

The Atlas Times

Issue #5

Baker - Borski Chiropractic, S.C.

May 2016

Happy May Day!



Welcome New Patients!

Randall K.	Ryan J.
Stephen W.	Sheila G.
Cindy W.	Steve W.
Mary C.	Becky C.
George L.	Jay B.
Dominic J.	Barb S.
Carol K.	

Thank you for your referrals!

Katie L.	Lisa L. x 2
Rob W.	Sharon S.
Dr.'s Smyth, Couri x 2	Karla S.

ATTENTION!!

We will be closed Monday, May 30th for Memorial Day! We will be open Tuesday, May 31st 8:30-4 instead. We are closing early for our son's H.S. graduation.

Dr. Borski and Mai will be out of the office Thursday, May 12th, noon; back in the office on Monday, May 16th.

Don't forget to look at our new website and tell others! www.bakerborski.com. Check out the video clips under "Technique".



Happy Mother's Day!

Chiropractic is safe for children! The first subluxation for a child can happen at birth. This is especially true for induced labors, vacuum extraction, forceps and cesarean deliveries which are epidemic in the United States. Research confirms chiropractors' observations that infants may suffer from spinal subluxations/misalignments. In one study, 1,259 infants were examined five days after birth. 211 of these babies suffered from vomiting/colic, hyperactivity and sleeplessness. Subluxations were found in 95% of them. Today, M.D.'s put infants on acid reflux medication. Now why an infant would be put on medication that young for acid reflux? It doesn't make sense when you really think about it. Chiropractors are able to treat not only these conditions but are very successful with Erb's Palsy (limp arm), torticollis/twisted or wry neck, imbalanced head/skull and neck development and shape, ear-nose-throat conditions, bedwetting, allergies and sleep disorders, projectile vomiting, constipation, etc. etc.! Any infant or child sustaining trauma, even a "minor" car accident needs to be checked early to avoid problems later.

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 was made 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.

Your lifestyle alters your chemistry.

If you are constantly stressed, working with chemicals of any kind, eating and drinking junk or excess alcohol your body will reflect that.

Red wine (↓ preservatives) = good.

Almonds (raw nuts) = good.

(Peanuts = legumes, not nuts).

Fish, lean protein = good.

Fruits and veggies = good.

Dark chocolate = good.

Garlic, ginger, turmeric (spices) = good.

A study evaluating pediatric injuries in SUV's vs. passenger cars:

A sample of 3,922 child occupants, 0-15 yrs. of age. Injuries included brain injuries, spinal cord injuries, facial fractures and lacerations, internal organ injuries, extremity fractures, and scalp lacerations. Results: Children restrained properly were 75% less likely to receive injuries.

Children in the front seat were 106% more likely to be injured.

Children in either type vehicle were 370% more likely to be injured by the passenger airbag (not specified whether front seat or side bag).

Rollover crashes increased risk of injury in either vehicle by 229% but this type of accident is twice as likely in an SUV.

Improper or no restraint increased injuries in a rollover by 568% - 9,253%!!!

Please be aware that children/people under 4'9" or 70 lbs. must be in an approved booster seat!

Happy Memorial Day!

