

The Atlas Times

Issue # 2

Baker – Borski Chiropractic, S.C.

February 2014



Welcome to the following New Patients!

Paul R.	Sandy N.
Kevin C.	Brad H.
Alex W.	Jane R.

Thank you for your referrals!

River Valley Bank	Betsy S.
Troy S.	

A new favorite saying:

What you eat today, you wear tomorrow!
Jack LaLanne, D.C. and Fitness Expert

Did you know?

- Fitness Pioneer Jack LaLanne was a Chiropractor! (RIP, Jack!). Not only did Jack live to 96, but he lived all of those years in superb physical condition. He inspired millions to treat their body with the utmost respect and discipline. He knew how important a healthy nervous system is to overall health and how perfectly chiropractic serves that purpose. He was that old and did not suffer from arthritis, diabetes, high blood pressure or any other chronic, “old age” disease.

Good health is not an accident

Have you noticed how infrequently Dr. Borski and Dr. Baker are ill? This is not

by accident. We each do several things to make sure we stay well so we can care for our patients without interruption. We actually work at it. Here are our “secrets” for mostly good health:

1. **Get adjusted** regularly to keep our nervous system working at peak performance to help other systems and immune function stay at optimal levels.
2. **Eat organic** as much as possible. Rely on vegetables (and fruits), healthy oils/fats, leaner proteins and clean water.
3. **Get enough rest.** This is **SO** important and often corners are cut here. If you have irregular hours, this will greatly affect your health negatively over time. Doubly important when it comes to children!
4. **Take supplements.** I get a kick out of people who really believe you can get what you need from your food alone. Our food supply is very poor nutritionally compared to decades ago, full of toxins and most of us don’t consistently make wise choices – we eat a heavy Western diet.
5. **Exercise** – a little something everyday for even 30 min. Do something you enjoy: dance doing housework; calisthenics between laundry loads; walk, bike, swim – whatever works with your lifestyle and schedule. A recent Swedish study of 2,205

- participants over 35 years proved that with some mild activity, bone strength increases and your risk of bone fractures decreases
6. Try to have some **interests** outside work: quilting, painting, music, volunteer work, church activities, and travel – something for just you. Strike a balance between your physical, emotional and spiritual needs.
 7. Make regular deposits into your “good health” savings account. It adds up!! Jack LaLanne said it is NEVER too late to get in shape! It doesn't happen overnight but keep working at it – it is a work in progress for ALL of us!

Supplements

Make sure you are taking a good multivitamin including Vit. D3; DHA/EPA, probiotics/digestive enzymes if you're over 50; immunity boosters such as Vit. C/zinc, Vit. D3 during winter months; and joint/bone supplements if you have issues with pain/dysfunction with movement. We carry a regular supply of high quality supplements **including** multivitamins for adults and children, fish/DHA/EPA supplements, Vit.C/zinc and joint supplements. Just let Mai know!



Children

There were several important articles that came out recently related to our children's health.

1. **25% of our children are on prescription drugs.** This is not a good trend. Lifelong dependence on drugs only leads to greater problems later in life when organ systems start to fail

from long term use. You will see liver and kidney function fail, digestion issues of all sorts including acid reflux, irritable bowel syndrome and colon issues.

2. **Medication dosing for children**

is a guessing game. In fact a recent medical article relates that dosing instructions and amounts are highly variable and unreliable with **99%** of children's medications. The pharmaceutical manufacturer generally adjusts as if they are little adults. This is bad science since they are experiencing tremendous growth spurts and their metabolism is very different. Again, if they are taking more than one drug, the outcome is a guess as well. No one can predict the interaction of the drugs. **25%** of the medications did include standardized dosing devices as well.

Journal of the American Medical Association (JAMA) Nov. 30, 2010.

3. **Otitis Media treatment with antibiotics**

A rather large clinical study was done on children aged 6 mos. to 2 yrs. with acute (onset within 48 hrs.) otitis media (middle ear infection). The study also discerned between bilateral vs. unilateral infections. Another interesting aspect was the outcome based on exposure to other children after treatment and the relapse rate at set periods of time following treatment. Amoxicillin-clavulanate was the medication used vs. a placebo. The study was conducted at the Children's Hospital of Pittsburg and Armstrong Pediatrics, an affiliated facility in Kittanning, PA. between

March 2006 and Nov. 2009. 1, 385 children were screened, 498 were eligible and 291 were enrolled. New England Journal of Medicine Jan. 13, 201; 364: 105-115.

Healthcare in the U.S.A.

Studies from the Infectious Diseases Society of America finds more than half of guideline recommendations are based on low quality evidence (bad science) as reported in the Archives of Internal Medicine. Of the 4200 recommendations from 41 guidelines since 1994, 55% were supported by low quality evidence. This would include recommendations regarding flu/flu treatments/vaccines; HIV; Bird flu; TB; pneumonia, etc. Of the recommendations cited as “good”, 37% were “expert opinion” – not even researched or studied! This explains a lot of the flip-flopping, retracted recommendations and medications allowed to be tried out on the public.

Archives of Internal Medicine 2011; 171 (1): 18-22.

25.8 million Americans have diabetes (Type 1 and 2); **79 million** adults are estimated to have pre-diabetes which means they are at high risk to develop Type 2 diabetes!

New Year reminders

We would like to remind people that if you have any questions or concerns with your insurance or payment plan, please leave Mai a message if she is not here when you come in. You can also leave a voice message on the phone. Mai will return your call promptly. We always try our best to help you with your insurance questions but we only know as much as your insurance company wants us to know. We are reassessing all

insurance for patients in the New Year for changes in benefits.

Paleo Almond Butter Pumpkin Brownies

This long name takes longer to say or write than to make – it is delicious and no flour! At all!! I didn't have almond butter but googled how to make it – simple. I used raw sliced almonds in the food processor ground fine with a pinch of salt and 1 T. of coconut oil to 1 c. of almonds. Here's the recipe:

- 1 c. almond butter
- 3/4 c. mashed pumpkin/squash canned or steamed
- 1 egg
- 1/3 c. honey
- 1t. baking soda

Combine all ingredients into a bowl. Mix well. Pour into greased 8 X 8 (I used 9 X 9). Bake at 350 deg. For 25 min. or until toothpick comes out clean. Serves 8-9.



Recipe - Fruit salsa:

- Diced up, peeled apples; or apple sauce.
- Organic preserves or jam of strawberry, raspberry, apricot, peach, rhubarb, etc.
- Pineapple, peeled pears or whatever fruit you have on hand.

Mix in a food processor to texture preferred (chunky or not). Refrigerate.

Chips (or use fruit to dip):

Cut tortilla flats into pie shaped pieces. Mist with water, sprinkle with cinnamon lightly. Bake at 250 for about 10 minutes. Or use Blue Diamond Almond Nut-Thin crackers. Our favorite flavor is Nut and Rice: they are wheat/gluten free.