

The Atlas Times

Issue # 12

Baker - Borski Chiropractic, S.C.

December 2016

Merry, blessed Christmas!



Welcome to the following New Patients!

James K.	Eugene S.
Darryl G.	Aubrey F.
Gabriella H.	Laura H.
Trevor B.	Grant B.
Kurt S.	Miranda H.
Darlene K.	Owen L.

Thank you for your referrals!

Dr. Smith/Kim M.	Sandy S.
Christine & Cliff M.	Kristin R. x 2
Laurie G.	Kevin C./Betsy S.
Tom R.	Lisa B. x 2

Thank you for the gifts, recipes!

Jessica L.	Dr. Smith
Katie R.	

THANK YOU FOR A FANTASTIC PATIENT APPRECIATION DAY!

Congratulations to our drawing winners for Patient Appreciation

Day!!:

Edwin L., Dale L., Olivia V., Christa
L., Charmain L., and Beverly E.

*Those of you with health savings plans
or accounts can ask Mai for an estimate
of 2017 costs so you can plan ahead!*

Healthcare Costs L

Healthcare costs continue to rise. Here are some of the reasons:

Medical Technology – The U.S. Center for Disease Control and Prevention shows an increase in high-tech medical tests and surgeries with questionable benefits. MRI's, for example can vary by thousands of dollars for the same imaging in different locations even within a state.

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, plus \$20k more 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

By Dr. Mercola

The cost of health care in the U.S. jumped to over 17 percent of the GDP in 2015.¹ However, even though the U.S. tops \$3 trillion in spending on health care each year, it is the worst performing system ranked by multiple aspects of care.² Americans spend, on average, over \$9,500 per capita on healthcare. This is the highest amount spent over 11 developed countries, but the U.S. ranks 11th in terms of health. The most glaring difference is that the last ranked U.S. per capita expenditure is more than double that of the first ranked expense in the U.K.

Not only is healthcare in the U.S. more expensive, less effective and performs poorly when compared to other countries, recent research demonstrates half of Americans are living with chronic illness.

**H o w t o S t a y
h e a l t h y ?**

1. Remember to maintain your health this winter with regular chiropractic visits, 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

Cauliflower, Coconut Oil, Ginger, Turmeric Stew:

This delicious stew is perfect for vegetarians or meat eaters. And it's full of healthy fats! Comforting and warm, it's one the whole family can enjoy for dinner. Add in some chicken or tofu for extra protein. If you're enjoying a bit of grains, this pairs nicely with wild rice.

INGREDIENTS

- 2 tablespoons coconut oil
- 1 teaspoon cumin seeds
- 1 medium onion, finely chopped
- 3 ripe tomatoes, finely chopped
- 1 medium head cauliflower, stemmed and cut into bite-size florets
- 1 jalapeno, stemmed, seeded, chopped
- 1 cup chopped kale

- 2 teaspoons ginger paste
- 1 tablespoon cumin powder
- 1 tablespoon coriander powder
- 1 teaspoon turmeric powder
- 1 can full-fat, unsweetened coconut milk
- 1 teaspoon sea salt
- 2 tablespoons chopped cilantro

Step 1

In a medium stock pot, heat the coconut oil for 30 seconds on medium heat.

Step 2

Add the cumin seeds and stir until they start to sputter. Then add the onions and cook for another minute, and then, add the tomatoes, stir and cook for a few more minutes until the tomatoes soften.

Step 3

Add the rest of the ingredients and stir together. Cover the pan and simmer for about 15 minutes, stirring every 5 minutes to keep from burning. 4 servings.

Are you missing Magnesium?

Magnesium is one of the most overlooked minerals but has hundreds of important functions in our body.

Magnesium is a crucially important mineral for optimal health, performing a wide array of biological functions, including but not limited to:

Activating muscles and nerves

- Creating energy in your body by activating adenosine triphosphate (ATP)
- Helping digest proteins, carbohydrates, and fats
- Serving as a building block for RNA and DNA synthesis
- It's also a precursor for neurotransmitters like serotonin

Signs of magnesium deficiency?

Numbness and tingling, heart arrhythmia, seizures, coronary spasms, personality changes, and muscle cramps/contractions.

An appropriate ratio of calcium to magnesium is 1:1. Magnesium and [vitamin K2](#) complement each other, as magnesium helps lower blood pressure, which is an important component of heart disease. So, all in all, anytime you're taking any of the following: magnesium, calcium, vitamin D3, or vitamin K2, you need to consider the others, since these all work synergistically with one another. Dr.Mercola, 12/8/13.

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

