

The Atlas Times

Issue #7

Baker - Borski Chiropractic, S.C.

July 2011

Happy 4th of July, America!!!



Welcome to the following New Patients

Grace, Maddi & Dixie N.	Lana W.
Daniel G.	Ruthelle F.
Arlowe E.	Matt O.
Brad N.	Diana G.
Meng Lee K.	Tara A.
Bill N.	Fran S.
Simon C.	Cora S.
Mary B.	Dawn E.
Sara P.	

Thank you for your referrals

Dr. B.	Mai T.
Dr. Mike, Jamie S.	Mike E.
Dr. Y	The Campain family
Frank & Gen O.	Matt & Kathy O.
Dr. M.	

Welcome back!

Lana W.	Jean L.
Frank O.	

We will be closed Monday, July 4th for the holiday. We will be open at 8:30 a.m. until 5:30 p.m. Tuesday, July 5th. Have a happy, safe 4th of July!

We will also be closed Friday, July 22nd.



Supplements, etc.

Please note that we have a good stock of multi-vitamins, Vit. D3, Proteolytic enzymes, Greens, Cod liver oil/gel caps for adults and children. Please take advantage of this excellent quality, reasonably priced nutritional supplements for your health and well being. It's cheap **insurance** for your health!

NEW-trition

1. WHY do we need to supplement?

Good question, maybe we don't. We do it because it's **CHEAP INSURANCE**. A study was conducted to see the effect of folic acid intake on the incidence of colon cancer. This was a large study on 88,756 women from 1980-1994. There wasn't much effect until after 15 YEARS of taking a multivitamin. Then the risk of colon cancer dropped 75%. That's huge. It's **CHEAP INSURANCE**.

2. WHAT do we supplement with?

Here we will give you the order of priority (as we see it and learned) of what to supplement with and how much. Remember everyone is different. Size,

lifestyle, age and health history will affect the supplements and amounts to some degree. This is a general idea to give you a starting point. Start with only the first one. See how you feel. Go from there. We will **BOLD** the ones we feel are good for most everyone.

1. A good quality **multi-vitamin**.
2. **Calcium-Magnesium** (400-1000 mg. /day) with a 1:1 ratio of Cal/Mag.. This may be in your multi-vitamin.
3. **EPA/DHA**: fish/cod liver oil.
4. **CoQ10** \geq 100 mg/day.
5. **Vitamin D** 1,000-10,000 IU/day (can be found in cod liver oil and multi).

Remember greens/drink can supply some of these nutrients as well as digestive and proteolytic enzymes, which we need more as we age.

Be aware that if you continue to eat the typical American diet which is 75% dairy, grains/pasta/bread/cereal, refined sugars and flour, refined vegetable oils, and alcohol you will lose the advantage of taking supplements. You must improve your diet to some extent.

The **number one source of calories** for Americans? – sugary soft drinks.

3. What does that leave you with?

Fish, lean/wild meat, chicken, eggs,
Vegetables and fruits
Garlic, turmeric, cinnamon, ginger
Almonds (not roasted or salted)
Red wine
Dark chocolate

4. How do we lose excess body fat/weight?

Eat less, exercise more. Eat less, exercise more. Again, eat less, exercise more. Any questions? Eat less, exercise more. Our body fat actually produces substances that promote inflammation.



ERGOCISE.COM !!!!!!!!!!!

For those of you at the computer all day, here is a site you can go to and pick stretches to do while you're at work.

Statins can cause diabetes

The outcomes for 5 major trials with 32,752 subjects demonstrated that high dose statin use for "high" cholesterol (Lipitor, Crestor, Mevacor, Zocor, etc.) leads to Type II diabetes. The intense dose group had 1,449 individuals develop diabetes, and 1,300 individuals in the moderate dose group developed diabetes. This study had a mean follow-up of 5 yrs. The high dose statin group was compared to the medium dose statin group.

Journal of the American Medical Association
2011; 305 (24): 2556-2564

Blood Pressure

Something we learned in chiropractic school was that three consecutive high blood pressure readings over 3 separate visits were needed to diagnose high blood pressure. The push to medicate for high blood pressure has been intense over the past 10+ years. The Annals of Internal Medicine recently stated that one reading of high blood pressure was not adequate to diagnose hypertension. Variance decreased dramatically with at

least two readings, and there was no advantage to 5-6 or more readings. Physicians Newswatch, June 2011.

Vitamin D

The American College of Obstetricians and Gynecologists has decided that it is not worthwhile to screen pregnant women for Vitamin D3 deficiency. The Endocrine Society recently decided that screening for deficiency was warranted with pregnant women. It sounds like the medical profession is at odds over the importance of Vitamin D3 deficiency. Obstetrics and Gynecology 2011.

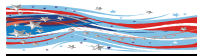
Olive Oil benefits

The use of olive oil by 7,600 subjects 65 yrs. or older in age over a mean of 5 yrs. was studied. It was found that this group had a **41% decreased risk of stroke.** So there you go – it really does make a difference and supports the Mediterranean diet recommendations. Neurology, 2011.

Ovarian Cancer Screening

Transvaginal ultrasound and CA-125 blood testing does not reduce the ovarian cancer mortality rate. A large study of 78,000 women aged 55-74 yrs. was the basis of the study. The ultrasound group was studied over 4 yrs., the blood test group over 6 yrs. with a 12 yr. follow up. The difference between the two groups was negligible. There were also 3,000 false positives from screenings with one third of them having diagnostic surgery including removal of the ovaries (oophorectomy). The rate of major surgical complications was 21 out of 100 (almost 1/4th).

Journal of the American Medical Association 2011; 305 (22): 2295-2303.



Colonoscopies

A significant number of Medicare patients receive repeat colonoscopies without clear indication they are warranted. Out of 24,000 patients who had a negative (none) finding for the test given, 50% had a repeat of the test within 7 yrs. The researchers found repeat tests were at an increase at the 3 and 5 yr. intervals, at regular check ups. Most recommendations are a 10 yr. screening interval for those with negative findings

Archives of Internal Medicine, May 9, 2011.

Recipe – Citrus Salsa

3 navel oranges
2 limes
1 t. chopped fresh cilantro
1 t. seeded, minced Serrano chile pepper
2 t. rice vinegar
2 t. extra virgin olive oil
1/8 t. salt
-Fresh ground pepper to taste
-Remove peel from oranges and limes and coarsely chop remaining sections of orange and lime.

Thank you!!!

Thanks everyone for your patience and cooperation while Dr. Mike recovers from an emergency appendectomy. We received great care at Howard Young Medical Center in Minocqua from ER Dr. Wenman, Gen.Surg. Dr. Boyer, Nurse Tammy and CNA Kathy. We'll try to camp another weekend...!

