

# The Atlas Times

Issue # 3

Baker – Borski Chiropractic, S.C.

March 2017

Spring

## Welcome to the following New Patients!

Louanne B.	Mary B.
Orlando D.	Dale K.
Ryan K.	Brandon K.
Cora R.	Grace R.
Jacqueline R.	Erin H.
John S.	Annette S.
Tracey T.	Clara T.
Jacie S.	

## Thank you for your referrals!

Ethel B.	John & Carol B.
Lisa R x 3	Annette S.
Rene G.	Tracey T.
Dan M.	Kari T.
Kurt S.	

*Dr. Baker will be in the office all day, Thursday, March 23<sup>rd</sup> and out of the office Friday, March 24<sup>th</sup>.*



Chiropractic care is exceptionally safe for infants and children. This is well established in the scientific literature. The question that comes to mind may be “why would an infant or child need to be adjusted?”

The human spine has 26 vertebral segments which can misalign as early as

the birthing process or anytime after. These misalignments (called spinal subluxations) can result from a traumatic, induced or prolonged birth; falls while learning to stand and walk, an auto accident, or sports and play injuries.

Some indications to parents that a child may need chiropractic care can be eating/feeding problems, sleep difficulties, restricted movements, pain, or unexplained behavioral changes or crying/fussing.

The first step in getting chiropractic care for an infant or child is to have a qualified Doctor of Chiropractic consult with the parent(s), conduct a thorough medical examination and if warranted, take appropriate film studies to precisely determine whether the condition can be addressed by the Chiropractor.

Doctors of Chiropractic now can specialize in many different areas such as orthopedics, neurology, sports rehabilitation, and pediatrics. Doctors are required to take additional educational courses for approximately 2-3 years in addition to their doctoral degrees in order to claim specialization. They are also required to continually update their education each year within their area of specialization.

Chiropractic adjustments vary widely in technique and can be done by hand or instrument. Adjusting children would obviously require much less force than for an adult. Instrument adjusting is even lighter in force and in some cases uses only ounces of pressure. Finding a doctor and type of adjusting the parent is

comfortable is the first step in getting care for their child.

At Baker Borski Chiropractic, we primarily use light force instrument adjusting with infants and children. Although only Dr. Baker has a Pediatric Diplomate, both doctors employ light instrument adjusting with the Activator Technique and Atlas Orthogonal Technique. Only a Doctor of Chiropractic is educated and trained to apply specific adjustments to the spine, causing release of nerve pressure and joint fixation to allow the body to naturally heal. Chiropractors have been adjusting for well over 100 years with outstanding safety. Chiropractors typically see pediatric patients for these top ten reasons: earache, neck pain, general check up, headache, upper respiratory infection, low back pain, allergies, asthma, bedwetting/enuresis, and mid/upper back pain. Chiropractic is a safe, natural, and effective approach to wellness without drugs and surgery. Ask our doctors or staff about scheduling a check up for your child today!

### **Garlic Rubbed Roasted Cabbage Steaks**

Ingredients 1 (approx 2lb) head of organic green cabbage, cut into 1" thick slices 1.5 tablespoons olive oil 2 to 3 large garlic cloves, smashed kosher salt freshly ground black pepper spray olive oil OR non-stick cooking spray  
Instructions: 1. Preheat oven to 400F and spray a baking sheet with non-stick cooking spray. Pull outer leaf off cabbage (it's usually dirty and nasty looking), cut cabbage from top to bottom (bottom being root) into 1" thick slices. 2. Rub both sides of cabbage with smashed garlic. 3. Use a pastry brush to

evenly spread the olive oil over both sides of the cabbage slices. 4. Finally, sprinkle each side with a bit of kosher salt and freshly cracked black pepper. 5. Roast on the middle rack for 30 minutes. Carefully flip the cabbage steaks and roast for an additional 30 minutes until edges are brown and crispy. Serve hot and enjoy!



### **Boniva/Actonel/Fosamax/Reclast**

Long term biphosphonate use for osteoporosis is linked to subtrochanteric and femoral shaft fractures. In other words, the upper portion and long shaft of the thigh bone is especially subject to fracture. This is something I have written about before. These drugs promote poor bone substrate and retention of poor bone matrix instead of healthy new matrix so the bone fractures easily. We have bone building products from Metagenics that are found to be very effective at maintaining adequate bone density/matrix. Please ask the doctors about them. These are very safe, well researched and effective. You can protect your bone health without the risk of dangerous side effects!

*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!*

**Watch next month for my review of the Himalayan Salt Inhaler for respiratory and sinus conditions!**