

The Atlas Times

Issue #11

Baker – Borski Chiropractic, S.C.

November 2016

Welcome to the following New Patients!

Chris C.	Dustin K.
Crystal K.	Edwin L.
Ruth L.	Steve T.
Christine M.	Rhonda B.
Randi B.	John R.
Karlan B.	Victor L.
Tara S.	Ethel B.
Sandra B.	Wes N.
Delbert W.	Ashley D.
Kaylyn W.	Brendan H.
Rebecca A-B.	Barry H.
Jean S.	Krisa K.
Cliff M.	

Thank you for your referrals!

Betsy S.	David K.
Robert J. x 3	Ervin L. x 2
Mary Ellen H.	Christa B.
Elizabeth T.	Tia N.
Sharon H.	Rhonda B.
Edwin & Ruth L.	Nelson & Martha W.
Lisa B. x 2	Lisa F.
Carol R.	Jim & Vicki S.
Alicia D.	Lindsey S.
Kari T.	Christine M.

Welcome back!

Karla K.	Mary N.
Gary E.	Carol B.
Alvin B.	Rhonda K.
Anika L.	Katie R.
Anna W.	Brooke N.



We will be closed the following days:

We will be closed Thursday and Friday, Nov. 24th & 25th 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 28th!**

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 every year. Our estimated total donation was 60 bags or cases of food worth approximately **\$1000!!** The monetary donations came to **\$800** 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! 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!

Health Accounting

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. You may have no options to save yourself. If you are proactive and plan for the rainy day that WILL COME, you will probably have options. With an account the severity and duration of the crisis will be decreased. 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?

Treatment Expectations

Ted Kaptchuk, a professor at **Harvard Medical School** ran an experiment recently at Boston’s Beth Israel Deaconess Medical School. He studied

the placebo effect in several patients taking a placebo over a period of 3 weeks. Unlike most studies such as this he informed the participants they would be receiving a placebo. About **60%** of them reported improvement!! A 2008 article in the revealed half of all American doctors have prescribed a placebo at some point in their career at least once.

A 2009 study in **the British Medical Journal** reported that exercise significantly reduced pain and increased function to the knee joint. The control group for the study received “usual care” which consisted of rest and restraint from their usual activity. The study had 131 participants, 65 in the exercise group and 66 in the control group. The most interesting aspect of the study conducted in the Netherlands was that at the end of the study the exercise group did not feel that they improved any better than the control group. This indicates that people expect intervention and pain treatment/medication in order to feel “improved” – even if they don’t need it! BMJ; Oct. 20, 2009

Is this how you feel?!

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!**