

The Atlas Times

Issue # 12

Baker - Borski Chiropractic, S.C.

December 2015

Merry Christmas!



Welcome to the following New Patients!

Seth G. Karen A.
Rick M. Samantha D.
Tanya E.

Thank you for your referrals!

Dave K. Mao Y.
Rob E.

Welcome back!

Stanley Z. Marta A.

Thank you for the gifts, recipes

Gayl J.

Schedule changes:

We will have two schedule changes this month due to a conference and Christmas/New Year's. We will be closing Thursday, December 10 – Tuesday, December 15th to attend a conference. Mai will be in the office to return phone calls during normal office hours. Both doctors will be in Thursday, December 24th but we are closing at 1 p.m. for Christmas Eve and all day Friday, December 25th, Christmas. We will be open Monday, Dec. 28th at 8:30 a.m.

We will be closed all day Friday, January 1st. Both doctors will be in the office all day, Dec. 31st.

High Blood Pressure

2 very interesting studies were published recently that must be discussed. The first one grabbed my attention because it is a CURE for high blood pressure.

Then I read the article.... The “cure” is severing the renal nerve connecting the kidneys to the nervous system, one for each kidney. If your phone has interference do you cut your land line?

If the television has interference do you cut your cable or antenna connection??!! This is medical mayhem at its best. Stop one problem and create 100 more. They even say blood pressure as low as 178 would warrant this type of procedure.

This may be a perfectly normal reading for some people. Slightly higher blood pressure does occur as we age because blood vessels become slightly less efficient with age. The **second article** demonstrates the absurdity of this first procedure:

Healthcare Costs L

Speaking of high blood pressure, here are the reasons your healthcare costs continue to rise

Medical Technology – The U.S. Center for Disease Control and Prevention shows an increase in high-tech medical tests and surgeries with questionable benefits.

Administrative Costs – Inefficiencies in the current system account for much of the cost structure. We reward the

medical system financially for more complicated and expensive services that haven't necessarily increased overall health and have unproven results.

Disease and Aging -

75% of healthcare costs go for chronic disease conditions: arthritis, diabetes, obesity, heart/cardiac conditions (blood pressure, stroke, and heart attacks), cancer, asthma. Most if not all of these conditions can be dealt with by diet, exercise, and safer environments.

Medical Malpractice -

These costs have risen 15% from 2000-2002 and it is a matter of debate how much it affects healthcare costs since it is "buried" into the overall cost of being in practice. I can share with you that malpractice insurance is a very objective and respected manner of assessing risk and based on that **Chiropractic is at least 150 times safer than any medical procedure.** Anyone who tries to scare someone out of seeing a chiropractor has no basis in reality - its only fear and ignorance.

Prescription Drugs -

The pharmaceutical industry employed **2,084 lobbyists in 2005** to influence law and procedure in their favor. With 535 members of Congress that equals **3.895 lobbyists/Congresspersons.** If the average salary is around \$80k give or take \$20k with bonuses/perks, then you know how much money is being spent on special interest. They spend **twice** as much on advertising as research. Since 2006 when Medicare Part D was implemented healthcare costs shot up significantly for prescription drugs. It is alarming that this is one of the fastest growing spending programs.

Kaiser Family Foundation
ABC News
Opensecrets.org

45,000 Americans will die this year because they have no insurance.

Harvard Medical School

F I G H T F I G H T

F i g h t !

Remember to maintain your health this winter with Zinc/Vitamin C lozenges, Vitamin D and multivitamins. Get enough rest, water intake and healthy, live food to keep your immune system strong and vibrant. That is the best defense against colds and flu - not the flu shot. There is no evidence that flu shots are best, in fact quite the opposite is true. Don't tear down your immune system: build it! Exercise is also found to be helpful in fighting illness.

Mercola.com

cdc.gov

naturalhealthnews.com

Top Ten New Year's Resolutions

You can probably fill in most of this yourself but here is a consensus list:

1. Spend more time with family and friends.
2. Regular exercise.
3. Lose weight.
4. Quit smoking.
5. Enjoy life more.
6. Quit drinking.
7. Get out of debt.
8. Learn something new.
9. Help others.
10. Get organized.

Those of you with health savings plans or accounts can ask Mai for an estimate of 2016 costs so you can plan ahead!

H a p p y N e w Y e a r !

