

The Atlas Times

Issue #1 and 2

Baker – Borski Chiropractic, S.C. January & February 2012

Welcome to the following New Patients!

Mike M.	Jean E.
David H.	Wayde K.
Hedda R.	Jesse S.
Robert W.	Nancy W.
Tim O.	Allison A.
Aubrey K.	Josh M.
Thomas H.	Tim M.
Sandra C.	Brandon O.
Val G.	Rocky G.
Lori L.	Howard W.
Zach Z.	Lance L.
Jason H.	Tyler L.
Robert M.	Jerri B.

Thank you for your referrals!

Charis M.	Dr. Mike X 2
Jenny & Karen S.	Andy B. X 2
Julie & Vicki L.	Shari M.
Tim O.	Tina E.
Bernadine H.	Ginger L.
Matt & Kathy O.	Dr. Robin
Dan H. X 4	Diane W.
Hannah Z.	Charles H.
Val G.	

Welcome back!

Candy S.

Please check our website
www.bakerborski.com for
updates, newsletters and news
for the month. "Like" us on

Facebook! Let others know about
our website so they can check it
themselves.

Speaking of VALUE...

Our health is one of the hardest things to put a value on until we lose some part of it. It's so much easier to spend hundreds or even thousands of dollars on new furniture, a TV, a new vehicle, even dental work because the results are immediately tangible. You can sit on your new furniture, watch your new TV, look in the mirror and admire your new smile. But good health is either there or not. Talk to someone who is struggling with poor health, or scared of losing their life to a condition or disease, and then you see the value of what we take for granted. But even people with more money than we can imagine, cannot in most cases, buy back their health. Good health isn't a part time hobby. It gives us warnings when it's leaving, but we tend to ignore or put off those signs. Its departure can be slow, insidious and downright sneaky. It can also be here today and gone tomorrow. Vitamins, supplements, healthy food, chiropractic adjustments, acupuncture, exercise, massage – these are our "investments" in our health. We can be putting \$100 in a savings account every month. It may not look like much at first, but as a study on vitamin supplementation showed, the first 15 years may not demonstrate much advantage but after that look out!!!!!! The payoff is huge. Human beings by

nature are short term investors. It's hard for us to plan and PREPARE for way off in the future for something we can't see or touch. But it doesn't make it any less important or real. **Start 2009** with your **health investment**. 2008 was a year to start getting our financial house in order. Make this year your year to put your health house in order. Because of our economy, people are fixing things instead of replacing them. Guess what you can't replace even if you wanted to? **Your health.**

New Year reminders

We would like to remind people that if you have any questions or concerns with your statement or billing, please give Hannah a message if she is not here when you come in. You can also leave a voice message for her. Hannah will return your call promptly. We always try our best to help you with your insurance questions but we only know as much as your insurance company wants us to know. Please notify us ASAP if your insurance changes in any way, or you have a new card for the year regardless of whether there are changes or not. Remember at this time of year, deductibles must be met at the time of service. Co-pays are due at the time of service as well.

If you like to come in at a certain time, you may want to schedule ahead of time, as that time slot may be filled if you call at the last minute.

To read about the future of supplements and the food supply go to:

mercola.com
healthfreedomfoundation.com
wrightnewsletter.com

If healthcare reform means enough to you to contribute to change, write to:

The White House Office of Health Reform

C/O Center for American Progress
1333 H Street N.W., 10th Floor
Washington D.C. 20005

Recipe

Fruit salsa:

- Diced up, peeled apples; or apple sauce.
- Organic preserves or jam of strawberry, raspberry, apricot, peach, rhubarb, etc.
- Pineapple, peeled pears or whatever fruit you have on hand.

Mix in a food processor to texture preferred (chunky or not). Refrigerate.

Chips (or use fruit to dip):

Cut tortilla flats into pie shaped pieces. Mist with water, sprinkle with cinnamon lightly. Bake at 250 for about 10 minutes. Or use Blue Diamond Almond Nut-Thin crackers. Our favorite flavor is Nut and Rice: they are wheat/gluten free.

Organic ingredients are always recommended. Enjoy!

Happy Valentine's Day!

