

The Atlas Times

Issue # 11

Baker – Borski Chiropractic, S.C.

November 2012

Happy Thanksgiving!



Welcome to the following New Patients!

Debra D.	Linda G.
Jasper G.	Jane M.
Rachelle N.	Velda J.
Maryann R.	Maggie Z.

Thank you for your referrals!

Dustin K.	Jodi N.
Brenda E.	Marguerite S.
Jessica G.	

Welcome back!

Bev T.

We will be closed Thursday and Friday of Thanksgiving week, Nov. 22nd & 23rd. We will re-open Monday, Nov. 26th at 8:30!

PATIENT APPRECIATION DAYS ARE BACK!!!!

Back Surgeries

Researchers reviewing the Ohio Bureau of Workers Compensation database showed that of 1,450 workers with a diagnosis of disc degeneration, disc herniation or radiculopathy (referred nerve pain/weakness/etc.), half of these patients had surgery to fuse two or more of the vertebrae in hopes of curing low back pain. The other half had no surgery

even with comparable diagnoses. After two years, only **26%** of those who had surgery returned to work. Of those who did not have surgery **67% returned to work**. More bad news: those who had surgery showed a **41% increase in the use of painkillers**, specifically opiates. “The study provides clear evidence that for many patients, fusion surgeries designed to alleviate pain from degenerating discs don’t work” says the study’s lead author, Dr. Trang Nguyen, a researcher at the University of Cincinnati College of Medicine. Experts estimate that about 600,000 Americans opt for back surgeries. Let’s do the math: average cost of \$60,000 – \$90,000/surgery = lots of money being spent on procedures with poor outcomes. But they don’t want to pay for **scientifically proven** procedures for low back pain = **chiropractic**.

Medications depleting the body of ...

Taking various common medications will deplete your body of specific nutrients needed to survive. If you are on one or more of these medications you need to take action to correct deficiencies or you will have serious health consequences over time! Here are some of the more common medications and the problems & deficiencies resulting from them:

H2 receptor antagonists for ACID REFLUX!

(Tagamet, Pepcid, Zantac):

Deplete: Calcium, folic acid, iron, Vit. B12, D, and Zinc.

Causing: Osteoporosis, heart/blood pressure irregularities, tooth decay, birth defects, anemia, cardiovascular disease, weakness, fatigue, hair loss, slow wound healing, loss of sense of smell, taste, & hearing, lowered immune response.

Proton Pump Inhibitors for same

(Prevacid, Prilosec):

Deplete: Vitamin B12.

Causing: same as above.

Oral Contraceptives

Deplete: Magnesium, tryptophan and tyrosine, Vit. B2, B6, B12, C and Zinc.

Causing: cardiovascular problems, asthma, osteoporosis, cramps, PMS, skin/eye/mucous membrane/nerve problems, depression, sleep disturbances, weakened immune response, easy bruising, poor wound healing, loss of sense of smell and taste.

Corticosteroids for inflammation

(Cortisone, prednisone, hydrocortisone,

Depletes: Calcium, folic acid, magnesium, potassium, selenium, Vit. C & D, Zinc.

Causing: osteoporosis, heart/blood pressure irregularities, tooth decay, birth defects, anemia, cardiovascular disease, asthma, muscle weakness, fatigue, edema, lowered immune response and antioxidant levels, easy bruising and poor wound healing, hearing loss.

NSAIDS (non-steroidal anti-inflammatory drugs

(ibuprofen, naproxen, Advil, Aleve, Motrin, naprosyn.

Depletes: folic acid, B vitamins

Causing: birth defects, anemia, cardiovascular disease, hair loss, fatigue.

General antibiotics, Penicillins, Tetracyclines, Aminoglycosides, Sulfamides

(Amoxicillin, ampicillin, doxycycline, minocycline, neomycin, pentamidine,

Depletes: potassium, calcium, magnesium, iron, beta-carotene (Vit. A precursor), sodium, folic acid.

Causing: irregular heartbeat, muscle weakness, fatigue, edema, osteoporosis, heart/blood pressure irregularities, cardiovascular problems, asthma, anemia, birth defects.

Blood Pressure & ACE Inhibitors

(Capoten, Vasotec, etc.)

Depletes: Zinc

Causing: Slow wound healing, loss of sense of smell and taste, lowered immunity.

Cardiac Glycosides

(Digoxin, Lanoxin)

Depletes: Calcium, magnesium, phosphorus, Vit. B1.

Causing: osteoporosis, heart/blood pressure irregularities, tooth decay, muscle weakness, fatigue, edema, irritability, depression, memory loss.

Beta-blockers

(atenolol, carvedilol, acebutolol, Lopressor, Toprol, Coreg, Betapace etc.)

Depletes: Coenzyme Q10

Causing: high blood pressure, congestive heart failure, low energy.

HMG-CoA Reductase Inhibitors for cholesterol

(Lovastatin, Simvastatin/Lipitor, Baycol, Mevacor, Zocor, etc.)

Depletes: Coenzyme Q10.

Causing: high blood pressure, congestive heart failure, low energy.

What do you call a fish with no eyes? A fsh.