had "health" insurance.

The more responsibility you take for your health, the less your reliance on and

expense with our current disease care system.

Health is: the genetic expression of our lifestyle choices.

mercola.com

Dr. James Chestnut

Angioplasty and Bypass

The June 11, 2009 issue of the New England Journal of Medicine has a study that concludes that angioplasty does **not** reduce the risk of heart attack or death in the majority of patients. Angioplasty is standard care for people with chest pain or a history of heart attack. It is also used on people with asymptomatic blocked coronary arteries. Patients who had surgical intervention 3-28 days after a heart attack had no fewer heart attacks, heart failure or deaths than those treated with medication only. The Coronary Artery Surgery Study (CASS) found that rates of heart attack and death from heart disease were no lower in patients who had bypass surgery than those who were treated without surgical intervention. Approximately **45%** of a U.S. hospital's revenue can come from unnecessary heart surgeries: 1.5 million angiograms at \$25,000 each; 1.2 million angioplasties at \$38,000 each; 467,000 bypass surgeries at \$83,000 each.
DrWhitaker.com July 16, 2009

High Fiber Diets regarding Diverticular Disease

A study in the British Medical Journal demonstrates that vegetarianism and high fiber diets greatly reduce the incidence or development of diverticular disease. We are in no way advocating vegetarianism for everyone, as this is not appropriate at all. However, those who eat higher proportions of vegetables vs. meat have a lower incidence of this digestive disorder. The study covered

47,000 “health conscientious” people in the U.K. over 12 years with dietary and lifestyle questionnaires. About one third of the participants stated they were vegetarians. Those with the highest fiber consumption were 40% less likely to develop diverticulitis compared to those of less consumption. The reason for the lowered risk of diverticulitis was associated with more rapid bowel transit time and more frequent bowel movements.

BMJ, July 19 2011

Antidepressants and Alzheimers Disease

A 13 week study showed that the use of antidepressants for patients who also have Alzheimers does not improve their overall condition. It was found that the two classes of drugs most commonly prescribed to treat coexisting depression in Alzheimer patients was no better than a placebo. Adverse events were more common in Alzheimers patients on the antidepressant.

Lancet – July 18, 2011.

2011-2012 Flu Vaccines

It has been announced that the flu vaccine for the coming flu season will be identical to that of last year. Despite getting a shot last year, they are recommending that you get another shot this year even if it is the same because the immunity offered by the vaccine is short lived. In May of this year the F.D.A. approved Fluzone Intradermal, injected under the skin with a smaller needle for those aged 18-64 years of age. Flu shots bypass the normal immune response by the human body with injected vaccines. Building up your immune system will protect you from the flu – ask Dr. Baker or Dr Borski how to do this!

Increased strokes with pregnancy

There is an overall increase in the incidence of stroke during and after pregnancy. The prevailing opinion is that it is due to the rising incidence in high blood pressure and heart disease in the population at large.

Stroke – April 8, 2011.

Breastfeeding vs. formula

Nearly 80% of U.S. hospitals provide formula to newborns even when not medically necessary. A 2009 CDC survey by Maternity Practices in Infant Nutrition and Care. This biennial study includes data from all U.S. facilities that have maternity beds. Only one third of these facilities practice “rooming in” and allowing the infant to sleep next to the mom instead of the nursery. Only 14% of the facilities provide model breastfeeding policies. Almost three fourths do not provide lactation services or breastfeeding support at discharge from the hospital.

MMWR August 2, 2011



What do you call a boomerang that doesn't come back?

A stick.