

The Atlas Times

Issue #7

Baker – Borski Chiropractic, S.C.

July 2013

Happy 4th of July!!!!!!!!!!!!!!!!!!!!



Welcome to the following New Patients!

Samantha P.	Katrina D.
Bowen J.	Philip P.
Joan K.	Va Y.
Mina S.	Marguerite S.

Thank you for your referrals!

Lance D.	Carl and Niki J.
Dr. Thao	Nikki K.

Welcome back!

Lori B.	Lance D.
Holly T.	

We will be closed all day **Thursday, July 4th**. We will be open Friday, July 5th.

Dr. Baker will be out of the office July 23- Aug. 2nd. Dr. Borski will be available his usual office hours for Dr. Baker's patients.

Our busy times for appointments

We are having the greatest demand for appointment times at the end of the day, 3:30-5:30. We will always do our best to get everyone in but we can only do so much. If you can come in at off peak

times, it would be appreciated greatly. If you call at the last minute for a high demand time, we will try to get you in but can only schedule what the doctors are able to handle while giving their best for each patient. Please schedule ahead if at all possible. If you have extra needs such as orthotic ordering, a new injury or incident of any kind, we will need extra time and must schedule these appointments at off-peak times. Thank you so much for your understanding!

Your insurance

Every year we address this issue so that we all understand our role in billing insurance companies. We do this as a courtesy, not as a requirement. It is part of the service you pay for at any health facility. We are able to bill most insurance electronically. That means that it is:

1. Immediately transmitted.
2. We know immediately if there is an error or problem with the billing or coding of procedures.
3. It is the responsibility of the insurance company to process and pay the claim. We are only the messenger.

There are a lot of you who are insured by companies that are "self insured". This means they don't play by rules regulating most insurance companies. They write their own rules and we have to go along with it. These rules often allow them to drag out claims for weeks and months, without penalty or

retribution. Our office is along for the ride, so to speak. The financial agreement with this office is that payment will be collected from you if your insurance company does not pay your claim within 30 days. It is usually not a problem but a few of you get caught up in this “game” insurance companies love to play. It makes us look like the bad guy when actually the insurance company is understaffed or mishandling claims, saying they were billed improperly, or they don’t have to pay for this type of service, etc., etc. The list of excuses they come up with gets longer every year. Remember, insurance companies are not about making sure the population is healthier when insured, it’s about the money they collect from you. Ask yourself this: if my premiums, deductibles and co-pays go UP every year, doctors in network are forced to work for LESS every year, doctors out of network even less or not at all, who is getting more money every year? The insurance company. Mai goes above and beyond the call of duty to get claims paid. Please let your employer know if you are having problems with your insurance claims. If enough complaints pile up, maybe they’ll fire that insurance company and find a better company to work with.



“Chiropractic is absolutely a must for a natural life of fitness and exercise. I use chiropractic as part of my regular health routine because keeping the spine aligned is an important part of overall health. I don’t care if you are 60, 70, or 80

years old, you can still improve your life through exercise and chiropractic”.

Jack LaLanne, D.C.



Omega 3’s???!!!

There are just a few reputable, high standard fish oil distributors in existence. We choose to use J.R. Carlson Laboratories in Illinois. They only use the oil of fish caught at certain times of year to maximize the nutritional benefits of their product. They don’t use chemicals to extract the oil. Even the air trapped in the bottle during normal bottling processes is replaced with nitrogen and Vitamin E is added to protect the freshness of the DHA and EPA in the bottle and inside of us to prevent oxidation of the polyunsaturated oil. Omega 3 fatty acids are essential nutrients for health: DHA, EPA, and ALA. They support healthy cardiovascular, immune, hormonal, optical and nervous system functions. The typical American diet is low in Omega 3’s and high in Omega 6’s: fried and fatty foods. Imbalance in these two with higher Omega 6’s results in more inflammatory effects in the body: aches and pains, fibromyalgia, arthritis, heart disease, cancer and diabetes. We are often asked what difference it makes to take fish oil/cod liver oil and flaxseed oil. The difference is that flaxseed oil only contains ALA so it has to convert that to DHA and EPA. It takes A LOT of ALA to convert to even a little DHA/EPA, and sufficient enzymes must be present to do it. Because the conversion process is slow and limited, fish oil is more efficient. However, if you are a true vegetarian, you can use

flaxseed oil. That is why vegetarians are usually low in EPA and DHA.

Happiness

According to a 72 year old study of 268 Harvard graduates (1937) there are 3 major keys to happiness:

1. **Have a healthy outlet** such as sports, or humor. Laugh more often. **“A person without a sense of humor is like a wagon without springs, jolted by every pebble in the road”**.
2. **Don't take yourself too seriously** – an earnest acceptance of life's pains and promises.
3. **Happiness must be shared.**
The study found that those who spent too much time alone struggled. The happiest people sustained meaningful, healthy relationships with friends and family.



Recipe for homemade mosquito repellent

In a 16 oz. bottle:

- 15 drops of lavender oil
- 3-4 T. vanilla extract
- ¼ c. lemon juice

p r o s t a t e C a n c e r

Dr. Mercola has an article addressing how to reduce your risk of prostate cancer. 3 suggestions are made:

1. increase your intake of vegetables (and fruits).

2. reduce your intake of highly processed and charcoaled meat fats.
 3. Reduce your intake of dairy.
- Foods most beneficial to reducing your risk of prostate cancer:

- Tomatoes
- Cauliflower
- Broccoli
- Green tea
- Vitamin E

His best recommendations to reduce your risk of breast and prostate cancer:

- Monitor your Vitamin D levels.
- Optimize your insulin levels
- Exercise
- Get appropriate amounts of Omega 3's!!
- Eliminate sugar from your diet.
- Get good sleep!
- Reduce toxins from your life as best you can.

As you can see, we talked about a few of these already in this issue! Read more at Mercola.com

Word Play

The roundest knight at King Arthur's Round Table was Sir Cumference. He acquired his size from too much pi.

She was only a whiskey maker, but he loved her still.

Atheism is a non-prophet organization.

I wondered why the baseball kept getting bigger. Then it hit me.

A backward poet writes inverse.

Thanks, Bob D.!