

The Atlas Times

Issue # 9

Baker - Borski Chiropractic, S.C.

2012

Welcome to the following New Patients!

Caley E.	Vic E.
Candice H.	Morea H.
Calvin C.	Rick S.
Megan M.	Rebecca M.
Renee M.	Lisa H.
Peggy D.	

Thank you for your referrals!

Jim E.	Candice H.
Ruth L.	Andrew S.
Eunice C.	Brian and Kathy M.
Jason K.	Pam S.

Welcome back!

Cheryl L.	Gerald B.
Virginia K.	Wendy D.

Thank you for the treats, recipes & gifts

Sydney H.	Ann W.
Matt and Kathy O.	

Congratulations to our August and September nuptials!!

Tia and Wesley	Amber and Erik
Rachel and Jordan	

We will be closed Thursday, Sept. 13th and Friday, Sept. 14th so the doctors may attend continuing education classes. They will be seeing patients Monday, Tuesday and Wednesday September 10th - 12th.

SLOW DOWN FOR KIDS!

BACKPACKS!

Parents remember that the weight limit of backpacks is **10 -15 %** of a child's weight.

45 lb child = \leq 6.75 lbs. max. weight!

60 lb. child = \leq 9.0 lbs. max. weight!

72 lb. child = \leq 10.8 lbs. max. weight!

Think they are carrying more than this? You bet they are. When we allow them to carry packs heavier than this, we risk long term damage to our children's spine, including degenerative changes occurring 10-20 years faster than the normal population. If more of us start complaining when our children bring home packs full of heavy books, we may get a change in the way schools delegate study hall work and homework. These children should not be bringing packs home full of heavy textbooks. Let's raise our collective voices to stop this practice for the sake of our children's health!

Speaking of children...

Dr. Baker has some gems from a Chiropractic Pediatric Conference in New York City. Here are some "gems" of information she brought back:

- **Children who play soccer,** bouncing balls off their heads, show degenerative changes in

- their spines 10-20 yrs. earlier than the normal population.
- You must **eat 3 apples today** to equal the nutritional value of eating **1 apple in 1940.**



Vaccinations don't work if you are tired??!!

Yes, they actually spent money on a study to come up with this gem. Lack of proper rest affects your immune system negatively. **This is not new news.** So now they are going to blame ineffective vaccines on lack of sleep (less than 6 hrs./night). This is scientific chicanery not to mention a very poor use of funds. This study was published by the University of Pennsylvania by researcher Aric Prather, Ph.D. It was conducted on 125 people, age 40-60 years old when being vaccinated three doses for Hepatitis B.

Let's run through the list of how to avoid or shorten a bout of the flu:

1. Get enough rest. Depriving yourself of sleep is one of the surest ways to get run down and come down with everything. Parents – you are responsible for your children getting enough rest. See article about vaccinations and lack of rest.
2. Eat real food. I mean real food, not processed “food”. It's the fuel for your body. It's crucial for fighting bugs.

3. Exercise. Dance, walk, ski, bike – something. It releases endorphins that make you feel good, it stimulates cells with oxygen for repair, and it releases stress which will tear your immune system down if you don't have an outlet for it. It is excellent for the cardiovascular system as long as you have no condition limiting your ability to exercise.
4. Take supplements. Yes, we do need them. This was reinforced at the Pediatric seminar I attended. Our food is very nutritionally deficient. Most of us don't eat very well either: too many carbs such as cereal, bread, crackers, and pasta.
5. If you do get the flu (or food poisoning) you need to start taking probiotics right away and for 2-3 weeks minimum after the episode. This will help your digestive system get back on track faster. Probiotics are also needed when using antibiotics as well, since they kill good bacteria with bad bacteria.



A young couple invited their elderly pastor over for Sunday dinner. While they were in the kitchen preparing the meal, the minister asked their son what they were having for dinner. "Goat" the little boy replied. "Goat?" replied the startled man of cloth, "are you sure about that?" "Yep" said the youngster. "I heard Dad say to Mom, 'Today is just as good as any to have the old goat for dinner' ".