

The Atlas Times

Issue # 4

Baker – Borski Chiropractic, S.C.

April 2016

Happy Spring!



Welcome to the following New Patients!

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| Joseph F. | Ann H. |
| Sandra P. | Mario M. |
| Sawyer M. | Debra B. |
| Alicia D. | Ivan H. |
| Jessica J. | Ervin L. |
| Ryan M. | Karen S. |
| Clint S. | David W. |
| Jacob W. | David Z. |
| Rose K. | Daina L. |
| Tanya S. | Janet E. |

Thank you for your referrals!

| | |
|---------------------|----------------------|
| Les D. | Cathlene C. |
| Tina M. x 2 | Ervin L. x 2 |
| Dr. Dobowey | Daina L. |
| Carl B. | Lane and Makenzie L. |
| Gayl J. | Sue S. |
| Alex and Patrick E. | |

Welcome Back!

| | |
|----------|----------|
| Molly S. | A.J. S. |
| Katie S. | Kelly S. |
| Mary H. | |

bakerborski.com

Have you checked out our website:
bakerborski.com

Our newsletter is posted there each month! If you know of anyone interested in chiropractic or our technique you can direct them there.

Mammography or....

When using mammography and MRI, MRI alone was as good as including mammography. A study 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 3rd possibility. That mammogram radiation causes some cancers? Regardless, it definitely demonstrates that mammograms are not always 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, 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. 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.

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!

Homemade Laundry Soap

½ box Borax

1 bar of Fels Naptha, shredded

½ bar Castile soap

½ box washing soda

1 c. baking soda

1 container "Sun" brand oxyclean

Directions: use 3-4 coffee scoops/load.

Thank you, Theresa K.!

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!

