

# The Atlas Times

Issue #5

Baker – Borski Chiropractic, S.C.

May 2013

*Happy May Day!*



## **Welcome New Patients!**

Alice S.	Diane F.
LeRoy Z.	Holly T.
Carrie B.	Stephanie S.
Marlee S.	Ramona Y.
Randall D.	

## **Thank you for your referrals!**

A.J. & Molly S.	Ernie & Lori S.
Dr. Feather	Donna Y.

## **Goodbye, Dr. Wally!**

Dr. Wally Wachsmuth, from whom we bought our practice in 1997, went to his heavenly Father April 16, 2013. We will miss him very much and are forever indebted to him and his wife, Lydia, for their love and support all these years.

## **ATTENTION!!**

**We will be closed Monday, May 27th for Memorial Day! We will be open Tuesday, May 28th 8:30-5:30 instead!!**

Don't forget to look at our new website and tell others! [www.bakerborski.com](http://www.bakerborski.com). Check out the video clips under "Approach".

*Happy Mother's Day!*



## **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 **16 BLESSED YEARS** of serving our community. One of our favorite ways to do this is our **Patient Appreciation Days**. On **Tuesday, May 7<sup>th</sup>**, we will see our cherished patient members for only a food donation. Yes, you read that correctly. Bring in \$15 worth of non-perishable food items for donation to a local pantry and we will provide free adjustments to our current patients only. On **Friday May 10<sup>th</sup>** we will provide a consultation, spinal examination and one area x-rays for a \$15 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 ice packs, supplements, biofreeze and a gift certificate to 2510 on Tuesday only! Please understand that we must limit our services on these days only. It is a massive undertaking by our staff and we can only do this on these days, as we see about 120+ patients in one day! On Tuesday, we offer adjustments only, no therapies.

On Friday, we take films for one area of the spine only. We will always give our very best! Thank you for your referrals!



**An ounce of prevention is worth a pound of cure – Ben Franklin.**

**Look well to the spine for the cause of disease – Hippocrates** (even the “Father of Medicine” understood the critical role of spinal health – what happened?!).

**The doctor of the future will give little medicine, but will interest his patients in the care of the human frame, diet, and in the cause and prevention of disease. – Thomas A. Edison.**

You are What you eat  
This weekend I attended an outstanding lecture on nutrition and gluten sensitivity. If you really want to feel better, get rid of unexplained aches and pains, reduce your chances of getting arthritis of any type, cancer, diabetes, MS, ALS, heart disease/cholesterol issues, unexplained headaches and fatigue, syndrome x, and/or high blood pressure you HAVE TO CHANGE WHAT YOU EAT. One of my favorite sayings is credited to Albert Einstein: *The definition of insanity is to expect new results by doing things the same way.* One thing that was made clear is that you can take great supplements of all kinds but if you continue to eat a typical American diet, you will likely continue to have health problems. We have to greatly reduce the grains in our diet. By the way, your kids’ health issues may not appear until their late 30’s into 40’s. If you

are going to supplement, do a quality multi-vitamin, fish oil, and make sure you get enough Vit. D (1000-4000 IU’s/day) and Magnesium (400-1000 mg/day). There is a great deal of benefit in the super green food we offer also as far as other nutrients such as the proteolytic enzymes and probiotics, as well as kelp and algae products. Why are grains a problem? Because they are carbs that break down into SUGAR and they wreak havoc with our blood sugar and insulin responses (glycemic index and load).

They are **pro-inflammatory** which drives all of the chronic diseases (including cholesterol problems) you can think of and a few more. The best antioxidant that we can take is **stabilizing our blood sugar!** The best way to build strong bones is **fruits and vegetables**. Wild game, grass fed beef/dairy products have less fat. High fat dairy is **less acidic** than low fat = good. **Systemic acidity and inflammation** is prevalent with chronic disease and cancer. Don’t take iron supplements or include it in your multi unless you have been diagnosed by lab work with an iron deficiency.

Your lifestyle alters your chemistry. If you are constantly stressed, working with chemicals of any kind, eating and drinking junk or excess alcohol your body will reflect that.

Red wine (↓ preservatives) = good.

Almonds (raw nuts) = good.

(Peanuts = legumes, not nuts).

Fish, lean protein = good.

Fruits and veggies = good.

Dark chocolate = good.

Garlic, ginger, turmeric (spices) = good.

**Happy Memorial Day!**





### 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!  
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!

