

The Atlas Times

Issue # 12

Baker – Borski Chiropractic, S.C.

December 2013

Merry Christmas!



Welcome to the following New Patients!

Dr. Patti	Alex G.
Peggy H.	Daniel D.
Mary F.	Walter F.
Gracelyn A.	Steve. L.
Lindsey D.	

Thank you for your referrals!

Mary Ann P.	Randall D.
Erik and Amber A.	Dr. Mike X 2
Burt and Penny F.	Lee B.

Welcome back!

Dan G.	Peggy K.
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Thank you for the gifts, recipes

Dr. Patti	Carol P.
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We will be closed
Wednesday, December 25th.
We will be open Thursday,
Dec. 26th at 8:30 a.m.

Welcome New Babies!!

Gracelyn A.	Walter F.
Nora A.	

May they be blessed with good health all of
their lives!

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 sarcastic but accurate comment about this being "cutting edge" research – having been taught about this result in **1969!** You've got to wonder sometimes!

High Blood Pressure

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

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

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; 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?

Treatment Expectations

A recent study in the British Medical Journal reported that exercise significantly reduced pain and increased function to the knee joint. The control group for the study received “usual care” which consisted of rest and restraint from their usual activity. The study had 131 participants, 65 in the exercise group and 66 in the control group. The most interesting aspect of the study conducted in the Netherlands was that at the end of the study the exercise group did not feel that they improved any better than the control group. This indicates that people expect intervention and pain treatment/medication in order to feel “improved”. Their own participation in recovery did not make them feel any better. By the way, both groups received instruction for home exercise but only the first group was required to do it. BMJ; Oct. 20, 2009

- **Butternut Squash Gratin**

Serves 6

3 tablespoons unsalted butter

1 (2 -pound) butternut squash

3/4 teaspoon fine sea salt

1/2 teaspoon freshly ground black pepper

1/3 cup grated Pecorino Romano cheese

2 tablespoons fresh thyme leaves

1/2 cup heavy cream

Preheat oven to 350°F. Butter a 9-inch baking dish with 1 tablespoon butter.

Peel and seed squash, then thinly slice using a hand slicer, such as a Benriner or Mandoline slicer. Layer squash in baking dish, sprinkling some of salt and pepper between each layer. When baking dish is half filled, sprinkle 1/2 of cheese and thyme over squash. Continue layering squash with salt and pepper. Pour cream evenly over top layer, then sprinkle with remaining cheese and thyme. Cover baking dish with foil and bake until squash is tender, about 45 minutes. Remove foil from baking dish and preheat broiler. Broil gratin until top is browned about 4 minutes. Serve.

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 visceral organs functioning optimally.

Basic Tenets of good health:

- Think right
- Eat right
- Drink right
- Move right
- Sleep right
- Poop right
- Talk right
- Dr. Bob Rakowski, D.C., C.C.N., D.A.B.C.N., D.I.B.A.K.

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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 and practice 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 !

