

The Atlas Times

Issue #4

Baker Borski Chiropractic, S.C.

April 2014

Happy Birthday, Dr. Mike! (April 12th)

Mai celebrates her 4 year anniversary with us!



Welcome to the following New Patients!

Karen H.G.
Kayla E.
Mark S.
Jase W.

Chuck L.
Elizabeth N.
Natalie B.

Welcome back

Kim L.

Thank you for your referrals!

Bonnie L.
John & Doris B.

Diana M.
Sally S.

Them bones, them bones... Many of you have asked how to build good bone health/density without medication. What a great question! A new study just came out that said eating fresh fruits and vegetables helped young and older people build better bone mineral density by eating this way. It is also recommended to regularly participate in moderate bone-stressing exercise such as walking, snowshoeing, hiking, etc. Moderate stress on bones encourages the osteoblasts (bone building cells) to grow and reproduce. Too much stress or too much in one area and we get osteoarthritis/bone spurring or overgrowth of bone. We can detect this on x-rays. Good sources of calcium

and magnesium and Vitamin D (lacking in Northern climates with less sunlight) help as well. We sell Carlson's fish/cod liver oil (capsules or liquid) which helps with cardiovascular, joint and nerve health, but can include Vitamin D for our bones to make up for our lack of winter sunlight exposure.

American Journal of Clinical Nutrition, June 2006, Vol. 83, No. 6, pp. 1254-55.

Fevers

Medical journals now claim fevers are not to be seen as dangerous in general for children over 1 yr. of age and that allowing a fever to run its course can help the child get well faster.

Chiropractors have been telling parents this for many decades.

Oh, Honey!

Natural, uncontaminated honey is a wonderful health product. Here's how and why:

Heart disease: A paste of honey and cinnamon on bread can help reduce cholesterol by 10% within 2 hours and inflammation in arteries, even revitalizes arteries and veins.

Arthritis: Add it with cinnamon to hot water has been found to help relieve pain from arthritis.

Colds/sore throat/cough: A tablespoon of honey in hot water with lemon or cinnamon will help almost immediately,

and clears sinuses as well. A well known radio program quoted M.D.'s as using this for their kids - worked better than over the counter syrups!

Flu: A scientist in Spain showed that it helped shorten the flu.

Weight loss: It has been shown that cinnamon boosts metabolism. Drink with honey in hot water for the benefits.

Cancer: Honey with cinnamon in hot water was shown to eliminate cancer of the bones and stomach in Japan and Australia.

Immune system booster: Daily use of honey and cinnamon strengthens the immune system and protects from viruses and bacteria by strengthening the white blood cells which fight infection.

It is recommended not to serve honey to children 1 yr. of age and younger.

Just make sure you use safe, organic uncontaminated honey for everyone else.

Chiropractic and Blood Pressure

An 8 week placebo-controlled study shows that a specific chiropractic adjustment (Go, go AO!) can lower blood pressure. There were NO SIDE EFFECTS or problems. X-rays demonstrated that correcting Atlas or C1 was the key. The adjustment was said to have the effect of TWO blood pressure medications says George Bakris, M.D., director of the University of Chicago Hypertension Center.

Journal of Human Hypertension; stud online now (January 25, 2007).

An ICD 10 primer!

What is ICD 10 and why should I care? As of April 1, 2014 the healthcare system in this country will delay the implementation of ICD 10 **again** until October 2015. When you go to a doctor's office, your visit is coded to

explain what is wrong with you and justifies your visit to insurance. When I refer to insurance that includes Medicare, Medicaid, and Personal Injury and Worker's Compensation claims. We currently use ICD 9 codes, established in January 1979. Healthcare has changed greatly since that time. The new codes are far more specific and will reduce error such as which side of the body an injury occurs, and offer better information to justify care. The numbers vary but we are going from around 13,000 codes to around 140,000 codes. As you can imagine, the complexity is exponential. Healthcare institutions have been gearing up for this for years/months and have spent tremendous amounts of time and money to acquire software, acquire and train personnel, even purchasing new billing forms to accommodate the new codes. Failure to initiate this coding in October 2014 means a lot of money and time spent that may have to be repeated next year or whenever it is initiated. Critics of the new codes feel our systems including insurers and healthcare facilities won't be ready anyway. They are warning providers of delayed payment if coding is not perfect, and it is extremely complex. It has the potential to be financially disastrous for smaller facilities that don't have the financial coffers of big medical corporations to absorb delayed income. To complicate matters even more, some insurers may remain with the ICD 9 coding. So facilities will have to be capable of using both accurately. This changeover will be and is expensive for providers for previously mentioned expenses related to the change. This will likely lead to increased costs passed on to the consumer. This system has been in practice in Europe for some time. It

works easiest with single payer healthcare systems. The point being, this may be one of several steps toward becoming a single payer healthcare system in the United States.



Easy Healthy Meal

Use a large, 9 X 13" or larger casserole dish. Drizzle olive oil on the bottom of pan. Place any vegetables on the bottom. I like to use vegetables that need to be used up – mushrooms, broccoli, cabbage, carrots, zucchini, etc.

Place cut up fryer chicken, legs or thighs on top seasoned how you wish with olive oil, salt, lemon pepper, etc. Put in fridge, kids can put dish in oven, turn on at a certain time and have it ready when you get home. Bake at 375 for 45-55 min. depending on size of chicken parts. Temperature in thickest part of chicken should be at least 165 deg. You can make brown rice on the side to serve with.

D-Hist is here!!!!!!

Many of you discovered the benefits of a product called **D-Hist** last year. **D-Hist** is used for sinus, allergy and cold symptoms that cause the nasal congestion, runny nose, itchy eyes/nose, etc. It is safe for children and we carry **Children's D-Hist** as well. Why put up with anti-histamine side effects when you can use a natural product that is just as effective. Give it a try!

If you're a patient here, you are healthier than the general population!!!!!!

According to research on people who receive regular chiropractic care for 6 years or longer, the benefits start to really add up including a healthier and stronger immune system! We have had many people comment that they have noticed little or no sickness since being under care!

Waiting until you're in pain to come in for an adjustment is like waiting to go to the dentist until you have a toothache. By then you have a much bigger problem! An ounce of prevention is worth a pound of cure!

Happy Earth Day!



Some reasons men are happier than women?!

A woman marries a man expecting he will change, but he doesn't.

A man marries a woman expecting she won't change but she does.

A woman knows all about her children: dentist appointments, romances, best friends, favorite foods, secret fears, hopes and dreams.

A man is vaguely aware of some short people living in the house.

A woman has the last word in any argument. Anything a man says after that is the beginning of a new argument.

