

The Atlas Times

Issue #11

Baker – Borski Chiropractic, S.C.

November 2011

Welcome to the following New Patients!

Karen S.	Diane B.
Sherrie T.	Danielle H.
Patricia D.	Mya D.
Jamie J.	Alyshea M
Shari M.	

Thank you for your referrals!

Mary B.	T. Zimmerman
Gordon J.	Dr. Budleski

Thank you for the treats, recipes & gifts

Patricia D.

We will be closed the following days:

We will be closed Thursday and Friday, Nov. 24 & 25th for the holiday! We will be **open Monday, Tuesday, and Wednesday** before Thanksgiving 8:30-5:30. Enjoy your holiday and we will see you Monday, Nov. 28th.

Patient Appreciation Days!

We want to thank all of you who were able to participate in Patient Appreciation Days. Without your gratitude and referrals of family, friends and colleagues we could not be here to provide our services. We are incredibly humbled and grateful for your continued trust. Your **generous** food donations will benefit the local food pantries that are

overwhelmed with need this year. Thank you very much for your referrals that help us grow and your generosity to our community in need this year!

THANK YOU!!!!!!!



Vitamin D, Zinc + C are in for you to fight cold and flu season with! Super Greens, multi vitamins and Fish/Cod liver oil supplements are in stock as well. Fight illness naturally by building your immune system, not by overwhelming it with drugs!



Health Account

How is your health account doing? No, not your “health savings account”. Are you investing in your own health? Just like any other investment, if you are not actually contributing to your “health account” you may discover you’re bankrupt when, not if, a condition or crisis occurs. If you don’t put money into a savings account, you have no

savings account. If you don't invest time and energy into your health you don't have an account. That rainy day account, which will happen to EVERYONE (thank you, Dave Ramsey) won't be there. If you don't exercise, eat nutritious live foods, get enough rest, have too much stress and don't get checked periodically, you have a bankrupt health account. So when your rainy day comes, you may be forced into a choice and/or situation that you are not happy or satisfied with. You may have no options to save yourself. If you are proactive and plan for the rainy day that WILL COME, you will probably have options. With an account the severity and duration of the crisis will be decreased. This applies to our lives in so many ways. The amount of effort you put into your health is what you get out. We have been duped into thinking the solution will be a pill or procedure that will fix any and everything, so we can do whatever we want in the meantime. Can you drive a car indefinitely without ever changing the oil or the tires? Eventually it will break down. Your body is no exception. Take a good, long look at your health account. Are you ready for a rainy day?



Treatment Expectations

A recent study in the British Medical Journal reported that exercise significantly reduced pain and increased function to the knee joint. The control group for the study received "usual care" which consisted of rest and restraint from their usual activity. The study had 131 participants, 65 in the exercise group and 66 in the control group. The

most interesting aspect of the study conducted in the Netherlands was that at the end of the study the exercise group did not feel that they improved any better than the control group. This indicates that people expect intervention and pain treatment/medication in order to feel "improved". Their own participation in recovery did not make them feel any better. By the way, both groups received instruction for home exercise but only the first group was required to do it. A very curious finding indeed.

BMJ; Oct. 20, 2009

And this is how some of you may feel!...

The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not". Mark Twain

And ...

Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon! Doug Larson

If I'd known I was going to live so long, I would've taken better care of myself. Leon Eldred



Happy Thanksgiving!

Please check out our website for current information, interesting videos and a blog? soon??!!

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