

The Atlas Times

Issue #6

Baker - Borski Chiropractic, S.C.

June 2013

HAPPY FATHER'S DAY!
Remember Flag Day, also June 14th.



Welcome to the following New Patients!

Gertrude D.	Ellen M.
Tony L.	Philip M.
Bob S.	Roger F.
Collette F.	

Thank you for your referrals!

Perry D.	Tom S.
Charmain L.	Melinda M.
Virginia S.	Randall & Lisa F.

Congratulations to Carl and Niki J. on the birth of son Bowen Avery!

Patient Appreciation Day was a great success and a lot of fun!! Thank you to Mai and Maranda for all of their hard work. Thanks to you, our patients, for your generous contributions to the food pantry. Thank you also for the monetary donations. We were able to donate **\$250** to The Randlin Homes for Vets due to your generosity!

Congratulations to our drawing winners:

Kathy O., Ann M., Bonnie S., Pam S., Jill F., and Gloria H.

The winner of our Patient Appreciation Day referral drawing for a \$150 Visa card is...

Charmain L.!

Goodbye to Maranda! You will have noticed Maranda is no longer with us. Due to family issues, she has moved back to the Minneapolis area. We wish her well!

Please welcome **Hillary**. She is excited to be with us and we welcome her to Baker Borski Chiropractic!

REMEMBER our **POC** class is every Monday night at **6 p.m.** New patients are required to attend at least once! Guests are welcome!!!

Congratulations, Graduates!!

Alex W.	Alex E.
Megan M.	Nathan K.

Sorry if we missed anyone!!

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 as per doctor.

Central WI Family Health and Wellness Expo by Globe Univ.

Since the weather is so unseasonal this year, stop out at the Greenheck Field House on Sunday, June 9th.

There will be all sorts of exhibits related to health, including Baker Borski Chiropractic! We'd love to see you so stop by! The hours are 10 a.m. to 3 p.m.

Your gut and your skin: Natural cosmetics....

Did you realize your gut function affects how your skin looks? When we ask about things such as psoriasis, eczema, and rashes we ask to assess your body's ability to digest and process food.

Research is now demonstrating that probiotics not only affect your gut but also send messages to your skin. It was established in 2001 in research that probiotics can improve or eliminate infant eczema. There will be more studies in the next months and years to study which of these organisms affect what aspect of skin health. Kefir is an excellent product to use to re-establish probiotics in the body and it is far healthier than sugar laden yogurt products. Probiotic supplements can also be used which do not have sugar added. NutraIngredients October 26, 2010

Annals of Family Medicine, 7:212-222. 2009

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".

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!

June 21st is the first day of summer and the longest day of light for the year.