

The Atlas Times

Issue #5

Baker - Borski Chiropractic, S.C.

May 2014

Happy May Day!



Welcome to the following New Patients

Brenda L.	Carl B.
Kevin E.	Julie E.
Kelsey E.	Sean C.
Cora H.	Lisa B.
Cindy B.	Linda N.
Tyler S.	Josh W.

Thank you for your referrals

Julia S.	Ruth W.
Candace H.	John and Doris B.

Welcome back!

Barb S.	Pat B.
Bob D.	Sharon S.

ATTENTION!!

We will be closed: Friday, May 2nd to attend a seminar. We will be open Monday, May 5th as usual.

We will be closed Monday, May 26th for the holiday! We will be open Tuesday, May 27th 8:30-5:30 instead!!

Don't forget to check our website www.bakerborski.com for the newsletter each month! That is where we post changes to our schedule due to classes, etc. Check out the video clips under "**Technique**".

Happy Mother's Day!



Please wish **Mai** a very happy birthday! We are very grateful to have her in our office.

My dogs are barking!

We are seeing more and more pediatric patients with foot problems: over- pronation, collapsed arches and pain into the ankles, legs/shins and hips/spine. This eventually leads to knee, hip and spinal problems; even neck pain. What is different today than say, 20 years ago?

Here are some theories:

- 1. Overtraining.** I believe this to be the number one problem in children's sports today. Well meaning but overzealous coaches and trainers, ill equipped with physiological education on the facts of a pediatric neuromusculoskeletal system and the long term effects of intensive sports training including weight training.
- 2. Shoes.** Why we were able to go barefoot or just wear flip flops and Keds while children today are wearing Crocs and having foot problems? Again, some of it may be that some kids are more intensively involved in sports now at younger ages (rarer when I was a kid). Their feet are getting a more intense workout all of the time. I would also guess that many kids today are proportionately heavier. So their free time spent barefoot or in Crocs

is aggravating overworked feet by offering no support. Some kids are wearing their Crocs all of the time. Not a good idea. They're fun, casual, and summery. But they do little to support the primary arches of the foot. Don't let your kids wear their shoes until they're worn out completely. Look at the bottoms and sides of the shoes. If they are showing serious wear, replace them in spite of their protests. Look for uneven wear. That indicates more serious problems that may require more invasive treatment: adjusting, taping and/or orthotics.

3. **Genetics.** You kids just didn't pick your parents well! Just kidding. But genetics may determine a predisposition toward foot problems. Reasons #1 and #2 will exacerbate bad luck/genetics.

4. **Trauma:** obviously trauma and accidents will affect the foot structure accordingly.

What is the solution?

In some cases, just making sure your child wears good, supportive ergonomically correct shoes will help. This could be an athletic shoe or some European designs that naturally support the foot. As I mentioned previously, replace shoes if they start to show very noticeable wear. If the wear is uneven, or your child continues to complain of foot, ankle, leg, hip and/or spine pain then more intervention is needed such as adjustments, taping, and/or orthotics. The price of orthotics can be money well spent if the other problems are circumvented and/or stopped. We do provide orthotics in our office through **Foot Levelers, Inc.** We have used them for years feel they are a superior product,

and they stand behind their product as well.



An ounce of prevention is worth a pound of cure – Ben Franklin.

Look well to the spine for the cause of disease – Hippocrates (even the “Father of Medicine” understood the critical role of spinal health – what happened?!).

The doctor of the future will give little medicine, but will interest his patients in the care of the human frame, diet, and in the cause and prevention of disease. – Thomas A. Edison.



You are What you eat
If you really want to feel better, get rid of unexplained aches and pains, reduce your chances of getting arthritis of any type, cancer, diabetes, MS, ALS, heart disease/cholesterol issues, unexplained headaches and fatigue, syndrome x, and/or high blood pressure you HAVE TO CHANGE WHAT YOU EAT. One of my favorite sayings is credited to Albert Einstein: *The definition of insanity is to expect new results by doing things the same way.* One thing that is clear is that you can take great supplements of all kinds but if you continue to eat a typical American diet, you will likely continue to have health problems. We have to greatly reduce the grains in our diet. By the way, your kids' health issues may not appear until their late 30's into 40's. If you are going to supplement, do a quality multi-vitamin, fish oil, and make sure you get enough Vit. D (1000-4000 IU's/day) and

Magnesium (400-1000 mg/day). There is a great deal of benefit in the super green food we offer also as far as other nutrients such as the proteolytic enzymes and probiotics, as well as kelp and algae products. Why are grains a problem? Because they are carbs that break down into SUGAR and they wreak havoc with our blood sugar and insulin responses (glycemic index and load).

They are **pro-inflammatory** which drives all of the chronic diseases (including cholesterol problems) you can think of and a few more. The best antioxidant that we can take is **stabilizing our blood sugar!** The best way to build strong bones is **fruits and vegetables**. Wild game, grass fed beef/dairy products have less fat. High fat dairy is **less acidic** than low fat = good. **Systemic acidity and inflammation** is prevalent with chronic disease and cancer. Don't take iron supplements or include it in your multi unless you have been diagnosed by lab work with an iron deficiency.

No Bake Energy Bites

Prep time: 10 min.

Yield: about 1+ doz.

Ingredients:

- 1 cup dry oatmeal (rolled oats OK)
- 2/3 c. toasted coconut flakes
- 1/2 c. peanut butter
- 1/2 c. ground flaxseed or wheat germ
- 1/2 c. chocolate chips or cacao nibs
- 1 T. chia seeds (optional)
- 1 t. vanilla extract
- 1/2 c. honey or maple syrup

Other ingredients to substitute:

- Ø Dried fruits such as blueberries, dates, raisins, cranberries, cherries.
- Ø Chopped almonds, pecans, sunflower seeds, etc.
- Ø Other grains: rice; granola?
- Ø Other chips: butterscotch, etc.

Method:

Stir dry ingredients together, and then add wet ingredients in a medium bowl until thoroughly mixed. Refrigerate 30-60 min. Roll into balls of any size and keep in airtight container in fridge for up to one week!

I find these treats extremely satisfying for energy and your sweet tooth. They're a healthier option for a treat and you can try them with different ingredients!

From actual church bulletins:

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

For those of you who have children and don't know it, we have a nursery!

Irving Benson and Jessie Carter were married on October 24th in the church. So ends a friendship that began in their school days.

At the evening service tonight, the sermon topic will be "What is Hell?" Come early and hear our choir practice.

Potluck supper Sunday at 5 p.m. - prayer and medication to follow.

Ladies Bible Study will be held Thursday morning at 10 a.m. All ladies are invited to lunch in the Fellowship Hall after the B.S. is done.

(Thanks Mom for these! She's a PK, preacher's kid)

Happy Memorial Day!

