

The Atlas Times

Issue #8

Baker - Borski Chiropractic, S.C.

August 2015

Last month of summer vacation!
Get the **kids'** spines checked before school starts!!!

Welcome to the following New Patients

Monika J.	Taylor K.
Taylor E.	Hope N.
Rhiannon K.	Bentley M.
Nichole M.	Violet W.
Mark B.	Ryan L.
Mark T.	Shoua Y.
Rowan T.	

Thank you for your referrals!!!!

Rob E.	Tia N.
Greta W.	Lynda L.
Lynn K. X 2	Lisa F.
Susan T.	Charles H.
Dr. Ferraro	Nikki O.

Welcome back!

Barb	Allen W.
Mary L.	

Website

Read our current newsletter as well as archived editions online anytime at:

www.bakerborski.com

FOOD, FOOD, FOOD...

Dr. Mercola has an article that explains how processed foods and additives are poor food choices which can affect moods, behavior, criminal activity/behavior, and even Alzheimer's. High sugar and starchy carbohydrates

result in spiking blood sugar amounts which trigger frequent high insulin releases, then result in "sugar or carb crashes" where blood sugar drops precipitously resulting in hypoglycemia. The brain signals release of glutamate at levels that result in agitation, fatigue, anxiety, panic attacks, depression and even an increase in suicidal behavior. Russell Blaylock, M.D. has written extensively on this subject and has a book titled **Excitotoxins: The Taste That Kills** that addresses these issues in great detail.

Here are more facts documented in the film "Food, Inc." you may not have been aware of:

-In the 1970's there were thousands of slaughterhouses producing the majority of beef sold. Today [there are only 13](#).

-Prior to renaming itself an agribusiness company, [Monsanto was a chemical company](#) that produced, among other things, DDT and Agent Orange.

-In 1998, the testing for salmonella and E. coli 0157h7 so that if a plant repeatedly failed these tests, the USDA could shut down the plant. After being [taken to court by the meat and poultry associations](#), the USDA no longer has that power.

-In 1996 when Monsanto introduced Round-Up Ready Soybeans, the company controlled only 2% of the U.S. soybean market. Now, over [90% of soybeans](#) in the U.S. contain Monsanto's patented gene.

-In 1972, the FDA conducted 50,000 food safety inspections. In 2006, the [FDA conducted only 9,164](#).

-During the Bush administration, the [chief of staff at the USDA, James F. Fitzgerald](#), was the former chief lobbyist for the beef industry in Washington.

-The [average chicken farmer](#) (with two poultry houses) invests over \$500,000 and makes only \$18,000 a year.

-Supreme Court justice Clarence Thomas was an attorney at Monsanto from 1976 to 1979. After his appointment to the Supreme Court, Justice Thomas wrote the majority opinion in a [case that helped Monsanto](#) enforce its seed [patents](#).

-The average American eats [over 200 lbs. of meat a year](#).

-The modern supermarket stocks, on average, [47,000 products](#), most of which are being produced by only a handful of food companies.

-[About 70% of processed foods](#) have some genetically modified ingredient.

-The SB63 Consumer Right to know measure, requiring all food derived from cloned animals to be labeled as such, passed the California state legislature before being [vetoed in 2007 by Governor Schwarzenegger](#), who said that he couldn't sign a bill that pre-empted federal law.

-According to the [American Diabetes Association](#), 1 in 3 Americans born after 2000 will contract early onset diabetes. Among minorities, the rate will be 1 in 2.

-[E. coli and salmonella outbreaks](#) have become more frequent in America. In 2007, there were [73,000 people sickened by the E. coli bacteria](#).

-Organics is the fastest growing food segment, increasing.

Saying "NO!" to statins

The answer is rarely another medication. Diet and exercise is what is needed.

Two new studies published in the Archives of Internal Medicine prove that statin drugs do almost nothing to prevent cardiovascular disease, heart attacks, and stroke. 11 placebo controlled trials over 4 years and including 65,000 patients

without cardiovascular disease at baseline showed no significant drop in all-cause mortality, though LDL levels were slightly lower in statin users. The second study, the JUPITER study on rosuvastatin showed that although they claimed 50% improvement on patients without cardiovascular disease or hypercholesterolemia but high C-reactive protein levels, the study was deeply flawed: it was stopped too early, data on cardiovascular mortality was lacking, and more than half of the researchers had ties to the medical/biotechnology/pharmaceutical industries. Dietary changes and exercise remain the most effective way to prevent cardiovascular disease/conditions. More of the omega 3's and less omega 6's in the diet are helpful. Omega 6's are present in fried and processed foods such as vegetable oils used for making cereals, pasta, crackers and bread.



Greek Salad recipe (serves 4)

4-6 roma tomatoes – cubed or diced

1 cucumber – cubed or diced

1 green pepper – cubed or diced

Kalamata or Greek olives - handful

Feta cheese – crumbled

Red onion – 1/5 – 1/4 c.

For a marinade

Use liquid olives are in, 1/4 c. red wine vinegar or balsamic vinegar, 1/4 - 1/2 c. olive oil, 1/4 t. pepper, (salt), 1/2 T. basil, 1/2 T. oregano.

Put on quinoa or lettuce with cut up cooked chicken for a meal!

What is Loved, Grows.