

The Atlas Times

Issue #4

Baker Borski Chiropractic, S.C.

April 2017

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



Welcome to the following New Patients!

Chris A.	Emily B.
Emily C.	Angie G.
Vernon M.	Shawn T.
Jayne E.	Audrey C.
Amber S.	Tim H.
Amanda M.	Teagan D.

Thank you for your referrals!

Linda & Joe A.	Autumn W.
Lisa R.	Betty C.
Darryl G.	Annette S.
Leslie B.	Erin H.

Dr. Baker will be out of the office Friday, April 7th for classes. Mai will be out of the office Thurs. and Friday, April 6-7th.

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. We also have products that are as effective as medications for osteoporosis/osteopenia but far safer!

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.

Himalayan Salt Inhaler Respiratory Aid

As promised, I am going to give a review of my experience with this product. This is a product I learned about online. I ordered through Amazon. It came with a 2 mos. supply of Himalayan salt. You are instructed to use it twice a day for 10 min. each time. I had been using an inhaler nightly for a few weeks. My respiratory problems started

approximately 2 yrs. ago after exposure to ozone gas. As soon as I started using the salt inhaler, I stopped using my prescribed inhaler. My morning cough was gone for good after 2 days of using the salt inhaler. I felt I could breathe deeper resulting in my energy level rising. I would recommend trying this device to improve breathing; possibly reduce or eliminate reliance on steroid inhalers/medication. The device with shipping was about \$21 – a good deal!

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.

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 40+ 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.

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 less 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!

