

The Atlas Times

Issue #10

Baker – Borski Chiropractic, S.C.

October 2014



Happy Halloween!

Welcome to the following New Patients!

Allen B.	Sharon G.
Jesse S.	Elaine H.
Katie S.	Molly K.
Lani N.	

Thank you for your referrals!

Dr. M	Vicki G.
Allen & Molly S.	Dave & Neva W.
Leonard V.	

Welcome back!

Dave K.	Shirley G.
Lily K.	

Office hours: Dr. Borski and Mai will be out of the office Oct. 8th p.m. through Oct. 10th.

Dr. Baker will be out of the office Oct. 16th and 17th.

October is National Chiropractic Month!

Help us celebrate by sharing your chiropractic stories with us. Write down a few sentences about how chiropractic has helped you or your loved one. We are also taping patients who will be sharing what chiropractic has done for

them on our website, Facebook or YouTube pages! We will put written stories in a book or on the wall for others to read. Only use your first name if you want to remain anonymous.

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.

Flu Vaccine Campaign – Trick or Treat?!

Just like marketing for Christmas comes earlier and earlier, so does flu shot hype. What's different this year is there is more scientific questioning of the effectiveness of the flu shot. More and more healthcare providers are declining the shot even at risk of their jobs. Can you imagine getting fired for refusing a product that is not proven to work?!

They even claim it could protect you from similar viruses. This is very unlikely as viruses are very antigen-specific. Yes, you can get sick from the vaccine and many do. Either the vaccine is compromised/ineffective or your immune system cannot handle the vaccine and you succumb to whatever is out there anyway. The nasal flu vaccine makes you, the recipient, **highly contagious to spread the flu to others for about 21 days! They are promoting this with our children!!**

Canada forbids this vaccination for children under 5 yoa. due to safety issues. A recent 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 known deaths.

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. By the way, **70%** of pediatric medications are never tested on children since that is considered unethical. The medications are simply "adjusted" for smaller bodies, very unscientific since their metabolism is very different. ajcn.org; naturalnews.com.



Maple Syrup vs. Sugar

Can you substitute REAL maple syrup for sugar and have a healthier alternative? You bet! For 1 c. of sugar substitute 1 c. maple syrup and ¼ t. of baking soda. Decrease other liquids by 3 T. Maple syrup is high in trace minerals such as zinc and manganese, which are good for heart health and **BALANCING CHOLESTEROL!!** The lighter type A can have formaldehyde in it, so the best grade is the **darker "C"**.

Breast Cancer Awareness Month

For a different perspective and approach to cancers of all types, please investigate these websites!:

**mercola.com
dr-gonzalez.com
burzynskiclinic.com**