

The Atlas Times

Issue #2

Baker Borski Chiropractic, S.C.

February 2013



Welcome to the following New Patients

James B.	Melinda M.
Melissa N.	Mary S.
Sean S.	Charles H.
Linda H.	Christine M.
A.J. S.	Jeremy Z.
Lance D.	

Thank you for your referrals

Jeri B.	Rob and Nancy W.
Jodi and Rachelle N.	Autumn W.
Cathy L.	Jeanne M.
Kim S.	

We're counting on YOU to help our practice grow!



The Winner of our flat screen T.V. is:
Leslie B.!!!

Vaccines may not work as we thought, science research shows

(NaturalNews) While the medical, pharmaceutical, and vaccine industries are busy pushing new vaccines for practically every condition under the sun, a new study published in the journal *Immunity* completely deconstructs the entire vaccination theory. It turns out that the body's natural immune systems, comprised of

both innate and adaptive components, work together to ward off disease without the need for antibody-producing vaccines.

The theory behind vaccines is that they mimic infection by spurring B cells, one of the two major types of white blood cells in the immune system, to produce antibodies as part of the adaptive immune system. It is widely believed that these vaccine-induced antibodies, which are part of the more specific adaptive immune system, teach the immune system how to directly respond to an infection before the body becomes exposed to it.

But the new research highlights the fact that innate immunity plays a significant role in fighting infections, and is perhaps more important than adaptive immunity at preventing or fighting infections. In tests, adaptive immune system antibodies were shown unable to fight infection by themselves, which in essence debunks the theory that vaccine-induced antibodies serve any legitimate function in preventing or fighting off infection.

"Our findings contradict the current view that antibodies are absolutely required to survive infection with viruses like VSV (vesicular stomatitis virus), and establish an unexpected function for B cells as custodians of macrophages in antiviral immunity," said Dr. Uldrich H. von Andrian from *Harvard Medical School*. "It will be important to further dissect the role of [antibodies](#) and interferons in immunity against similar viruses that attack the nervous system, such as rabies, West Nile virus, and Encephalitis."

As explained by Dr. Russell Blaylock in a recent interview with Mike Adams, the Health Ranger, vaccines not only do not work as advertised, but they actually damage the body's innate immunity. Rather than teach the body how to respond to infections, vaccines actually inhibit the immune system's ability to produce TH2-type cytokines, and suppress cellular immunity, which is how the body protects itself against deadly [viruses](#) and bacteria.

So once again, the myth that vaccination serve any sort of legitimate medical purpose has been deconstructed by breakthrough science.

Regardless of whether or not the mainstream medical community wants to admit it, pro-vaccine ideology is increasingly finding itself in the dust heap of outmoded pseudoscience.

Sources for this article include:

<http://www.medicalnewstoday.com/releases/242403.php>

<http://www.niaid.nih.gov>

http://www.naturalnews.com/035335_vaccines_Dr_Blaylock_children.html

Pregnancy

Women who are **deficient in VITAMIN D** are **5 X's** more likely to suffer from **pre-eclampsia** in pregnancy. Pre-eclampsia is: high blood pressure, protein in the urine and swelling in the hands/feet. It can damage the kidneys, liver, and blood vessels. If it progresses to eclampsia it leads to seizures that can result in death. Eclampsia damages the kidneys, liver, blood, lungs and nervous system. It is nothing to fool around with and developing severe pre-eclampsia results in premature births, even emergency c-sections. Eclampsia guarantees this result. Prenatal vitamins usually offer **200 – 400 IU** of Vitamin D, but experts and researchers suggest **1000 IU/day** is an amount needed to significantly improve levels. Other doctors **have recommended 1000 IU/day/50 lbs. of body weight.**

Remember those of us in Northern climates get less sunshine (a great source of Vit. D) in the winter. I supplement with Cod Liver Oil containing Vit. D (available in our office) in the winter to guard against a deficiency.

Journal of Clinical Endocrinology and Metabolism

REMEMBER – we carry excellent quality multivitamins, Super Green Food, Vitamin D3.

Zinc/Vitamin C and cod liver oil, etc. in our office. These are essential for good health. This is REAL health insurance!

Remedy for flu, cold, inflammation, & infections

I have suggested the use of colloidal silver for use against common colds and infections but it must be used judiciously. There have been cases (as you can see at **mercola.com** newsletter) where it was overused and affects the skin color of the user. This is extremely rare and only happens with blatant disregard to directions. As with any supplement, etc. you must do some research before using. We have some wonderful reference books in our office for this very reason. They are advancing **Codex Alimentarius** onto us and taking away our right to choose and use our own supplements because a small number of people abuse this privilege and don't do their homework. They have severely injured themselves or caused death. You can do this with food or alcohol, too, so take the time to do your homework!



Ginger Thai Soup

(Works better than OTC medications in clearing out your sinuses – really!)

Vegetable broth- 1 container, organic
Water-3-5 cups, to taste
Mushrooms-shitake, 4-8 medium
Water chestnuts-1 small can sliced
Cilantro-to taste
Lemon grass (optional)-5-6 blades
Red pepper flakes (careful they're hot!)

Chicken-1 breast cut up
Ginger root- (12) ¼ inch slices
Garlic- 1-2 large cloves

Heat and Serve!

My Anti-Inflammatory Protocol

(Daniel Murphy, D.C.)

- Omega 3 essential fatty acids (efa's): DHA/EPA, 1000-4000 mg/day
Fish/cod liver/krill oil; flaxseed oil
- Antioxidants: Vitamins – A, C, E, Selenium (ACES)
- Ice: 1-4 times/day, 10-20 min. each application
- Low Power Laser: 1-4 times/day, 15-20 sec.'s each time
- Exercises: Increase aerobic fitness: walking, swimming, cycling
- Reduce trans fatty acids (tfa's) – hydrogenated vegetable oil, grains, and saturated fats (sf's) = they are pro-inflammatory
- 5-9 fresh fruits and vegetables/day
- Reduce or stop smoking
- Avoid excitotoxins: Glutamate &/or aspartate &/or cysteine, hydrolyzed vegetable protein = MSG
- Calcium/magnesium supplement (magnesium is now considered to

be the most underrated but critical mineral for 140+ metabolic processes within the human body. Magnesium oxide is not recommended.)

- Avoid artificial color, flavor and sugar
- Avoid sulfites (preservative); nitrites, nitrates (cured meats)
- Anti-inflammatory diet includes: garlic, onion, ginger, green tea, turmeric, Vitamin C, bromelain

Humor in Court

These are supposedly true statements made in a courtroom.

Attorney: What was the first thing your husband said to you that morning?

Witness: He said, "Where am I, Cathy?"

Attorney: And why did that upset you?

Witness: My name is Susan.



Attorney: Do you recall the time you examined the body?

Witness: The autopsy started around 8:30 p.m.

Attorney: And Mr. Denton was dead at the time?

Witness: No, he was sitting on the table wondering why I was doing an autopsy on him!

