

The Atlas Times

Issue #11

Baker – Borski Chiropractic, S.C.

November 2017

Welcome to the following New Patients!

Beth H.	Eric V.
Brian G.	Kong L.
Tony S.	Laila S.
Brendon B.	Eunice S.
Sharon W.	Phillip M.

Thank you for your referrals!

Ethel B.	Andrew & Andrea W.
Misty V.	Joel H.
Dee M.	Mai T.
Betsy S.	Joan G.
Alicia D. x 2	Karlyn M.

Welcome back!

Bob F.	Robert J.
Chris C.	Kevin C.
Alicia D.	Arlene K.
Cathy L.	Ryan L.

We will be closed these days:

We will be closed Thursday and Friday, Nov. 23rd & 24th for the holiday! We will be **open Monday, Tuesday, and Wednesday** before Thanksgiving 8:30-5:30. Enjoy your holiday!

Dr. Borski will be out of the office **Friday, Nov. 10th to attend class.**

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 40 bags or cases of food!! The monetary donations came to **\$370** 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 for 20 YEARS!!!!



The #1 Children's Vitamin Brand in the US contains ingredients that most parents would never intentionally expose their children to, so why aren't more opting for healthier alternatives?

Kid's vitamins are supposed to be healthy, right? Well then, what's going on with [Flintstones Vitamins](#), which proudly claims to be "Pediatricians' #1 Choice"? Produced by the global pharmaceutical corporation Bayer, this wildly successful brand features a shocking list of unhealthy ingredients, including:

- [Aspartame](#)
- [Cupric Oxide](#)
- Coal tar [artificial coloring agents](#) (FD&C Blue #2, Red #40, Yellow #6)
- [Zinc Oxide](#)
- [Sorbitol](#)
- [Ferrous Fumarate](#)

- [Hydrogenated Oil](#) (Soybean)
- [GMO Corn](#) starch

82% of kids aren't eating all of their veggies¹. Without enough vegetables, kids may not be getting all of the nutrients they need.

Standard Process vitamins are made with whole food products to naturally feed your body with ingredients your body can use!

References: 1. Lorson BA, Melgar-Quinonez HR, Taylor CA. Correlates of fruit and vegetable intakes in US children. J Am Diet Assoc. 2009;109(3):474-478.



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. If you don’t exercise, eat nutritious live foods, get enough rest, have too much stress and don’t get consistent chiropractic care 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. If you are proactive and plan for the rainy day that WILL COME, you will probably have options. 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 that rainy day?



This is a natural remedy we have used for many years if we feel a cold or respiratory illness coming on. We want to thank Carol B. for obtaining permission from Chef Dana De Winter for her version of this soothing brew!

Lemon-Ginger Infused Honey

- 1 c. Honey, preferably raw and local.
- 2 organic lemons, thinly sliced and seeded.
- 3 inch piece of ginger, thinly sliced.

Method:

1. Starting with a 16 oz. sterilized jar with lid, layer a couple of lemon slices and ginger slices, cover with honey.
2. Repeat until you have used all of the ingredients.
3. Cover; store in refrigerator for up to 2 mos. This may separate in the fridge – just get a spoonful of juice and a spoonful of honey to use.
4. Mix with hot water and drink when you feel a cold/illness coming on.

By Dr. Mercola

Flu season is rapidly approaching and, with it, constant reminders to get vaccinated. This despite the fact that

mounting research suggests this approach to flu prevention may be ill advised for long-term health, and doesn't actually work in the first place.

In January 2015, U.S. government officials admitted that, in most years, flu shots are, at best, 50 to 60 percent effective at preventing lab confirmed influenza requiring medical care.¹

Then, in December 2015, a Centers for Disease Control and Prevention (CDC) analysis² of flu vaccine effectiveness revealed that, between 2005 and 2015, the influenza vaccine was less than 50 percent effective more than half of the time.

Flu Vaccine Keeps Missing the Mark

In the 2004/2005 season, the flu vaccine was 10 percent effective. Put another way, 90 percent of the time, it failed.³ During the [2012/2013 flu season](#), the seasonal flu vaccine was 56 percent effective across all age groups, but only 9 percent effective in seniors.

The 2014/2015 flu vaccine flopped with a mere 18 percent effectiveness rate; 15 percent among children aged 2 to 8, and [Fluzone](#) — which delivers FOUR TIMES the normal dose of antigen — was found to lower seniors' risk of influenza by a modest 24 percent compared to the standard-dose vaccine.⁴

Undeterred by such stupendous failure rates, the CDC expressed unreserved confidence in the 2015/2016 vaccine. In September 2015, CDC Director Tom Frieden said:⁵

"Get vaccinated ... That's the best way to protect yourself, your family and your community against flu."

In the 2015/2016 season, the injectable flu vaccine ended up having a 63 percent effectiveness. However, the

popular live virus nasal flu vaccine did not fare nearly as well.

This fall, don't be surprised if the pressure gets ratcheted up a notch, as health authorities fear the CDC's recommendation to avoid the nasal spray (FluMist) this year, due to evidence that it failed to provide any protection to children for three years in a row.

"We're concerned that vaccination rates could be lower this year because the mist isn't available," Frieden recently told The Washington Post.⁶

Also, while flu vaccination rates among children have steadily climbed, vaccination rates among adults over 50 are dropping, which means extra pressure will likely be applied to get more adults to get flu shots this year.

What Recent Science Says About Annual Flu Vaccinations

It seems no matter how poor influenza vaccine effectiveness is, the call to vaccinate remains. But is getting an annual flu shot really "the best way" to protect yourself against influenza? Research frequently tells a very different story. For example, recent studies have shown that:

- With each successive annual flu vaccination, the protection afforded by the vaccine appears to diminish.^{7,8} Research published in 2014 concluded that vaccine-induced protection against influenza was greatest among those who had NOT received a flu shot in the previous five years.⁹
- The flu vaccine may also increase your risk of contracting other, more serious influenza infections.
- Data shows that people who received the seasonal flu vaccine in 2008 had flu"

compared to those who didn't receive a flu shot.¹⁰

◦Compared to children who do not get an annual flu vaccine, those who receive influenza vaccinations have a three times higher risk of hospitalization due to influenza.¹¹

•Statin drugs — taken by 1 in 4 Americans over the age of 45 — may undermine your immune system's ability to respond to the flu vaccine.^{12,13}

After vaccination, antibody concentrations were 38 percent to 67 percent lower in statin users over the age of 65, compared to non-statin users of the same age.¹⁴ Antibody concentrations were also reduced in younger people who took statins.

•Independent science reviews have also concluded that flu shots do not appear to prevent influenza or complications of influenza.^{15,16}

Influenza vaccine does not appear to prevent influenza-like-illness (ILI) associated with other types of viruses responsible for about 80 percent of all respiratory or gastrointestinal infections during any given flu season.^{17,18,19,20}

While the CDC's decision to pull FluMist off the American market is based on lack of effectiveness, there are other important considerations when considering use of a live-virus vaccine. The injectable flu vaccine is an inactivated vaccine while the nasal spray contains live, albeit weakened (attenuated) virus. The attenuated virus is intended to stimulate the immune system to fight disease without causing clinical symptoms of severe illness.

However, when you get a live attenuated viral vaccine, you shed live vaccine-strain virus in your body fluids — just like when you get a viral infection

and [shed virus in your body fluids](#). So after getting a live-virus vaccine, you can asymptotically shed and transmit vaccine-strain virus to other people, including immune compromised people, for whom vaccine strain virus infection could cause serious complications.

Live attenuated viral vaccines also have the potential to affect the evolution of viruses, which are constantly recombining with each other, because vaccine-strain live viruses are released into the environment where further mutations can occur.²⁵

- **Dr. Joseph Mercola**

And this is how some of you may 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!
“Like” us on Facebook and check in regularly on our page for recent articles, research and events!!