

The Atlas Times

Issue #11

Baker – Borski Chiropractic, S.C.

November 2015

Welcome to the following New Patients!

Amaya G.	Ashley K.
Rehma M.	Rebecca P-A
Jackie S.	Teslynne V.
Jim S.	Andrea W.
Richard W.	Bethany A.
John B.	Patricia D.
Brandon G.	Cheryl J.
Allan J.	Dave K.
Kim P.	Helmut J.
Joua H.	Mao Y.
Alisha E.	Armando A.

Thank you for your referrals!

Dawn G.	Kathy Z x 2
Hassan M.	Diane F.
Meganne S.	Nikki O.
Andrew W.	Dr. Deal, Judy E.
Carol B.	Dan K., James B.
Monika J.	Mai
Dave W.	Bonnie S.

Thank you for the gifts/recipes

Carol B. Susan G.
Dr. Smith

We will be closed the following days:

We will be closed Thursday and Friday, Nov. 26th & 27th 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, November 30th!



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 that are overwhelmed with need this year. Our estimated total donation was 71 bags or cases of food worth approximately **\$1,400!!** The monetary donations came to **\$900** for Peyton's Promise. One patient donated **\$500** alone. What a wonderful gift to their community!! 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 Flu Vaccine is NOT your best protection against the flu...

A scientific study in Japan showed that **taking Vitamin D** is as effective as

the flu vaccine (without the dangerous risks and side effects) in preventing the flu. Here's a statistic that should frighten you:

A study by the Cochrane Collaboration, 2006: Efficacy of Flu Vaccine for Children under 5 years of age.

From 1999-2002, flu deaths for children in this age group fell each year to below 20 deaths, but in 2003 with the CDC's recommendation to vaccinate young children, that percentage rose to about 90 deaths. Effectiveness for the 2014 flu vaccine was estimated at 18%. Would you buy a refrigerator or car that only worked 18% of the time? What if your furnace only worked 18% of the time in the winter? Would you say that was the best furnace/car/fridge you ever had? Doubt it.

A clinical study conducted by the Division of Molecular Epidemiology at the Jikei University School of Medicine Minatoku in Tokyo, Japan found that administering **Vitamin D was extremely effective at halting influenza infections in children.**

This was a "gold standard" study: a placebo controlled double blind study of 334 children, half given 1200 IU's of Vitamin D3. It resulted in an 8% reduction of influenza cases vs. the vaccine having a reduction of 1%. Vitamin D has also been shown effective for depression, arthritis, cancer and asthma.

ajcn.org; naturalnews.com



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Sweet Potatoes and Carrots a I' Orange

2 c. thinly sliced sweet potatoes (1 lrg.)
1 c. sliced carrots
½ c. orange juice
1 t. grated orange peel (zest)
1 t. lemon juice
1 t. cornstarch
1 T. water
2 T. slivered almonds

1. Boil or steam sweet potatoes and carrots until tender. When they are almost done, heat orange juice to boiling in saucepan.
2. Add the orange peel and lemon juice. Dissolve the cornstarch in 1 T. water and add to orange mixture.
3. Continue to heat stirring until thickened. Remove vegetables pot and place in serving dish.
4. Drizzle orange sauce over them and sprinkle almonds on top.

Serves 4.

The winners of the Patient Appreciation drawings were:

Ursula V.	Taylor K.
DeLayne N.	Doug M.
Dave W.	Allyson S.

And this is how some of you may feel!

The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not". Mark Twain

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



Happy Thanksgiving!