

# The Atlas Times

Issue #6

Baker - Borski Chiropractic, S.C.

June 2011

## HAPPY FATHER'S DAY!

Remember Flag Day, also June 14<sup>th</sup>.

### Welcome to the following New Patients!

Dr. Travis	Joel B.
Vivian E.	Mike E.
Harold E.	Curtis M.
Sara P.	Amy R.
Bill T.	

### Thank you for your referrals!

Allen W.	Dr. Mike X 2
Ron & Paula B.	Bev. E.
Jackie L.	Dr. Robin
Bill T.	

### Congratulations, Graduates!

Tanner L.	Mitchel J.
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**REMEMBER** our POC class is every Monday night at 6 p.m. New patients are required to attend at least once!

### Days closed in June:

**Friday, June 10<sup>th</sup>** – we will be attending a seminar. We will be open Monday, June 13<sup>th</sup> at 8:30 a.m.!

### Jamie's here!

Please welcome Jamie Sughayer-Darnell to our office! Jamie is taking over the insurance/billing and will fill in at the front desk as needed. We are all thrilled to have the extra help in our office!

## Thank you!!!!

To those of you have diligently kept up on deductibles, co-pays, and regular payments without having to send a statement. It saves everyone money: less staff time to keep track of accounts and follow-up; less envelopes, paper, ink, and postage used. We really appreciate the effort and want to acknowledge you for this!

**Thank you to those of you who participated in Patient Appreciation Days! As usual we had a great turnout and lots of fun. We were able to donate to three different food pantries. Congratulations to the following winners of our drawing:**

<i>Marlyce L.</i>	<i>Dave C.</i>
<i>Hank &amp; Lydia L.</i>	<i>Lisa Z.</i>
<i>Carol C.</i>	

### D-Hist

Remember as we enter allergy season we do carry **D-Hist** for adults and children without the side effects of steroidal drugs commonly used. Pregnant women are recommended to use Stinging Nettle only, as a safety precaution.

### **SWINE FLU/FLU**

### **SHOTS/VACCINES UPDATE**

Oh...they don't work like they stated. Not even close. Hmmm. They claim

they “wear off”. So vaccines are not the same as natural immunity and do not offer lifetime immunity (or even close). That’s why you need a shot or booster every year or so. And that is why they keep developing new vaccines – they don’t work as they claim. So when they say vaccines are your best protection against \_\_\_\_\_, now you know they are lying to you. By their own evidence and eventual admission.

CDC, May 2011

British Medical Journal, Oct. 2006

## **MONEY MATTERS**

We often hear that “oh, I didn’t have to pay for that, my insurance did”. Guess what. You paid for it alright. Every time you use your insurance, it provides the insurance company with data to justify raising deductibles, premiums and co-pays. If you are in a “closed” policy group, they will raise your rates over the years because your whole group is increasing in average age, therefore more likely to cost more to them as time goes by. So even though you may not use your insurance that much, or choose a procedure/medication “because my insurance pays for it”, think again. The insurance company isn’t going to “give” you anything. You’re buying it. You can choose a policy with a high deductible to protect yourself and your loved ones in case of catastrophic loss. But a lot of companies/employers buy policies for the most basic services- such as a physical or blood work up you may need regardless of your current state of health. Would we take out insurance for oil changes on our cars? Not usually. We have insurance for the more expensive risks: collisions, parts, liability, large UNEXPECTED losses. But we don’t have insurance for the EXPECTED maintenance type of care

we know will be needed. So why do we do this for our own health? Does this make sense? Does this send the message that basic services we should expect to need over time can be overcharged or overpriced because “insurance will pay for it”? Soon we will all be using Electronic Health Records, yes, here in our office also. This should make it easier for doctors to track treatment sought, medications prescribed, and overall better communication between providers leading to less errors. **DO NOT** expect costs to go down because of this. There is even more reason for them to rise. Personnel will be needed to monitor and maintain records, as well as fees providers will have to pay to “maintain” updates to the software and accountability reporting on a regular schedule. And although we are being assured privacy will be maintained, as with any electronic service, this may not be tamper-proof.

## **Breast Cancer Radiation**

In a study of 7,000 women in the Netherlands, it is reported that young women were 3-4 times more likely to develop a reoccurrence of contralateral (opposite side of original location) breast cancer after radiation treatment than new cases of cancer. This study was conducted from 1970-86. The risk for contralateral) breast cancer from the treated breast went up 9% in those 45 years of age or younger. But younger than 35 years of age, the risk rose **78%**. This study was conducted by the researchers at Erasmus Medical Center Daniel den Hoed Cancer Center in Rotterdam. All participants were under age 71.

Journal of Clinical Oncology 2009

## Cancer Screenings

A recent report shows that false positives are frequent in cancer screenings, increasing as the number of screenings increase, also leading to an increase in (unneeded) invasive procedures. After 4 tests the false positives rose to 37% for men and 26% for women. After 14 tests it rose to 60% and 49% respectively. Sigmoidoscopy accounted for the most false positives and related extra (unnecessary) procedures.

Annals of Family Medicine, 7:212-222. 2009



## Iceland lowers heart disease by 80% through natural means

From 1981 to 2006 the mortality (death rate) from coronary heart disease in Iceland dropped 80% for men and women between 25 and 74 years of age. The Icelandic Heart Association and the University of Iceland funded the study that showed the results are from lowering risk factors by adopting natural, healthy choices. They emphasize the ABC's: **A**void tobacco, **B**e active, **C**hoose nutritious foods. The three main risk factors reduced in the study were: total serum cholesterol, blood pressure levels, and smoking. A full 75% reduction came just from healthy lifestyle choices alone. The AHA (the American Heart Association) says that heart disease is a mostly avoidable disease by changing to a healthier lifestyle. They also say that coronary heart disease is the 3<sup>rd</sup> major killer and cause of stroke in the **U.S.A.** because Americans are unable to commit to a heart-healthy lifestyle. "Your lifestyle is not only your best defense

against heart disease and stroke, it's also your responsibility".

## It's National Safety month!



## Items of interest on the Internet:

1. *Fake blueberries in cereals and breads?!* NaturalNews.com
2. *7 foods to definitely avoid!* Mercola.com
3. *Renaming "high fructose corn syrup" as "corn sugar" so you will forget/believe it's not dangerous and bad for you!* Democracyinaction.org or Citizens for Health.

## Coconut Bread recipe

Gluten/wheat free!

### One small loaf:

- 6 eggs
- ½ cup butter, melted
- 2 tablespoons honey
- ½ teaspoon salt
- ¾ cup sifted coconut flour
- 1 teaspoon baking powder

Blend together eggs, butter, honey, and salt. Combine coconut flour with baking powder and whisk thoroughly into batter until there are no lumps. Pour into greased 9 x 5 x 3 inch or smaller loaf pan and bake at 350 degrees F (175 C) for 40 minutes. Remove from pan and cool on rack. It will have a texture similar to pound cake. Delicious!! You can put berries, maple syrup or cinnamon on it.

*Thank you, Marisha!*