

# The Atlas Times

Issue # 1

Baker - Borski Chiropractic, S.C.

January 2015



## Welcome to the following New Patients!

Bette A.	Lisa M.
Hannah B.	Lisa S.
Heide K.	Don L.
Elizabeth B.	Tom B.

## Thank you for your referrals!

Hillary Z.	Penny W.
Cody F.	Dave W.
Mai T.	Patti L.
Bill B.	Jason K.

## Welcome back!

Cody F.	Dennis E.
Dr. D	Jolene G.
Christa B.	Aubrey K.
Bill B.	Skylar W.
Marty O.	Earl M.
Meredith L.	Tracy C.

## Thank you for the gifts, recipes

Jean V.	Dan & Becky L.
Rick and Sharon S.	Judy W.
Linda G.	Glaser Dental

We will be open Tuesday, December 30<sup>th</sup> and closed Thursday, January 1<sup>st</sup>. All other days and hours are as usual. *Happy New Year!*

Deductibles and co pays are due at the time services are rendered.

+++++Thank you!! +++++

## Vitamin D

Vitamin D3 is crucial to your health and its deficiency may be linked to flu, cancer and poor immune response. Due to over reaction to skin cancer incidence, the use of products that act as a sunscreen or sun block may be doing harm by blocking our absorption of sunlight and production of D3.

New York Times.com 11/30/10

CNN.com 11/30/10

Institute of Medicine 11/30/10

Associated Press 11/30/10

## Osteoporosis/Bone density Meds

Contrary to earlier assurances that there was no connection between the use of biphosphonates and femoral (leg) fractures, the FDA is now issuing a warning that after several years of use, there is a correlation. These drugs (Boniva, Fosamax, Actonel, Reclast, etc.) supposedly treat osteoporosis, but the bone rebuilt by these drugs is poor quality and does not allow for the normal breakdown of old bone cells so the bone matrix is susceptible to increased risk of fracture. The FDA is urging physicians to assess the patient's reaction to the use of these medications.

Your gut and your skin: Natural cosmetics....

Did you realize your gut function affects how your skin looks? When we ask about things such as psoriasis, eczema, and rashes we ask to assess your body's ability to digest and process food.

Research is now demonstrating that probiotics not only affect your gut but also send messages to your skin. It was established in 2001 in research that probiotics can improve or eliminate infant eczema. There will be more studies in the next months and years to study which of these organisms affect what aspect of skin health. Kefir is an excellent product to use to re-establish probiotics in the body and it is far healthier than sugar laden yogurt products. Probiotic supplements can also be used which do not have sugar added. NutraIngredients October 26, 2010

### **How to tell if you're drinking enough water –**

You lose water all the time through urine and sweat glands. You need to replenish often with pure water, not other fluids such as tea, coffee, juice, milk or soda. Drinks with caffeine act as diuretics so they cause you to become dehydrated. Diuretic medications do the same. So how much do YOU need? It can vary day to day by activity level, even weather. Here are signs your body uses to signal it needs more water:

***-fatigue and/or mood swings  
-joint or body aches  
-hunger even if you have just eaten  
-dull, dry skin and/or wrinkles  
-infrequent urination; dark urine;  
and/or constipation.***

Your urine may be dark yellow if you are taking a supplement with B2 – that's OK. Otherwise your urine is becoming too concentrated and gets darker. Urine should be light straw color. You should go 7-8 times/throughout the day.

Signs of chronic dehydration are:

***-confusion and/or anxiety  
-frequent urinary tract infections  
-premature aging  
-high cholesterol***

### ***-digestive disturbances such as frequent heartburn and/or constipation***

Most tap water contains disinfection byproducts, chemicals, radiation, pharmaceutical waste/byproducts, and heavy metals. Plastic water bottles may leach bisphenol A or bisphenol S linked to cancers, reproductive defects and more.

The best water comes from a natural gravity-fed spring (mountain spring water). Distilled water is not recommended often – it causes acidity in the body to increase over time.

Your pH should be 6.5-7.5.

Mint leaves, cucumber, lemon or lime can add a dash of refreshing flavor and perhaps some health benefits of their own

**Findaspring.com** and **ewg.org** are sites that can help you find good water sources.

Mercola.com

### **Easy tomato basil soup – serves 4**

(Serves 4)

**2 t.** olive oil.

**2-3 lbs.** or **3** 14.5 oz cans diced tomatoes, undrained (no salt added.)

**3** garlic cloves, minced.

**3 c.** chicken or vegetable broth (low/no sodium.

**¾ t.** salt (if low/no sodium broth, to taste).

**2 c.** fresh basil leaves, thinly sliced

Heat oil in large saucepan over medium heat. Add garlic – cook 30 sec., stirring constantly. Stir in the broth, salt, and tomatoes. Bring to a boil. Reduce heat. Simmer 20 min. Place ½ soup in processor (optional-with basil) and blend until smooth. Pour blended soup in bowl and repeat process with remaining soup. Garnish with basil leaves if desired.

