

The Atlas Times

Issue #6

Baker - Borski Chiropractic, S.C.

June 2012

HAPPY FATHER'S DAY!

Remember Flag Day, also June 14th.

Welcome to the following New Patients!

Amado C.	Greg F.
Sharon H.	Jody J.
Marilyn S.	Brian E.
Leonard V.	Matthew S.
Andrew S.	Tim O.
Alicia D.	Karen V.
Jerry E.	Westley H.
Syndy H.	

Thank you for your referrals!

Ruth L.	Rhonda F.
Roger H.	Bob B.
Gordon J.	Patrick & Alex E.
Brenda V.	Beth S.
Dr. Robin X 2	Marty O.
Amy M.	Dr. Budleski

Welcome back!

Katy R.

Congratulations, Graduates!

Lydia F.	Allie S.
Larry W.	Jessie M.
Jesse M.	

REMEMBER our POC class is every Monday night at 6 p.m. New patients are required to attend at least once! All patients and guests are welcome to attend as many times as you wish.

Thank you to those of you who participated in Patient Appreciation Days! As usual we had a great turnout and lots of fun. We were able to donate to two different food pantries. Congratulations to the following winners of our drawing for door prizes:

<i>Laurelie G.</i>	<i>Alex E.</i>
<i>Beverly E.</i>	<i>Carol P.</i>
<i>Shawn Z.</i>	

Congratulations to our Facebook "Like" contest: *Mary Broda*
You win \$100!!

D-Hist

Remember as we enter allergy season we do carry **D-Hist** for adults and children without the side effects of steroidal drugs commonly used. Pregnant women are recommended to use Stinging Nettle only, as a safety precaution.

It's National Safety month!





Iceland lowers heart disease by 80% through natural means

From 1981 to 2006 the mortality (death rate) from coronary heart disease in Iceland dropped **80%** for men and women between 25 and 74 years of age. The Icelandic Heart Association and the University of Iceland funded the study that showed the results are from lowering risk factors by adopting natural, healthy choices. They emphasize the ABC's: **A**void tobacco, **B**e active, **C**hoose nutritious foods. The three main risk factors reduced in the study were: total serum cholesterol, blood pressure levels, and smoking. A full **75% reduction** came just from healthy lifestyle choices alone. The AHA (the American Heart Association) says that heart disease is a mostly avoidable disease by changing to a healthier lifestyle. They also say that coronary heart disease is the 3rd major killer and cause of stroke in the **U.S.A.** because Americans are unable to commit to a heart-healthy lifestyle. "Your lifestyle is not only your best defense against heart disease and stroke, it's also your responsibility".

High Fructose Corn Syrup
In a rare moment of clarity and integrity the FDA denied the renaming of HFCS so that it could be "hidden" in foods, trying to keep consumers in the dark about what they're eating. It will remain with the same name for now. The Corn Refiners Association sought

this change. A couple of members in this association you might recognize : Archer Daniels Midland and Cargill. The sugar industry sees this as a win and argued that sugar and HFCS are different enough to warrant different labeling. HFCS ads claim that your body processes sugar and HFCS identically. From what we learned in nutritional classes, they are **NOT** the same and are metabolized differently, in spite of their claims.



Coconut Bread recipe

Gluten/wheat free!

One small loaf:

6 eggs
½ cup butter, melted
2 tablespoons honey
½ teaspoon salt
¾ cup sifted coconut flour
1 teaspoon baking powder

Blend together eggs, butter, honey, and salt. Combine coconut flour with baking powder and whisk thoroughly into batter until there are no lumps. Pour into greased 9 x 5 x 3 inch or smaller loaf pan and bake at 350 degrees F (175 C) for 40 minutes. Remove from pan and cool on rack. It will have a texture similar to pound cake. Delicious!! You can put berries, maple syrup or cinnamon on it.

Thank you, Marisha!

Laugh for the day:

I think that's how Chicago started. A bunch of people in New York said "Gee, I'm enjoying the crime and poverty but it just isn't cold enough. Let's go west".