

The Atlas Times

Issue # 11

Baker – Borski Chiropractic, S.C.

November 2014

Welcome to the following New Patients!

Gerald S.	Robert G.
Paul K.	Heather T.
Morgan H.	Jill S.
Esther G.	Anita G.
John G.	Matthew G.
Alyse N.	Dan K.
Pam P.	Tina G.
Traci R.	Joan R.
Dan L.	Tom L.

Thank you for your referrals!

Jackie & Steve L.	Bill H.
Angie's List	Wayde K.
Dawn G. X 3	Sharon G.
Diane W.	Cindy B.
Lee B.	James B.
Caty H.	Katie L.
Geri L.	

Welcome back!

Carol S.

We will be closed the following days:

We will be closed Thursday and Friday, Nov. 27th & 28th for the holiday! We will be **open Monday, Tuesday, and Wednesday** before Thanksgiving 8:30-5:30. Enjoy your holiday and we will see you Monday, Dec. 1st!

Patient Appreciation Days!

We want to thank all of you who were able to participate in Patient Appreciation Days. Without your

gratitude and referrals of family, friends and colleagues we could not be here to provide our services. We are incredibly humbled and grateful for your continued trust. Your **generous** food donations will benefit the local food pantries this year. Our estimated total donation was 92 bags or cases of food worth approximately **\$1,700!!** The monetary donations came to **\$392** for Peyton's Promise! Thank you very much for your referrals that help us grow and your generosity to our community in need this year!

THANK YOU!!!!!!



Vitamin D, Zinc + C are in for you to fight cold and flu season with! Super Greens, multi vitamins and Fish/Cod liver oil supplements are in stock as well. Fight illness naturally by building your immune system, not by overwhelming it with drugs! A Japanese study found Vitamin D3 just as effective for flu prevention as the vaccine – with no side effects or nasty chemicals injected into you!

Health Account

How is your health account doing? No, not your "health savings account". Are you investing in your own health? Just like any other investment, if you are not actually contributing to your "health account" you may discover you're

bankrupt when, not if, a condition or crisis occurs. If you don't put money into a savings account, you have no savings account. If you don't invest time and energy into your health you don't have an account. That rainy day account, which will happen to EVERYONE, won't be there. If you don't exercise, eat nutritious live foods, get enough rest, have too much stress and don't get checked periodically, you have a bankrupt health account. So when your rainy day comes, you may be forced into a choice and/or situation that you are not happy or satisfied with. This applies to our lives in so many ways. The amount of effort you put into your health is what you get out. We have been duped into thinking the solution will be a pill or procedure that will fix any and everything, so we can do whatever we want in the meantime. Can you drive a car indefinitely without ever changing the oil or the tires? Eventually it will break down. Your body is no exception. Take a good, long look at your health account. Are you ready for a rainy day?



Osteoporosis & Osteopenia

By Dr. Suzanne Humphries

It saddens me to see older women diagnosed with "osteopenia" or "osteoporosis" listening to their doctors and taking supplemental calcium and even problematic drugs called bisphosphonates. These are irrational, dogmatic, harmful approaches to the problem of

degrading bone as we age. In my time practicing nephrology and internal medicine, I saw numerous patients suffering from vascular disease while taking the recommended doses of calcium. X-rays revealed perfect outlines of calcified blood vessels and calcified heart valves.



Pictured here is a calcified breast artery, often seen in women who are being treated for hypertension. The primary drug used in high blood pressure, a thiazide diuretic, causes the body to retain calcium and lose magnesium and potassium. We incidentally note these types of calcifications in the large arteries of the entire body, not just the breasts. I believe these problems are avoidable.

The matrix of bone will incorporate calcium and nutrients where they belong as long as the proper hormones and nutrients are present. Needless to

say gravitational force in the form of weight bearing exercise is essential and should be the foundation to a healthy skeleton. Don't be afraid to exercise with some weight in a backpack if you have no disk disease or low back pain.

You still have to look at what you can do nutritionally, and in interpersonal relationships to help your body heal itself. Supplements are no replacement for good nutrition. After all, scientists are constantly discovering new things about food and its interaction with the body that we don't know.

The first thing to do is either google or look in your reference books to find foods right in Vitamin C, Vitamin K2, magnesium and minor minerals such as boron and silica. Silica is also important for bones. Remember too, that depression has many causes. Sometimes the cause can be nutritional deficiencies and sometimes depression can result from entrapment in unhealthy family dynamics.

But if time feels of the essence, then supplementation is one route which

could be taken. While the medical profession supplements with calcium and fosamax, in my opinion, a more constructive supplementation regimen could include Vitamin C, Vitamin K2, vitamin D3(in winter months, sun in summer) and boron, silica and magnesium. These are all far more important to preventing fracture and keeping bone healthy than calcium.

Calcium will ultimately land in the muscles of the heart, the heart valves and the blood vessels, leading to cardiovascular disease. However if you are getting enough Vit. C, D3 and K2, your body will direct the calcium you ingest from your food, to where it belongs, not in your heart and blood vessels.

And now for something funny...

Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon! Doug Larson

If I'd known I was going to live so long, I would've taken better care of myself. Leon Eldred



Happy Thanksgiving!

Please check out our website for current information, interesting videos and our monthly newsletter!

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