

The Atlas Times

Issue # 2

Baker – Borski Chiropractic, S.C.

February 2015



Welcome to the following New Patients!

Danielle L.	Skylar W.
Brad Z.	Kim B.
Nathan F.	Denise A.
Becky B.	Karin S.
Cindy S.	Cindy W.
Ariana P.	Alison P.

Thank you for your referrals!

Lydia W.	Amanda P.
Tina E.	Mai T.
Danielle L.	Dan K.
Elaine H.	Byll H.
Becky B.	

Dr. Borski will be out of the office February 26th-27th.

A new favorite saying:

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

Did you know?

- Aaron Rodgers' father is a Chiropractor in Chico, CA!
- 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 good quality 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.



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 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.

