

# The Atlas Times

Issue # 4

Baker – Borski Chiropractic, S.C.

April 2015

## Happy Easter!!



### Welcome to the following New Patients!

Beulah D.	Ryan S.
Chris J.	Jessica S.
Ken M.	Trina N.
Alyssa N.	Carol T.
Dana L.	Taylor S.
Debbie G.	Calvin D.
Sheri P.	

### Thank you for your referrals!

Betsy and Ryan S. X 2	Sherri M.
Trina N.	Alan and Molly S.
Karla S.	Samantha P.
Bonnie S.	Bob M.
Dawn G.	Carol B.

### [bakerborski.com](http://bakerborski.com)

Have you checked our website?:

### **bakerborski.com**

Our newsletter is posted there each month! We have videos posted under "techniques". If you know of anyone interested in chiropractic or our technique you can direct them there.

### **April's Condition of the Month** **is...**

#### **ALLERGIES –**

The definition of allergies is: an inappropriate response by the body's immune system to a substance that isn't normally harmful. It may identify a nontoxic substance as an invader; white

blood cells overreact and create more damage to the body with responses such as nasal congestion, coughing/wheezing, itching, shortness of breath/asthma, headache, rashes/hives and fatigue. A food intolerance is something altogether different. A person is unable to digest and process a food correctly, usually due to a lack of a certain enzyme or enzymes. The person gets unpleasant symptoms such as bloating or gas and pain. For example, most people who cannot consume milk/dairy are food intolerant, lacking lactose to break down the milk properly. It is estimated that less than 10% of the population is truly allergic to milk. It is also estimated that at least **150** Americans die each year of severe reactions. Severe allergies affect an estimated 50 million Americans each year. Food intolerances can lead to allergies and even cravings for the food that makes them ill. Food allergies are on the rise, most likely due to a poorer immune system response from over-vaccination, environmental toxins, and food additives. The **8 most common allergens** are: milk, eggs, fish (bass, flounder, cod), shellfish, tree nuts, peanuts, wheat, and soybeans. Seasonal allergies are on the rise due to weather and climate changes. Some allergies have a genetic component. It is demonstrated that babies who are not breastfed are more likely to develop allergies. The best way to determine food allergies is an elimination diet. Eliminate all foods on the "Top 8" list for several weeks. Reintroduce them one at a time, waiting 1 month between each

food added back to watch for a reaction of any type.

### Mammography or....

When using mammography and MRI, MRI alone was as good as including mammography. The medical system will be easing out of using mammography for breast diagnostics! A study came out last week that showed false negative findings with mammograms indicates an increased risk of developing breast cancer later. They do not know if this means mammograms miss early cancer or that woman has a physiology that demonstrates later cancer development. There is a 3<sup>rd</sup> possibility. That mammogram radiation causes some cancers? Regardless, it definitely demonstrates that mammograms are not a reliable method to detect breast cancer and can miss early changes or misread benign findings. Another method for detection may be thermal imaging which is completely safe and just as reliable. Self examination is a very reliable way to find changes in breast tissue, and then pursue further testing.

Journal Watch Oncology and Hematology

Summary; March 24, 2010

Journal of the National Cancer Institute April 5, 2012.

### High blood pressure??????

Seven studies covering 22,000 people demonstrated that trying to lower blood pressure below 140/90 has shown no benefit in reducing the incidence of cardiac arrest, stroke or heart failure or kidney failure. Jose Arguedas, lead researcher at the University of Costa Rica said that there are no randomized trials of the general population with elevated blood pressure that support trying to lower blood pressure below

140/90. **Another** study documented in the New England Journal of Medicine; March 14, 2010 proved that aggressively lowering blood pressure by medication in individuals with Type II Diabetes from a systolic reading of 140 to 120 **MADE NO DIFFERENCE** in their mortality/adverse events. There is a study that demonstrates scientifically that the specific atlas adjustment does have a helpful effect on blood pressure. The study was reported in the Journal of Human Hypertension, May 2007, on 50 people over 8 weeks.

Healthy and natural ways to lower blood pressure:

1. **Exercise regularly.** Aim for 30-60 minutes/day. This has been proven over and over in research that this really works if done consistently!
2. **Eat healthy.** Lower your intake of animal fats, dairy, complex carbohydrates, and processed foods/flour/sugar/caffeine. Use healthy fats found in olive oil, fish (oil), flax seed, avocados, etc. Increase your intake of omega 3's to counterbalance our high intake of omega 6's (INFLAMMATION!!) in the typical American diet. Aim for a Mediterranean type of diet.
3. **Keep your weight normal.** This goes in hand with the first two requirements. Even 5 lbs. of weight loss can make a difference.
4. **Cut the stress in your life.** Relaxation, exercise and achieving balance in your life will help you.
5. Cut out unhealthy habits such as smoking and heavy drinking AND no exercise.

6. **Increase Vit. D.** Make sure you are getting enough. Most Americans, including children are deficient.
7. **Get regular adjustments** here. Yes, there is research that shows chiropractic adjustments help moderate blood pressure. Especially the **Atlas** work we do here. The brainstem area (occiput, C1, C2) contains the **RAS, reticular activating system** that helps regulate blood pressure, heart rate and breathing rate.
8. **Check your blood pressure regularly.** ASK US TO CHECK! We would be glad to check you.

### **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!

### **Tylenol for Babies & Toddlers???**

The FDA's Nonprescription Drugs Advisory Committee and Pediatric

Advisory Committee have together recommended that "pain relief" be removed from the label of Tylenol and other brands of acetaminophen because there is no reliable evidence that it relieves pain better than placebo in children under age two.

This will surprise many parents who reach for these common pain relief drops when their little ones are teething or have an earache or a sore throat. Not surprisingly, the over-the-counter drug industry trade group (CHPA) objects to the findings of the expert panel.

### **Tylenol Does Reduce Fever – But Why?**

The advisory panel recommended that the acetaminophen label should say it's for "fever reduction" and nothing else. But here's the thing – in most cases the fever is helping the child by activating the immune system and fighting the infection. I don't recommend treating fever unless it is interfering with a child's ability to sleep or to drink liquids (both are even more important for healing than the fever).

If we don't give acetaminophen to babies and toddlers for pain, and we rarely give it for fever – this will change

the landscape of over-the-counter medications for young children.

### **Tylenol Is Not As Benign As Many People Think**

Acetaminophen is the most common cause of acute liver failure in the US. It has been estimated to cause three times as many cases of liver failure as all other drugs combined. While the serious problems usually come from overdoses, in babies and small children the dose that can cause harm may be not many times more than the recommended dose.

### **Tylenol Dosing Should Be Based on Weight**

Most dosage charts that parents see list a dose based on age, or suggest that parents ask a doctor for the dose. And dosage concentrations have varied in various formulations. Together, this confusion has led to overdosing and to fatalities in several dozen healthy young children over the last decade.

The FDA panel has recommended that all liquid acetaminophen come in the same concentration, that all packages contain dosing information for children down to 6 months of age, and that the dose be based on the child's weight.

### **Powerful Recommendations**

I applaud these recommendations and hope they will be formally adopted by the FDA. If so, I expect they will result in safer children. As parents we don't have to wait, though, to change our own practices.

*Instructions* May 18, 2011.

Lee WM. "Drug-Induced Hepatotoxicity." *New England Journal of Medicine*, July 31, 2003, 349:474-485

We've known much of this for over a decade:

<http://www.nytimes.com/2000/01/25/health/personal-health-with-...>

**Published on:** May 18, 2011

*By Dr. Alan Greene, San Mateo, CA.*

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!*

