

The Atlas Times

Issue # 10

Baker - Borski Chiropractic, S.C.

October 2012

Happy Halloween, kids!



Welcome to the following New Patients!

Dr. Krebs	Larry C.
Eugene D.	Les D.
Jeff L.	Sara M.
Maggie Z.	Marjorie E.
Janice G.	Kamila L.
Berlyn K.	Natalie Z.

Thank you for your referrals!

Dr. Krebs	Peggy D.
Jim & Vic E	Kathy M.
Michael & Virginia K.	Dan R.
Harlan H.	Bill B.

Welcome back!

Wendy D.

Thank you for the treats, recipes & gifts

Syndy H. X 10+

Congratulations to our newest members!

Kamila L.	Sophia L.
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“Masking” junk food
Yes, the Corn Refiners Association wants you to come up with a family friendly moniker so you’ll forget you’re eating crap (Sorry, couldn’t think of a better word). HFCS is not the same as sugar, and consuming it will lead to all sorts of

health problems including obesity, blood sugar instability, inflammation and worse. Sugar feeds cancer, inflammation, arthritis, metabolic syndrome (X) and infections & yeast overgrowth. Yuk!!! **The reasons HFCS is not healthy or safe for you is that fructose and glucose are metabolized differently by your body.** Fructose is metabolized to fat in your body faster than any other sugar. Most fats are formed in your liver and it decides whether it will store it or use it. **Fructose bypasses this and turns directly into fat.** Research proves that **refined sugar such as HFCS metabolizes to triglycerides (too much is not good for your cardiovascular system) and adipose tissue = fat, not to blood glucose.** It is also part of the process to generate uric acid which in too high amounts leads to hypertension (high blood pressure), kidney disease and insulin resistance/diabetes, fatty liver, elevated triglycerides/LDL, cardiovascular disease, and even preeclampsia in pregnancy.
PR Newswire September 14 2010
mercola.com

Flu Vaccine Campaign – Trick or Treat?!

1. Did you notice how early they started this year on the hype for the flu vaccine? August! Just like marketing for Christmas comes earlier and earlier.

They even claim it could protect you from similar viruses. This is very unlikely as viruses are very antigen-specific. Yes, you can get sick from the vaccine and many do. Either the vaccine is compromised or your immune system cannot handle the vaccine and you succumb to whatever is out there anyway. Canada forbids this vaccination for children under 5 yoa. due to safety issues. A recent scientific study in Japan showed that **taking Vitamin D** is as effective as the flu vaccine (without the dangerous risks and side effects) in preventing the flu. Here's a statistic that should frighten you:

Study by the Cochrane Collaboration, 2006: Efficacy of Flu Vaccine for Children under 5 years of age.

From 1999-2002, flu deaths for children in this age group fell each year to below 20 deaths, but in 2003 with the CDC's recommendation to vaccinate young children, that percentage rose to about 90 deaths.

A clinical study conducted by the Division of Molecular Epidemiology at the Jikei University School of Medicine Minatoku in Tokyo, Japan found that administering **Vitamin D was extremely effective at halting influenza infections in children.**

This was a "gold standard" study: a placebo controlled double blind study of 334 children, half given 1200 IU's of Vitamin D3. It resulted in an 8% reduction of influenza cases vs. the vaccine having a reduction of 1%. Vitamin D has also been shown effective for depression, arthritis, cancer and asthma.

ajcn.org; naturalnews.com

the supplement war
One of the biggest dangers facing the consumer today is the war being waged

on natural supplements and herbs by Big Pharma, Big Medicine and Big Agribusiness. The AMA (American Medical Assoc.) wants to control this market and make medical doctors the only provider able to "prescribe" supplements and vitamin even though they have no nutritional training. They think you are too stupid to monitor and protect yourselves from substandard or useless products (apparently this does not include all of the medications approved by the FDA then withdrawn after the mayhem of death and destruction on the public they create). The Codex Alimentarius Commission goes as far as labeling "nutrients are toxins". I honestly don't think I've heard anything scarier since my last slumber party ghost story. Please check out the website

healthfreedomusa.org to find out what the latest news is for this topic and how **YOU** can make a difference. Thank you!

A gentle reminder...

Please remember your appointment time is the time we expect you to be in the doctor's room. If we are running behind, it is usually because a prior patient arrived late or asked for extra services they weren't scheduled for. The check in kiosk is for use only **before** your appointment, not after. Using it after does not provide the doctor with the information they need during your visit, and prevents patients who arrive on time from checking in on time. **Thank you!**

Suppose you were an idiot. And suppose you were a member of Congress. But I repeat myself. - Mark Twain
Happy Election season?!