

# The Atlas Times

Issue # 2

Baker – Borski Chiropractic, S.C.

February 2011



## Welcome to the following New Patients!

Brandon K.	Suzanne G.
Ron B.	John B.
William B.	Andrea S.
Derek S.	Jared S.
Shirley C.	Sandy J.
Jeremy P.	Jessica L.
Olivia J.	Adrienne B.
Liz S.	Tina B.
Derek C.	Gerald C.
Janice B.	Delores W.
Charles Z.	Amanda T.

## Thank you for your referrals!

Whitney G.	Anne G.
Sharon L. X 6!	Dr. Cousins
Lorelei G.	Dee M
Dean & Kathy J.	Shoua H. X 3!
Marisha P.	Julia S.
Adrienne B.	

## Thank you for the treats, recipes & gifts

Dee M.

## Tip of the Year!!!

Suck in your gut. Yes, that is our advice. I had a doctor/instructor at chiropractic college tell us that if we do this whenever we think of it during the day, every day, you will lose **inches** off your waistline. It also helps support your back.

Motto for this year:

## **TUMMY TUCK!**

A new favorite saying:

What you eat today, you wear tomorrow!  
Jack LaLanne, D.C. and Fitness Expert

## **Did you know?**

- Aaron Rodgers' father is a Chiropractor in Chico, CA!
- Fitness Pioneer Jack LaLanne was a Chiropractor! (RIP, Jack!).

Not only did Jack live to 96, but he lived all of those years in superb physical condition. He inspired millions to treat their body with the utmost respect and discipline. He knew how important a healthy nervous system is to overall health and how perfectly chiropractic serves that purpose. He was that old and did not suffer from arthritis, diabetes, high blood pressure or any other chronic, "old age" disease.

## Good health is not an accident

Have you noticed how infrequently Dr. Borski and Dr. Baker are ill? This is not by accident. We each do several things to make sure we stay well so we can care for our patients without interruption. We actually work at it. Here are our "secrets" for mostly good health:



1. **Get adjusted** regularly to keep our nervous system working at peak performance to help other systems and immune function stay at optimal levels.
2. **Eat organic** as much as possible. Rely on vegetables (and fruits), healthy oils/fats, leaner proteins and clean water.
3. **Get enough rest.** This is **SO** important and often corners are cut here. If you have irregular hours, this will greatly affect your health negatively over time. Doubly important when it comes to children!
4. **Take supplements.** I get a kick out of people who really believe you can get what you need from your food alone. Our food supply is very poor nutritionally compared to decades ago, full of toxins and most of us don't consistently make wise choices – we eat a heavy Western diet.
5. **Exercise** – a little something everyday for even 30 min. Do something you enjoy: dance doing housework; calisthenics between laundry loads; walk, bike, swim – whatever works with your lifestyle and schedule. A recent Swedish study of 2,205 participants over 35 years proved that with some mild activity, bone strength increases and your risk of bone fractures decreases
6. Try to have some **interests** outside work: quilting, painting, music, volunteer work, church activities, and travel – something for just you. Strike a balance between your physical, emotional and spiritual needs.
7. Make regular deposits into your “good health” savings account. It adds up!! Jack LaLanne said it is

NEVER too late to get in shape! It doesn't happen overnight but keep working at it – it is a work in progress for ALL of us!

### Supplements

Make sure you are taking a good multivitamin including Vit. D3; DHA/EPA, probiotics/digestive enzymes if you're over 50; immunity boosters such as Vit. C/zinc, Vit. D3 during winter months; and joint/bone supplements if you have issues with pain/dysfunction with movement. We carry a regular supply of high quality supplements **including** multivitamins for adults and children, fish/DHA/EPA supplements, Vit.C/zinc and joint supplements. Just let Mai know!

### Children

There were several important articles that came out recently related to our children's health.

1. **25% of our children are on prescription drugs.** This is not a good trend. Lifelong dependence on drugs only leads to greater problems later in life when organ systems start to fail from long term use. You will see liver and kidney function fail, digestion issues of all sorts including acid reflux, irritable bowel syndrome and colon issues.
2. **Medication dosing for children** is a guessing game. In fact a recent medical article relates that dosing instructions and amounts are highly variable and unreliable with **99%** of children's medications. The pharmaceutical manufacturer generally adjusts as

if they are little adults. This is bad science since they are experiencing tremendous growth spurts and their metabolism is very different. Again, if they are taking more than one drug, the outcome is a guess as well. No one can predict the interaction of the drugs. **25%** of the medications did include standardized dosing devices as well.

Journal of the American Medical Association (JAMA) Nov. 30, 2010.

### **3. Fluoride recommendations,**

particularly related to children have changed. Many healthcare professionals have been saying for many years that additional fluoride in our water and dental treatments is too much because it already occurs in nature. Now it looks like their concerns are legitimate. The CDC (Center for Disease Control) recommends lowering levels in our water supply to .7 mg/liter, from a current level of 1.2 mg. /liter. This is a drastic change of nearly 50%. That is a red flag they were way off earlier recommendations. At this time the ADA (American Dental Association) finds no safety issue even with current levels. The American Academy of Pediatric Dentistry still recommends getting fluoride treatments to decrease tooth decay. There are others who feel better dental hygiene has made more improvement in dental health than fluoride. **2 out of 5 American children** are showing signs of fluorosis, a condition of loss of enamel on teeth due to

exposure of young teeth to excess fluoride. They even recommend not using fluoridated water when making infant formula. Does that mean for about 5 decades we have been overexposing our children to fluoride? Ask your dentist for their recommendation. For additional dangers related to fluoridation go to:

**FlourideAlert.org**

ABCNews.go.com

CDC.gov

ADA.org

### **4. Otitis Media treatment with antibiotics**

A rather large clinical study was done on children aged 6 mos. to 2 yrs. with acute (onset within 48 hrs.) otitis media (middle ear infection). The study also discerned between bilateral vs. unilateral infections. Another interesting aspect was the outcome based on exposure to other children after treatment and the relapse rate at set periods of time following treatment. Amoxicillin-clavulanate was the medication used vs. a placebo. The study was conducted at the Children's Hospital of Pittsburg and Armstrong Pediatrics, an affiliated facility in Kittanning, PA. between March 2006 and Nov. 2009. 1, 385 children were screened, 498 were eligible and 291 were enrolled. New England Journal of Medicine Jan. 13, 201; 364: 105-115.

### Healthcare in the U.S.A.

Studies from the Infectious Diseases Society of America finds more than half of guideline recommendations are based on low quality evidence (bad science) as reported in the Archives of Internal Medicine. Of the 4200 recommendations from 41 guidelines

since 1994, 55% were supported by low quality evidence. This would include recommendations regarding flu/flu treatments/vaccines; HIV; Bird flu; TB; pneumonia, etc. Of the recommendations cited as “good”, 37% were “expert opinion” – not even researched or studied! This explains a lot of the flip-flopping, retracted recommendations and medications allowed to be tried out on the public.

Archives of Internal Medicine 2011; 171 (1): 18-22.

Regulations for food, supplements S510 is still being worked on as far as funding goes. This legislation was tucked into the bill HR2751 during the holidays to bypass the public’s knowledge. There are many still opposed to this legislation which purports to address food safety. It will have a crippling effect on small farms, organic farming, farmer’s markets, and seed supplies. It will **not** protect us from contaminated produce imported into this country. The recent food contamination outbreaks we have had have been largely confined to large, corporate mega farms. To find out why we need to stop this law and to let your congressional representative know you want this legislation stopped please go to [healthfreedomusa.org](http://healthfreedomusa.org)

**Please do this today!**

**25.8 million Americans have diabetes** (Type 1 and 2); **79 million** adults are estimated to have pre-diabetes which means they are at high risk to develop Type 2 diabetes!

Medication Alert!

Fluzone, a flu vaccine, is not safe. Although recommended for children 6 –

23 mos. of age, there have been some serious adverse events (febrile seizures) so the FDA is investigating if children under age 2 should no longer receive it.

**Look out – Baloney Alert!!!**

Corporate money is spending tons of it to keep you thinking you’re safe when you’re not. Lots of junk info is out there telling you not to worry about products with chemicals in them such as mouthwash, artificial sweeteners, deodorants; breastfeeding isn’t as necessary as we thought; and having hot flashes means a lower risk of breast cancer??!! etc. Now somebody wrote an article saying a high carb diet will help you lose weight. When I looked up the credentials of the writers and editors for this particular article, courtesy of **health.com** from “**Shine**” a website/blog for women from Yahoo, they had no credentials except writing. No education or work references were listed. You too can be a contributing writer on any subject for any site if you apply to the right places. Don’t be fooled! Check out your sources. And be very wary of agencies that promote or lull you into false sense of security or fabricate epidemics. Man made chemicals are probably the number one cause of cancer today, especially of our young people. You DO need Vit. D and multiple vitamin/mineral supplementation; and high fructose corn syrup is NOT metabolized/used by your body the same as sugar!

**CHILDREN WRITE “DEAR GOD...”**

In bible times did they really talk that fancy? – Jennifer

Thank you for the baby brother but what I prayed for was a puppy. - Joyce