

The Atlas Times

Issue #1

Baker Borski Chiropractic, S.C

January 2013



Welcome to the following New Patients!

Marlene B.
Charmain L.
Tammy B.
Chandler Z.

Jennie K.
Sam V.
Jeanne M.

Thank you for your referrals!

Natalie Z.
Joanne V.

Autumn W.
Chad M.

Thank you for the treats, recipes & gifts

Syndy H.
Dan & Becky L.
Sharon H.
Jeanette C.
Linda G.
Lori n Ashley K.
Sharon S.

Dale B.
Jean V.
Dan n Karen S.
Tyler n Aimee G.
Nancy W.
Larry n Sandee C.



Congratulations, Mai !!

Not only did Mai get her engagement ring over Christmas, but she found out on the last day of 2012 she passed her examination for Chiropractic Radiology and is now a Certified Chiropractic Radiology Technician. We are very proud of her accomplishment and we

hope you let her know how much she is appreciated!

So we come to the end of the year...

It's time to remind you that *deductibles* must be met for those of you that have policies that starts over in January. Please help us meet our obligations by meeting yours. We really appreciate it! Especially Mai.

New Year's Resolutions

The new year is a time of renewal and fresh starts. Do you know of someone who is trying to renew their health? Is someone you know struggling to regain good health? Have they lost hope? Chiropractic can effect amazing changes in even old and chronic cases of pain and ill health. You name it, we've seen it. It is very rewarding to everyone when someone starts feeling better, with a little more energy and less pain. We have many ways we can help someone with health problems. Talking to us never costs anything. Won't you make a resolution to offer the possibility of hope and better health? It is the least we can do for our fellow human beings. Be the change. One person does make a difference!

Good research vs. bad

There are lots of studies coming out in mainstream media. So how do you know if what they say is accurate and helpful? Well, sometimes it just isn't going to be possible for many people to determine if the study is true or not. Many studies are underwritten by the entities that will financially benefit from a positive outcome and show "promise". However here are a few questions you can ask right away:

1. Is the journal or media printing the report somewhat reliable? Is it The Lancet or New England Journal of Medicine or just Associated Press/"web bites"? NEJM can still print inaccurate information (or just a poor study in general) but it isn't news that just makes a good sound bite either.
2. Who wrote the article/did the study? Were there several doctors, where are they located, and are their credentials listed? Again, most educational institutions will have a more rigorous credentialing and publishing policy than Ladies Home Journal or Redbook Magazines. However, they may publish a condensed, accurate or not, version of the same study.
3. How big was the study? I just read that a version of the Avian flu virus vaccine was found "safe and effective for children" in the Pediatric Infectious Disease Journal. Upon reading the article, the study only included 12 children between 9 and 17 years of age. They were healthy prior to administering the vaccine. They only followed up 3 weeks after the vaccine was given; what

is the outcome if the child is not 100% healthy; a three week follow up is an inadequate amount of time to watch for contraindications and immune response by the participants. Is it safe and effective for children under age 9 and will it be recommended for any age child?

The Crud is here...

Zinc and Vitamin C are shown by scientific research to shorten the length of a cold by HALF!! We always have these lozenges available for purchase. We also have some at the checkout area in a sanitary dispenser for you to take one with you as you leave. Vitamin D is also very good to supplement for this time of year. An ounce of prevention is worth a pound of cure!



New Year's Laughs/Puns

Two antennas met on a roof, fell in love and got married. The ceremony wasn't much, but the reception was excellent!

Two peanuts walk into a bar and one was a salted.

I went to buy some camouflage trousers the other day, but I couldn't find any.

I went to a seafood disco last week...and pulled a mussel.

An invisible man marries an invisible woman. And the kids were nothing to look at either.

A little person, who was a mystic, escaped from jail. The call went out that a small medium was at large.

Thank you, Bob D.!