

The Atlas Times

Issue # 1

Baker - Borski Chiropractic, S.C.

January 2011



Welcome to the following New Patients!

Rochelle M.	Kay W.
Christine K.	Elizabeth P.
Kerry W.	Teryn K.
Tom R.	Kaylee Y.
Nikki U.	Delaney M.
Johnna M.	Dave W.
Paulette C.	Rene G.
J.T. G.	

Thank you for your referrals!

Louann S.	Jen K.
Lorelei G. X 2	Marjorie N.
Garrett W.	Mai T.
Dr. Jarod Bergman	Amber W.
Dawn K.	Dan H.
Rochelle M.	Beverly R.
Linda W.	

Welcome back!

Joann Dehnel

Thank you for the gifts, recipes

Lori & Ashley K.	Brian M.
Ann W.	Letitia R.
Linda G.	Steph T.
Jean V.	Dan & Becky L.
Henry, Lydia & Diane L.	Patti L.
Dr. & Mrs. Wachsmuth	

Deductibles and copays are due at the time of services rendered

+++++ Thank you!! +++++

Food Bill S.510/HR 2751

I put this heading in "scary" font because this bill should and eventually will scare all of us out of our minds. You will or are seeing the results of this bill now in higher food prices. The other spin-offs will drive the small farmer and that market out of business.

Agribusiness will have greater control of food production. Although the big food contamination scares we've had were due to large mass production facilities it will be the smaller, more responsible and cleaner, safer facilities that will be driven out of business. Our local farmers' markets may become only a memory we share with our children and grandchildren. Organic and heirloom seeds may become a black market item or extinct. Here is the fallout:

- 1. a reduction in the availability of fresh local produce.**
- 2. a loss of local farming know-how and food sustainability.**
- 3. the financial failure of CSA's, local food markets and food co-ops.**
- 4. the loss of jobs related to local food production.**
- 5. an increase in the price of local food, particularly organic.**

The real downside of this: food shipped from outside the U.S. DOES NOT HAVE TO ABIDE BY THESE REGULATIONS.

Natural News Dec. 22, 2010

Vitamin D

The Institutes of Medicine are saying it is not as necessary for supplementation (with Calcium) as believed. As I suspected, this information is being distributed to scare and discourage people from using natural means to stay well and instead become lifetime consumers of pharmaceuticals. Vitamin D3 is crucial to your health and its deficiency may be linked to flu, cancer and poor immune response. Due to over reaction by the dermatology field, the use of products that act as a sunscreen or block may be doing as much harm as good by blocking our absorption of sunlight and production of D3.

New York Times.com 11/30/10

CNN.com 11/30/10

Institute of Medicine 11/30/10

Associated Press 11/30/10

Osteoporosis/Bone density Meds

Contrary to earlier assurances that there was no connection between the use of biphosphonates and femoral (leg) fractures, the FDA is now issuing a warning 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 poor quality 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 need for these drugs if they have been on them for approximately five years or more. There is also a correlation between these drugs and increased cancer risk of the mandible/jaw bone and esophagus.

Physicians Health Watch 2010

Your gut and your skin: Natural cosmetics....

Did you realize your gut function affects how your skin looks? When we ask about things such as psoriasis, eczema, and rashes we ask to assess your body's ability to digest and process food.

Research is now demonstrating that probiotics not only affect your gut but also send messages to your skin. It was established in 2001 in research that probiotics can improve or eliminate infant eczema. There will be more studies in the next months and years to study which of these organisms affect what aspect of skin health. Kefir is an excellent product to use to re-establish probiotics in the body and it is far healthier than sugar laden yogurt products. Probiotic supplements can also be used which do not have sugar added. NutraIngredients October 26, 2010

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.

$\frac{3}{4}$ **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 $\frac{1}{2}$ soup in processor and blend until smooth. Pour blended soup in bowl and repeat process with remaining soup. Garnish with basil leaves if desired. Health is not a spectator sport.