

# The Atlas Times

Issue # 4

Baker – Borski Chiropractic, S.C.

April 2013

*Happy Easter!!*



Welcome to the following New Patients!

Shirley K.  
Maranda K.  
Rylee P.  
Virginia S.  
Gunner K.  
Kay W.  
Dan G.

Donald K.  
Patricia M.  
Michelle R.  
Tiffany T.  
Jessica G.  
Jennifer K.  
Lana Y.

Thank you for your referrals!

David K. X 4!                      Dr. Borski X 4!  
Scott N.                                      Mai T.  
Dan H.                                      Rachelle N.  
Tammy M.

**We will be closed Friday, April 12, 2013 to attend an office seminar. We apologize for any inconvenience!**

**[bakerborski.com](http://bakerborski.com)**

*Have you checked out our website: [bakerborski.com](http://bakerborski.com) ? Our newsletter is posted there each month! If you know of anyone interested in chiropractic or our technique you can direct them there.*

*There are videos that show how the Atlas Orthogonal technique works and why. Watch for our blog on the Wausau Business Directory site and postings on our Facebook page!*

*You will also find Dr. Baker on LinkedIn.*

*Our email, as always, is [info@bakerborski.com](mailto:info@bakerborski.com).*

## **Mammography and MRI**

When using mammography and MRI, MRI alone was as good as including mammography. Watch as the Medical System slowly and quietly works out of using mammography for breast diagnostics! What do they do when they suspect something on your mammography? They often send you for an ultrasound. Why not use that first if its better and safer than mammography radiation? Better yet, get thermal imaging which is completely safe and just as reliable.

Journal Watch Oncology and Hematology Summary; March 24, 2010

## **High blood pressure??????**

Seven studies covering 22,000 people demonstrated that trying to lower blood pressure below 140/90 has shown no benefit in reducing the incidence of cardiac arrest, stroke or heart failure or kidney failure. Jose Arguedas, lead

researcher at the University of Costa Rica said that there are no randomized trials of the general population with elevated blood pressure that support trying to lower blood pressure below 140/90. **Another** study documented in the New England Journal of Medicine; March 14, 2010 proved that aggressively lowering blood pressure by medication in individuals with Type II Diabetes from a systolic reading of 140 to 120 **MADE NO DIFFERENCE** in their mortality/adverse events. Another reason to avoid high blood pressure medication for moderately high blood pressure. Healthy and natural ways to lower blood pressure:

1. Exercise regularly. Aim for 30-60 minutes/day. This has been proven over and over in research that this really works if done consistently!
2. Eat healthy. Lower your intake of animal fats, dairy, complex carbohydrates, processed foods/flour/sugar/caffeine. Use healthy fats found in olive oil, fish (oil), flax seed, avocados, etc. Increase your intake of omega 3's to counterbalance our high intake of omega 6's (INFLAMMATION!!) in the typical American diet. Aim for a Mediterranean type of diet.
3. Keep your weight normal. This goes in hand with the first two requirements. Even 5 lbs. of weight loss can make a difference.
4. Cut the stress in your life. Relaxation, exercise and achieving balance in your life will help you.
5. Cut out unhealthy habits such as smoking and heavy drinking AND no exercise.

6. Increase Vit. D. Make sure you are getting enough. Most Americans, including children are deficient.
7. Get regular adjustments here. Yes, there is research that shows chiropractic adjustments help moderate blood pressure. Especially the **Atlas** work we do here. The brainstem area (occiput, C1, C2) contains the RAS, **reticular activating system**, that helps regulate blood pressure, heart rate and breathing rate.
8. Check your blood pressure regularly. ASK US TO CHECK! We would be glad to check you.
9. We also carry a product called "**303**" that helps reduce anxiety, stress and has been proven with research to moderate blood pressure, palpitations and heart rate, among other things.



### **D-Hist is here!!!!!!**

Many of you discovered the benefits of a product called **D-Hist**. **D-Hist** is used for sinus, allergy and cold symptoms that cause the nasal congestion, runny nose, itchy eyes/nose, etc. It is safe for children and we carry **Children's D-Hist** as well. Why put up with anti-histamine side effects when you can use a natural product that is just as effective. Give it a try!

**If you're a patient here,  
you are healthier than the  
general population!!!!!!**

According to research on people who receive regular chiropractic care for

6 years or longer, the benefits start to really add up including a healthier and stronger immune system!

Waiting until you're in pain to come in for an adjustment is like waiting to go to the dentist until you have a toothache. By then you have a much bigger problem! An ounce of prevention is worth a pound of cure said Ben Franklin!

**The New York Times** is publishing an article questioning a new ad campaign to put healthy people (those without elevated cholesterol or heart problems) on statin drugs, particularly **Crestor**/rosuvastatin. Men age 50 and older, and women age 60 and older who have one risk factor such as smoking or high blood pressure are being targeted. This article states that out of 500 people taking Crestor for one year, one heart attack might be prevented. At a cost of \$3.50/pill, it would cost **\$638,000** to prevent one heart attack. At the same time, a recent study in The Lancet found there is a slight increase in diabetes for those taking statin drugs.

### C-Sections

According to the prestigious British medical journal, The Lancet, C-sections should only be performed when medically indicated (not for the doctor's or mother's convenience). The World Health Organization (WHO) studied over 108,000 births, 25% of those were C-section. C-sections are associated with an increased risk of maternal

morbidity/mortality as compared to spontaneous delivery. They also resulted in more ICU admissions and blood transfusions. They also do **NOT** improve perinatal outcomes, except with breech births.

There is a technique used by chiropractors to turn breech babies. It has a **94% effectiveness rate**, is non-forceful and needs to be done at regular intervals in the **34-37<sup>th</sup> week of pregnancy**. Doesn't that sound easier than a C-section?!

### Ladies Lifestyle Expo - Merrill

Dr. Baker will be at the Ladies' Lifestyle Expo in Merrill on Tuesday, April 30<sup>th</sup>. The Expo will be located at the Smith Center from 5 – 9 p.m. We hope to see some of you there!

***Crises do not create character. They reveal character.***

Dr. Robin Baker

### There are two kinds of people in the world:

Those who see a glass half full and figure out how to fill it

or

Those who see a glass half empty and figure out how to get someone else to fill it for them!

RB

**Happy Earth Day!**

