

The Atlas Times

Issue #5

Baker - Borski Chiropractic, S.C.

May 2011

Happy May Day!



Welcome to the following New Patients

Don L.	Bill B.
Patty O.	Caleb R.
JoAnne S.	Yolanda S.
Kevin M.	Gary H.
Dan M.	Mitchel J.
Meredith L.	Beverly E.
Katherine W.	

Thank you for your referrals

Karla K.	Tiffany S.
Jim M.	Patti L.
Arlene K.	

Thank you for the treats and gifts

Kathy B.	JoAnne S.
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ATTENTION!!

We will be closed Monday, May 30th for Memorial Day! We will be open Tuesday, May 31st 8:30-5:30 instead!!

Don't forget to look at our website and tell others! www.bakerborski.com. Check out the video clips under "**Approach**". Thanks to **Ontogeny Advertising!!!**

Happy Mother's Day!



Please congratulate **Mai** for making it one year with us. We know you, our patients, and we are very grateful to have her in our office.

Remember D-Hist!

Allergy season is here and there is a prediction it will be bad. We have **D-Hist**, a natural solution for those symptoms without the side effects –for kids also!!

Treating Hypertension/high blood pressure in the Elderly

This finding is from the Journal of the American College of Cardiology: there is **LITTLE EVIDENCE** to base treatment of the elderly for hypertension. In other words, there is not a lot of research to support putting the elderly on medication without other less invasive treatments tried first. The article goes on to say "treatment may consist simply of lifestyle modification". This would mean diet and exercise. Instead an "expert consensus" is recommending that "**3 consecutive readings taken on at least 2 separate office visits**". It goes on to say the clinician's job is to determine reversible or treatable causes, any organ damage, and determine other cardiovascular risks. The recommended goal is still 140/90 mm. Hg., which many feel is still too low. Anything beyond 20/10 mm. Hg. higher than base is recommended for a 2-drug therapy. A study in March 14, 2010 in the New England Journal of Medicine proved aggressively lowering blood pressure by medication in individuals with Type 2 Diabetes from a systolic reading of 140 to 120 **made no difference** in their mortality/adverse events. A study way back in **2007** that **specific Atlas adjustments** (such as the one we do here in our office)

has the same effect as 2 blood pressure medications without any ill side effects, according to study leader George Bakris, M.D. This was done over an 8 week period. Injury or misalignment at the Atlas/C1 vertebral area can affect blood flow in the arteries.

WebMD Health News

University of Chicago Hypertension Center

Journal of the American College of Cardiology, Vol. 57, No. 20, 2011.

Patient Appreciation Day!!!

Those of you who have been patient members for some time know that it is important for us to express our gratitude regularly. We are thankful and grateful to be celebrating **14 LUCKY YEARS** of serving our community. One of our favorite ways to do this is our **Patient Appreciation Days**. On **Tuesday, May 17th**, we will see our cherished patient members for only a food donation. Yes, you read that correctly. Bring in one grocery bag of non-perishable food items for donation to a local pantry and we will provide free adjustments to our current patients who have been seen in the last 6 mos. On Friday, May 20th we will provide a consultation, spinal examination and one area x-rays for a grocery bag of food donation. This is a wonderful opportunity to introduce family, friends and associates to the benefits of chiropractic care. These appointments fill up **FAST!!!!** We love these days and love to share our appreciation to those of you who “get the BIG IDEA”! We provide food and juice for participants. We will have drawings for patient members only on Tuesday for ice packs, supplements, biofreeze and a gift certificate to 2510. Please understand that we must limit our services on these days only. It is a massive undertaking by us and we can only do this on these

days, as we saw 150 patients in one day at our last event! On Tuesday, we offer adjustments only, no therapies. Friday is for New Patients only. We will always give our very best!

From actual church bulletins:

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

For those of you who have children and don't know it, we have a nursery!

This Thursday evening at 7 p.m. there will be hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

Irving Benson and Jessie Carter were married on October 24th in the church. So ends a friendship that began in their school days.

At the evening service tonight, the sermon topic will be “What is Hell?” Come early and hear our choir practice.

Potluck supper Sunday at 5 p.m. - prayer and medication to follow.

Ladies Bible Study will be held Thursday morning at 10 a.m. All ladies are invited to lunch in the Fellowship Hall after the B.S. is done.

(Thanks to my Mom for these!
She's a PK – Preacher's Kid)

Happy Memorial Day!

