

The Atlas Times

Issue # 3

Baker – Borski Chiropractic, S.C.

March 2016

Happy St. Patrick's Day!



Welcome to the following New Patients!

Tina M.
Emma R.
Don W.

Amanda S.
Micah R.
John S.

Thank you for your referrals!

Carol R.
Jeanne M.
Bob F.

Jim S.
Christa B.

Welcome back!

Cheryl L.
Jeanette H.

Bob D.

Another one bites the dust

Research is showing that people taking statin drugs are at an increased risk of developing diabetes (just as destructive to your health as atherosclerosis, blamed on high cholesterol/triglyceride levels) and memory loss. The FDA is issuing new safety standards for statin use with the following warnings/advice:

- liver enzymes no longer have to be monitored since it is not effective in finding and treating serious liver side effects in statin use.
- Cognitive/brain related impairment, such as memory loss, forgetfulness, and confusion is being reported by "some" (rather vague!) statin users.

- People being treated by statins may have increased risk for rising blood sugar levels and the development of Type 2 diabetes.
- Some medications interact with Lovastatin (also known as Mevacor or Altoprev) and increase the risk of muscle damage. (And the heart is a muscle...). Other statins: Zocor, Crestor, Lipitor, Lescol, Livalo, and Pravachol. Also Simcor, Advicor, and Vytarin.

Be kind to your spine, it's the key to longevity!

March is Brain Injury Awareness Month!

On February 11, 2016 ESPN aired a show called "**30 for 30**" that highlighted the 1985 Bears. Jim McMahon was the quarterback then and has suffered from concussion related health problems since that time. He was contacted by Dr. Scott Rosa who felt he may be able to help Mr. McMahon with his cognitive and memory/behavioral problems from his head injuries. Dr. Scott Rosa demonstrated with pre and post MRI's that the cerebral spinal fluid in Mr. McMahon was behaving more normally and flowing better after being adjusted upper cervically, using Atlas Orthogonal protocol. This allowed certain plaquing proteins to be removed from the brain area instead of imbedding.

Vitamin D is back in the news!

A new study released proves that Vitamin D3 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. D3, 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. D3 may be far more important in protecting young bones than just calcium. Vit. D3 assists in calcium absorption. Vit. D3 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 education has a recommendation of 1000 IU/50 lbs. of body weight; we believe that 600 IU will be increased in the near future. This warranted future investigation according to the authors. High intake of calcium alone 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



Exercise Eureka!

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

with slow down are showing benefits even an hour after exercise. This is good news for busy people which seem to be 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, effective work outs!



Recipe:

Apple Cinnamon Refrigerator Oatmeal

Ingredients:

¼ c. uncooked old fashioned oats
1/3 c. skim milk
¼ c. low fat Greek yogurt
1 ½ t. dried chia seeds
½ t. cinnamon
1 t. honey
¼ c. unsweetened applesauce, more if needed.

Directions:

In a half pint jar, add oats, milk, yogurt, chia seeds, cinnamon, and honey. Put lid on jar and shake until well combined. Remove lid, add applesauce and stir until mixed well. Return lid to jar and refrigerate overnight or up to 2 days. Eat chilled.

Other versions of this such as mango almond or banana peanut can be found at www.theYummyLife.com/recipes.
Thank you, DeLayne N.!



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!