

The Atlas Times

Issue # 3

Baker – Borski Chiropractic, S.C.

March 2012

Happy St. Patrick's Day!



Welcome to the following New Patients!

Jesse C.
Christi I.
Lisa F.

Isak R.
Gloria H.
Mark B.

Thank you for your referrals!

Gary R. Penny W.
Tim M. Dr. Krasowski
Perry L. Rob & Nancy W.
Dr. Krasowski

Welcome back!

David H.

Another one bites the dust

Actually several bite the dust. Research shows that people taking statin drugs are at an increased risk of developing diabetes (just as destructive to your health as atherosclerosis, blamed on high cholesterol/triglyceride levels) and memory loss. And these are acceptable side effects?! These are the side effects they are admitting to today. What will be revealed next month or next year? It should be obvious to most everyone that drugs released to the market today are woefully under researched and allowed to be sold to an unsuspecting and over-trusting public. It is a strong

condemnation against our Federal Drug Administration (FDA) who is known to be bought and sold by medical and pharmaceutical corporations. We are not an outstanding example of great "health" care (really still sick care) for a fair price. Some of the blame must fall to consumers who have too easily bought into the magic pill/procedure approach to their health. Your health is not a spectator sport. As we have moved from an agrarian society (hard, physical labor) to a technological one (VERY sedentary) we have seen our overall health decline in spite of advances in medical/pharmaceutical technology. Oh yes, we can replace more and more body parts but we have forgotten the original parts are preferred and superior if not damaged or abused. We have amazing and wonderful advances in trauma and emergency care, but for everyday wellness we have relied on an artificial approach – do nothing until there is a symptom or symptoms. We use to deal with our dental health in such a manner until we learned that preventative care can help us keep our own teeth for a lifetime and that proper dental care relates to other systems for good health – cardiac and overall inflammatory/infection conditions. We are only beginning to appreciate that your nervous system – the hard drive for our bodies – is even more important for overall wellbeing. Our brain and spinal column house the nervous system.

Concussion prevention is all the rage now that we have seen the effects of repeat head trauma over time. We can't ignore the same effects to the rest of the nervous system aka spinal cord and nerves that are a part of that system. ***Be kind to your spine, it's the key to longevity!***

March is Brain Injury Awareness Month!

Vitamin D is back in the news!

A new study released proves that Vitamin D enhances calcium absorption and helps strengthen bones in young girls. A very large study of 6,721 girls age 9-15 yrs. of age were followed for 7 yrs. They recorded Vit. D, calcium and dairy intake in relation to stress fractures (usually from sports injuries). 4 % of the girls developed stress fractures. Calcium and dairy intake alone had no effect on fracture development. This demonstrates Vit. D may be far more important in protecting young bones than just calcium. Vit. D assists in calcium absorption. Vit. D in food with calcium did not affect the fracture rate. The recommended amount of supplementation for this age group is 600 IU/day by the Institute of Medicine. That is up from 400 IU/day. Our own recommendation in this area is higher than this and I believe that 600 IU will be increased in the near future. This warranted future investigation according to the authors. High intake of calcium showed a correlation to double the risk of stress fractures which the authors from Children's Hospital Boston said also needed further investigation. March 5, 2012 Archives of Pediatric and Adolescent Medicine



Exercise Eureka!

More and more articles and research are showing that interval training is just as effective longer cardio training we have come to know. Studies show that short bursts of high energy output balanced with slow down are showing benefits even an hour after exercise. This is good news for busy people which seem to be most of us: business people who travel a lot, moms with young children or working moms, etc. Check out your favorite exercise guru or go to mercola.com to find out the science behind shorter, effective work outs!



May the saddest day of your future be no worse than the happiest day of your past.

May you get all your wishes but one, so you'll always have something to strive for!

May God bring good health to your enemies' enemies!

