

The Atlas Times

Issue # 3

Baker – Borski Chiropractic, S.C.

March 2015

Happy St. Patrick's Day!



Welcome to the following New Patients!

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| Claire M. | Danielle L. |
| Taylor L. | Nate F. |
| Diane D. | Sherri M. |
| Eric G. | Erick N. |
| Cassandra R. | Theresa R. |
| Anna B. | Por Y. |
| Carol B. | Linda L. |

Thank you for your referrals!

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|------------|-------------|
| Bill B. | Mai T. |
| Theresa R. | Danielle L. |
| Taylor L. | |

Welcome back!

Sue S.

Office hours change

Dr. Borski will be out of the office Thursday and Friday, March 26-27th for a conference.

March is Brain Injury Awareness Month!

Concussion prevention is all the rage now that we have seen the effects of repeat head trauma over time. We can't ignore the same effects to the rest of the nervous system aka spinal cord and nerves that are a part of that system. ***Be kind to your spine, it's the key to longevity!***

Vitamin D is back in the news!

A new study released proves that Vitamin D enhances calcium absorption and helps strengthen bones in young girls. A very large study of 6,721 girls age 9-15 yrs. of age were followed for 7 yrs. They recorded Vit. D, calcium and dairy intake in relation to stress fractures (usually from sports injuries). 4 % of the girls developed stress fractures. Calcium and dairy intake alone had no effect on fracture development. This demonstrates Vit. D may be far more important in protecting young bones than just calcium. Vit. D assists in calcium absorption. Vit. D in food with calcium did not affect the fracture rate. The recommended amount of supplementation for this age group is 600 IU/day by the Institute of Medicine. That is up from 400 IU/day. Our own recommendation in this area is higher than this and I believe that 600 IU will be increased in the near future. This warranted future investigation according to the authors. High intake of calcium showed a correlation to double the risk of stress fractures which the authors from Children's Hospital Boston said also needed further investigation. March 5, 2012 Archives of Pediatric and Adolescent Medicine

VACCINATION HYSTERIA!

You would have to be living in a cave to miss the current PR campaign over the "GREAT MEASLES EPIDEMIC" of 2015. Actually, this epidemic, as of writing this article consists of 141 cases nationally with no severe illness or deaths in the U.S.A. There are 3,000 cases of adverse events for vaccination reactions nationwide annually. When was the last time you saw a headline for a vaccine related death? Do you suspect a discrepancy in facts and reality? Dr. Bob Sears, pediatrician, eloquently stated how distorted this outbreak has become and that the hysteria around measles is blown out of proportion. We do not have an epidemic. Measles is rarely complicated and severe. There are some cases of vaccinated children spreading the disease. Do you want the government telling you that you have to in effect, medicate/vaccinate your child. The same people that told you Vioxx and Avandia are perfectly safe? There was a time medical doctors promoted cigarette brands in this country. Could they be wrong about something else? Could their interests be financially tainted? Please go to NVIC.org for rational, scientific facts on vaccination and diseases.



Exercise Eureka!

More and more articles and research are showing that interval training is just as effective as the longer cardio training we have come to know. Studies show that short bursts of high energy output balanced with a slow down are showing

benefits even an hour after exercise. This is good news for busy people, such as most of us: business people who travel a lot, moms with young children or working moms, etc. Check out your favorite exercise guru or go to mercola.com to find out the science behind shorter, more effective workouts!

RECIPE: VEGGIE PIZZA

1 lrg. tube crescent roll dough
1 8oz. cream cheese
½ c. salad dressing/mayo
½ t. lemon juice
½ t. dill weed
½ t. garlic salt
1 ½ t dry (Hidden Valley) ranch dressing mix.

Veggies: dice up your choice of:

Broccoli, cauliflower, sweet peppers, carrots, radishes, mushrooms, olives, celery.

-Spread dough onto ungreased 9x13 cake pan/ jelly roll pan. Bake at 400 deg., 10 min. Let cool completely.

-In a bowl, mix cream cheese, mayo, lemon juice, seasonings and ranch dip mix. Spread on cooled dough. Add veggies. Cover and let chill. Cut into squares and serve.

- Thank you, Betsy!



May the saddest day of your future be no worse than the happiest day of your past.

May you get all your wishes but one, so you'll always have something to strive for!

May God bring good health to your enemies' enemies!

