

# The Atlas Times

Issue # 12

Baker - Borski Chiropractic, S.C.

December 2017

## Merry Christmas!



### Welcome to the following New Patients!

|            |            |
|------------|------------|
| Kayla B.   | Dana R.    |
| Terry B.   | Jim B.     |
| William D. | Levi G.    |
| Bryan H.   | Kendra L.  |
| Jo J.      | Kent N.    |
| Susan E.   | Nichole S. |
| Josie F.   | Jubilee R. |
| Amanda S.  | Joanna B.  |
| Lisa B.    |            |

### Thank you for your referrals!

|           |                 |
|-----------|-----------------|
| Kayla B.  | Whitney F.      |
| Carol R.  | Mary J.         |
| Shane G.  | Edwin & Ruth L. |
| Bonnie W. | Jeanne M.       |

### Welcome back!

|          |          |
|----------|----------|
| Shari M. | Kayla B. |
| Bob F.   |          |

### Thank you for the gifts, recipes

|             |           |
|-------------|-----------|
| Sophie K.   | Sherri M. |
| Meredith T. | Mary J.   |
| Adam S.     |           |

We will be closed Monday and Tuesday, December 25 - 26th. We will be open Wednesday, Thursday and Friday all day Dec. 27- 29<sup>th</sup>.

## Pregnancy and birth

Although midwives and natural healthcare providers have long upheld the practice and recommendation to delay umbilical cord clamping after birth, it is now coming to the attention of the allopathic community. I don't know why this is new or "updated" information regarding this practice. It has been long known that delaying clamping allows for better oxygenation and iron levels in newborns. A delay of 3 or more minutes allows "placental transfusion" which can boost total blood volume by 1/3 or more. At the end of the article synopsis published in Physician's Watch November 16 2011, a medical physician made a remark about this being "cutting edge" research - having been taught about this result in **1969!**

## High Blood Pressure

2 very interesting studies were published that must be discussed. The first one grabbed our attention because it states 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??!! 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.

### No Flu Vaccines Here!!

A scientific study in Japan showed that **taking Vitamin D** is as effective as the flu vaccine (without the dangerous risks and side effects) in preventing the flu. Here's a statistic that should frighten you:

Study by the Cochrane Collaboration, 2006: Efficacy of Flu Vaccine for Children under 5 years of age.

From 1999-2002, flu deaths for children in this age group fell each year to below 20 deaths, but in 2003 with the CDC's recommendation to vaccinate young children, that percentage rose to about 90 deaths.

A clinical study conducted by the Division of Molecular Epidemiology at the Jikei University School of Medicine Minatoku in Tokyo, Japan found that administering **Vitamin D was extremely effective at halting influenza infections in children.**

This was a "gold standard" study: a placebo controlled double blind study of 334 children, half given 1200 IU's of Vitamin D3. It resulted in an 8% reduction of influenza cases vs. the vaccine having a reduction of 1%.

Vitamin D has also been shown effective for depression, arthritis, cancer and asthma.

[ajcn.org](http://ajcn.org); [naturalnews.com](http://naturalnews.com)

### *Health Account*

How is your health account doing? No, not your "health savings account". Are you investing in your own health? Just like any other investment, if you are not actually contributing to your "health

account" you may discover you're bankrupt when, not if, a condition or crisis occurs. If you don't put money into a savings account, you have no savings account. If you don't invest time and energy into your health you don't have an account. That rainy day account, which will happen to EVERYONE won't be there. If you don't exercise, eat nutritious live foods, get enough rest, have too much stress and don't get checked periodically, you have a **bankrupt** health account. So when your rainy day comes, you may be forced into a choice and/or situation that you are not happy or satisfied with. You may have **no** options to save yourself. If you are proactive and plan for the rainy day that WILL COME, you will probably have options. With an account the severity and duration of the crisis will be decreased. This applies to our lives in so many ways. The amount of effort you put into your health is what you get out. We have been duped into thinking the solution will be a pill or procedure that will fix any and everything, so we can do whatever we want in the meantime. Can you drive a car indefinitely without ever changing the oil or the tires? Eventually it will break down. Your body is no exception. Take a good, long look at your health account. Are you ready for a rainy day?

### Why Chiropractic Care is AUTHENTIC Preventative Health Care - **Symptom-Free Does Not Equal Health**

There was a medical doctor, Dr. Windsor, who in the early 1900's took about 150 cadavers and observed what their organs looked like. He noticed the color of the tissue and cells, if there was visceral fat around it or not and whether the organ had signs of the start of disease.

He tried to stay away from organs that were the cause of death for that specific individual i.e., for a person who died from a heart attack, he would avoid looking at the heart for observation.

He then traced the nerves that innervated these organs back to their location in the spine and **95%** of the time found that the organs that had preliminary signs of disease also had fixations and adhesions at those segments in the spine. Organs that had no signs of disease had extremely healthy sections of the spine.

Because a person does not have symptoms does not mean that they are healthy. The disease process takes time to develop, sometimes 10-15 years worth of breakdown in order for a symptom to appear.

If the CNS is clear at the spine, subluxation free, then the communication highway between organ/tissue/cell and brain is open and the appropriate changes that may need to take place can be monitored and changed more effectively.

So cancer cells that are forming on our livers right now as we read this post can be recognized by that organ, a message can be sent to the brain triggering an immune response to seek and destroy the useless, damaging cells preventing permanent trauma from occurring.

- Seeing a chiropractor regularly will help keep your spinal nerves clear of interference, which will help keep your health.

1. Adequate exercise
2. Healthy nutrition
3. Positive thinking
4. Cultivate good habits
5. Groom yourself well
6. Smile
7. Have an erect posture
8. Help others
9. Find time to relax

10. Never lose faith

- Jack LaLanne, D.C.

### Happiness

According to a 72 year old study of 268 Harvard graduates (1937) there are 3 major keys to happiness:

1. **Have a healthy outlet** such as sports, or humor. Laugh more often. **“A person without a sense of humor is like a wagon without springs, jolted by every pebble in the road”**.
2. **Don't take yourself too seriously** – an earnest acceptance of life's pains and promises.
3. **Happiness must be shared.**  
The study found that those who spent too much time alone struggled. The happiest people sustained meaningful, healthy relationships with friends and family.



**Our prayers and wishes for all of you are for a healthy, happy, successful New Year. We hope we are a part of your quest for wonderful health. Share your knowledge and experience with the benefits of regular chiropractic care this New Year with family, friends and co-workers. Truly better health is teamwork and so many people need that hope and assistance today!**

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