

The Atlas Times

Issue # 2

Baker - Borski Chiropractic, S.C.

February 2016

Welcome to the following New Patients!

Karen G. Erin M.
Misty V. Deanna T.
Michael P

Thank you for your referrals!

Pat B. Tracy C.
Bill B. Leslie B.
Carol R.

Welcome back!

Berdene K. Jeanette H.
Betty C.

Thank you for the treats, recipes & gifts

Dr. Smith Shirley K.
Lydia W. Alan S.



Value

Our health is one of the hardest things to put a value on until we lose some part of it. It's so much easier to spend hundreds or even thousands of dollars on new furniture, a TV, a new vehicle, even dental work because the results are immediately tangible. You can sit on your new furniture, watch your new TV, look in the mirror and admire your new smile. But good health is either there or not. Talk to someone who is struggling with poor health, or scared of losing their life to a condition or disease, and then you see the value of what we take for granted. But even people with more money than we can imagine, cannot in most cases, buy back their health. Good health isn't a part time hobby. It gives

us warnings when it's leaving, but we tend to ignore or put off those signs. Its departure can be slow, insidious and downright sneaky. It can also be here today and gone tomorrow. Vitamins, supplements, healthy food, chiropractic adjustments, acupuncture, exercise, massage – these are our “investments” in our health. We can be putting \$100 in a savings account every month. It may not look like much at first, but as a study on vitamin supplementation showed, the first 15 years may not demonstrate much advantage but after that look out!!!!!!

The payoff is huge. Human beings by nature are short term investors. It's hard for us to plan and PREPARE for way off in the future for something we can't see or touch. But it doesn't make it any less important or real. **Start 2016** with your **health investment**. Make this year your year to put your health house in order. Because of our economy, people are fixing things instead of replacing them. Guess what you can't replace even if you wanted to? **Your health.**

Kid's Cereals

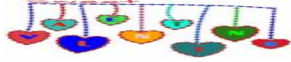
Sorry, its not good news. A comparison of kid's cereals vs. “adult” cereals reveals kid's cereals contain more sugar, carbohydrates (which turn into sugar), sodium and calories per gram than adult cereals.

They noted that breakfast cereals marketed to kids were the worst nutritionally. Sugar accounted for one third of the weight of the children's

cereal, compared to less than one fourth for adult versions.

Mercola.com -

The Journal of American Dietetic Association, April 2008; 108: 4 (702-5).



[Ann Ital Chir.](#) 2015 May-Jun;86(3):192-200.

Preliminary results after upper cervical chiropractic care in patients with chronic cerebrospinal venous insufficiency and multiple sclerosis.

[Mandolesi S](#), [Marceca G](#), [Moser J](#), [Niglio T](#), [d'Alessandro A](#), [Ciccone MM](#), [Zito A](#), [Mandolesi D](#), [d'Alessandro A](#), [Fedele F](#).

Abstract

PURPOSE:

The aim of the study is to evaluate the clinical and X-ray results of the Upper Cervical Chiropractic care through the specific adjustments (corrections) of C1-C2 on patients with chronic venous cerebral-spinal insufficiency (CCSVI) and **multiple sclerosis (MS)**.

METHOD:

We studied a sample of 77 patients before and after the Upper Cervical Chiropractic care, and we analyzed: A) The change of the X-ray parameters; B) The clinical results using a new set of questions. The protocol of the C1- C2 upper Cervical Chiropractic treatment, specific for these patients, lasts four months. From a haemodynamic point of view we divided the patients in 3 types: Type 1 - purely vascular with intravenous alterations; Type 2 - "mechanical" with of external venous compressions; Type 3 - mixed.

RESULTS:

We found an improvement in all kinds of subluxations after the treatment with respect to the pre-treatment X-ray evaluation, with a significant statistical

difference. The differences between the clinical symptoms before and after the specific treatment of C1-C2 are statistically significant with $p < 0.001$ according to the CHI-Square test revised by Yates.

CONCLUSIONS:

The preliminary X-ray and clinical improvements of the Upper Cervical Chiropractic corrections on C1- C2 on these patients with CCSVI and MS encourage us to continue with our studies. **We believe that the Upper Cervical correction on C1-C2 could be the main non-invasive treatment of the CCSVI mechanical type in patients with MS.** Further studies are required to evaluate the correlation between the Upper Cervical Chiropractic correction on C1-C2 on the cerebral venous drainage and the cerebro-spinal fluid.

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 deg. for about 10 minutes. Or use Blue Diamond Almond Nut-Thin crackers: they are wheat/gluten free.

Organic ingredients are always recommended. Enjoy!

Happy Valentine's Day