

# The Atlas Times

Issue # 1

Baker - Borski Chiropractic, S.C.

January 2016



## Welcome to the following New Patients!

Jeff B.	Tammy R.
Kristin R.	Mike G.
Jean H.	Nathan S.
Deana J.	Hans K.

## Thank you for your referrals!

Penny W.	Sharon H.
Amy P.	Robert L.
Julie W.	Dustin K.
James S.	Dr. Simkowski
Dr. Smyth	

## Welcome back!

Mark B.	Tom B.
Natalie B.	

## Thank you for the gifts, recipes

Celena W.	Jean B.
Patti L.	Sue S.
Lydia W.	Lisa B.
Linda G.	Lynn K.

We apologize if we missed anyone!

We will be closed Friday, January 1st and 8th. All other days and hours are as usual. *Happy New Year!*

*Deductibles and co pays are due at the time of services rendered*

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

## Osteoporosis/Bone density

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. We have excellent and safe supplementation to address bone loss. Be aware that hysterectomies, hormone therapies, diet and lack of exercise also greatly influence bone density.

## Top Ten New Year's Resolutions

You can probably fill in most of this yourself but here is a consensus list:

1. *Spend more time with family and friends.*
2. *Regular exercise.*
3. *Reduce body weight.*
4. *Quit smoking.*
5. *Enjoy life more. (See #1).*
6. *Quit drinking alcohol.*
7. *Get out of debt.*
8. *Learn something new.*
9. *Help others.*

10. *Get organized.*

**Don't start all of these the same day!**



### **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

**NPR – 09/17/2015**

**Millions of Americans take baby aspirin every day to prevent a heart attack or stroke. If they are at high risk of heart disease, they're doing the right thing, according to draft recommendations issued Monday by the U.S. Preventive Services Task Force.**

**The independent panel also said that taking low-dose aspirin daily for at least 10 years may protect against colorectal cancer, at least in people who are already taking it to prevent heart attacks and stroke.**

**Adults between the ages of 50 and 59 who have a 10 percent or greater risk of having a heart attack or stroke in the next 10 years benefit the most from taking about 81 milligrams of aspirin every day, the panel says.**

**But the potential benefit is smaller for adults between the ages of 60 and 69. And it's unknown for adults under 50 or over 70. People should talk with their health care provider to find out if they have health problems that would justify taking aspirin, according to [Dr. Douglas Owens](#), a professor of medicine at Stanford University and a member of the task force.**

**For example, uncontrolled high blood pressure, or high cholesterol, obesity, age and diabetes can all increase heart disease risk. "Because heart attacks are caused by clots in the arteries of the heart, aspirin can help prevent heart attack and it can also help prevent strokes that are caused by blood clots," Owens says.**

**Several groups including the American Heart Association offer online [calculators](#) to help people figure out their risk, which, along with discussion with a health care provider, can help determine whether daily aspirin might be useful.**

**However, there is a caveat. Daily aspirin can cause bleeding in the stomach and brain. And Owens says that people with medical conditions like ulcers, kidney problems, liver problems or bleeding disorders are more vulnerable, as are people who take blood-thinning drugs and NSAIDs.**

These new recommendations aren't final, and are open to public comment.

Concerns have been raised about whether aspirin is really effective enough, when so many other medicines are available to help control heart disease risk.

One physician with major concerns is [Steven Nissen](#), chairman of cardiovascular medicine at the Cleveland Clinic, in Cleveland, Ohio. "I think that millions of Americans are taking aspirin — some of them are really the 'worried well,' " he says.

If people don't have a significantly increased risk of having a heart attack or stroke over the next decade, Nissen says, they may be "causing more harm than benefit."

And while many medical groups recommend daily aspirin to lower heart disease risk, not all federal agencies agree. The Food and Drug Administration actually issued a warning against routinely taking aspirin to prevent heart disease in people without significantly high risk.

Nissen worries that many people are mistaking their actual heart disease risk. "With all the good therapies, better blood pressure control, better cholesterol control, all the things we do in modern medicine," he says, "over the last couple of decades, we've had nearly a 50 percent reduction in the rate of cardiovascular disease."

People who don't really need to should not be taking aspirin every day, says Nissen. "It's just not

prudent or safe," he says, noting that bleeding in the abdomen or brain is extremely dangerous and can be fatal. Nissen does agree with the general consensus that taking low dose aspirin is beneficial for people who have had a heart attack or stroke.

But for pretty much everyone else, assessing actual heart disease risk in consultation with your doctor is crucial to deciding whether to take aspirin every day.

There are better and safer ways to reduce inflammation in the body which can lead to heart disease, cancer, autoimmune diseases, diabetes and chronic illnesses through diet and exercise!

#### **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.

$\frac{3}{4}$  **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. Stir in basil if desired. Place  $\frac{1}{2}$  soup in processor and blend until smooth. Pour blended soup in bowl and repeat process with remaining soup. Garnish with basil leaves if desired. Health is not a spectator sport.

*If I'd known I was going to live so long, I would've taken better care of myself.*

Leon Eldred

# The Atlas Times

Issue # 1

Baker - Borski Chiropractic, S.C.

January 2016



## Welcome to the following New Patients!

Jeff B.	Tammy R.
Kristin R.	Mike G.
Jean H.	Nathan S.
Deana J.	Hans K.

## Thank you for your referrals!

Penny W.	Sharon H.
Amy P.	Robert L.
Julie W.	Dustin K.
James S.	Dr. Simkowski
Dr. Smyth	

## Welcome back!

Mark B.	Tom B.
Natalie B.	

## Thank you for the gifts, recipes

Celena W.	Jean B.
Patti L.	Sue S.
Lydia W.	Lisa B.
Linda G.	Lynn K.

We apologize if we missed anyone!

We will be closed Friday, January 1st and 8th. All other days and hours are as usual. *Happy New Year!*

*Deductibles and co pays are due at the time of services rendered*

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

## Osteoporosis/Bone density

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. We have excellent and safe supplementation to address bone loss. Be aware that hysterectomies, hormone therapies, diet and lack of exercise also greatly influence bone density.

## Top Ten New Year's Resolutions

You can probably fill in most of this yourself but here is a consensus list:

1. *Spend more time with family and friends.*
2. *Regular exercise.*
3. *Reduce body weight.*
4. *Quit smoking.*
5. *Enjoy life more. (See #1).*
6. *Quit drinking alcohol.*
7. *Get out of debt.*
8. *Learn something new.*
9. *Help others.*

10. *Get organized.*

**Don't start all of these the same day!**



### **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

**NPR – 09/17/2015**

**Millions of Americans take baby aspirin every day to prevent a heart attack or stroke. If they are at high risk of heart disease, they're doing the right thing, according to draft recommendations issued Monday by the U.S. Preventive Services Task Force.**

**The independent panel also said that taking low-dose aspirin daily for at least 10 years may protect against colorectal cancer, at least in people who are already taking it to prevent heart attacks and stroke.**

**Adults between the ages of 50 and 59 who have a 10 percent or greater risk of having a heart attack or stroke in the next 10 years benefit the most from taking about 81 milligrams of aspirin every day, the panel says.**

**But the potential benefit is smaller for adults between the ages of 60 and 69. And it's unknown for adults under 50 or over 70. People should talk with their health care provider to find out if they have health problems that would justify taking aspirin, according to [Dr. Douglas Owens](#), a professor of medicine at Stanford University and a member of the task force.**

**For example, uncontrolled high blood pressure, or high cholesterol, obesity, age and diabetes can all increase heart disease risk. "Because heart attacks are caused by clots in the arteries of the heart, aspirin can help prevent heart attack and it can also help prevent strokes that are caused by blood clots," Owens says.**

**Several groups including the American Heart Association offer online [calculators](#) to help people figure out their risk, which, along with discussion with a health care provider, can help determine whether daily aspirin might be useful.**

**However, there is a caveat. Daily aspirin can cause bleeding in the stomach and brain. And Owens says that people with medical conditions like ulcers, kidney problems, liver problems or bleeding disorders are more vulnerable, as are people who take blood-thinning drugs and NSAIDs.**

These new recommendations aren't final, and are open to public comment.

Concerns have been raised about whether aspirin is really effective enough, when so many other medicines are available to help control heart disease risk.

One physician with major concerns is [Steven Nissen](#), chairman of cardiovascular medicine at the Cleveland Clinic, in Cleveland, Ohio. "I think that millions of Americans are taking aspirin — some of them are really the 'worried well,' " he says.

If people don't have a significantly increased risk of having a heart attack or stroke over the next decade, Nissen says, they may be "causing more harm than benefit."

And while many medical groups recommend daily aspirin to lower heart disease risk, not all federal agencies agree. The Food and Drug Administration actually issued a warning against routinely taking aspirin to prevent heart disease in people without significantly high risk.

Nissen worries that many people are mistaking their actual heart disease risk. "With all the good therapies, better blood pressure control, better cholesterol control, all the things we do in modern medicine," he says, "over the last couple of decades, we've had nearly a 50 percent reduction in the rate of cardiovascular disease."

People who don't really need to should not be taking aspirin every day, says Nissen. "It's just not

prudent or safe," he says, noting that bleeding in the abdomen or brain is extremely dangerous and can be fatal. Nissen does agree with the general consensus that taking low dose aspirin is beneficial for people who have had a heart attack or stroke.

But for pretty much everyone else, assessing actual heart disease risk in consultation with your doctor is crucial to deciding whether to take aspirin every day.

There are better and safer ways to reduce inflammation in the body which can lead to heart disease, cancer, autoimmune diseases, diabetes and chronic illnesses through diet and exercise!

#### **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.

$\frac{3}{4}$  **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. Stir in basil if desired. Place  $\frac{1}{2}$  soup in processor and blend until smooth. Pour blended soup in bowl and repeat process with remaining soup. Garnish with basil leaves if desired. Health is not a spectator sport.

*If I'd known I was going to live so long, I would've taken better care of myself.*

Leon Eldred