

The Atlas Times

Issue #8

Baker - Borski Chiropractic, S.C.

August 2016

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

Welcome to the following New Patients

Dayna B.	Laurie G.
Addie B.	Christine H.
Emmie S.	Olivia V.
Rosanne W.	Jeni G.
Ron S.	Molly B.
Eldon W.	Harvey R.
Philip B.	Rosann B.
Alyssa H.	Jeremy H.
Sonya L.	Regena H.
Karen M.	Mark N.
John W.	Wendy H.
Ana B.	Megan C.

Thank you for your referrals!!!!

Robert G.	Julie B.
Peggy K.	Lindsey S.
Nikki O.	Carol B.
Stephen W.	Rosanne W.

Welcome back!

Sandy J.

We will be **closed** Friday, Aug. 19th to attend a conference. Dr. Baker will be in the office Thursday, Aug. 18th 8:30-1, 3- 5:30 p.m. We will be open Monday, August 22 at 8:30 a.m.!

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.

Before school check

You have scheduled them with the dentist, the eye doctor, buying supplies, even for sports physicals but have you had your children checked for scoliosis and spine checks to see if they are ready to tackle the new school year? We do free spinal checks to make sure there is nothing lurking to interfere with your child's ability to enjoy school and

sports/activities this school year. Get them in now before the craziness begins!

You May Say “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. Statins also are linked to blood glucose problems, aggravating Type II diabetes.

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!

The Check-In Kiosk!

You will notice the check in kiosk in the reception area for all patients. This allows each patient to determine what is most important to them on that visit. Many insurance companies, Personal Injury and Worker's Compensation require detailed documentation and visit note submission for payment. This increases our workload exponentially. When you go to your M.D. or dentist, who takes down your information, updates your personal info, medications, vital statistics? In order for them to make the most of your visit that job is delegated to assistants/nurses/hygienists etc. That cost is part of the fee you pay. The kiosk allows us to try to keep costs down and accurate documentation at a high quality. The information you enter cannot be seen by anyone outside this office unless you give your permission via HIPAA regulations. What you put down is extremely important to your doctor. If you have “health” insurance, it documents your actual presence at our office and the reasons you seek out care. We could hire assistants just to take notes for each doctor. Imagine the cost of that. The kiosk is a better option for everyone. Those whose eyesight or physical infirmity prevents them from being able to use the kiosk need only let us know so we may assist you. This system will allow us to comply with Electronic Health Records legislation that was part of the 2006 Budget Bill.

This is not a result of recent health care legislation. Thank you for your help!

What is Loved, Grows.

