

The Atlas Times

Issue # 10

Baker - Borski Chiropractic, S.C.

October 2015

Happy Halloween, kids!



Welcome to the following New Patients!

Gary H.	Becky B.
Vicki S.	Craig W.
Scott W.	Lynn D.
Ethan Z.	Allyson S.
Lisa O.	Denise Z.
Delayne N.	

Thank you for your referrals!

Rob E.	Brad & Mary Lou Z.
Dr. Diederich	Charmain L.
Lisa H.	Jennifer K.
Jim S.	Kathy Z. x 2

Thank you for the treats, recipes & gifts

Dr. Smith

Congratulations to our newest members!

Ethan Z. Hope N.

Wisconsin Chiro Kids Day

Please watch for TV, newspaper and website/Facebook announcements regarding this special day!



Top Ten reasons parents take their children to a chiropractor:

1. To encourage their child's optimal brain and nervous system development.
2. To support their child's nerve communication throughout the body for optimal health and wellness.
3. To help strengthen their child's immunity – encouraging fewer colds, earaches, and general illness.
4. To help resolve breastfeeding issues with their child.
5. To help resolve their child's crying/colic issues.
6. To support the digestive strength of their child.
7. To diminish nerve interference which may impact their child's capacity to learn and concentrate.
8. To help resolve their child's poor posture, asthma, allergies, and bedwetting.
9. To deepen their child's sleep and be more well rested.
10. To balance the overall energy of their child.

CNN iReport 9/21/2015

ICD 10 is here!

There is a new coding system for health care providers as of October 1, 2015. It is far more complex than the existing

ICD 9 system. It is supposed to improve patient care. We have been preparing for this change for a few years, especially the last two. Our professional organizations and software vendor have done their best to prepare us for the changes. This does not mean it will run smoothly at first. Even if we do everything correctly as instructed, YOUR insurance company or the clearinghouses associated with the billing may make mistakes of their own. All of your providers are doing their best to comply with accuracy. Your patience is needed and appreciated.

Flu Vaccine Campaign – Trick or Treat?!

1. Did you notice how early they started this year on the hype for the flu vaccine? August! Just like marketing for Christmas comes earlier and earlier.

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 or your immune system cannot handle the vaccine and you succumb to whatever is out there anyway. New studies demonstrate the vaccinated person is contagious and can pass the illness onto others, especially the young and immune compromised individuals. Canada forbids this vaccination for children under 5 yoa. due to safety issues. 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:

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.

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

"Masking" junk food
Yes, the Corn Refiners Association wants you to come up with a family friendly moniker to fool you. HFCS is not the same as sugar, and consuming it will lead to all sorts of health problems including obesity, blood sugar instability, inflammation and worse. Sugar feeds cancer, inflammation, arthritis, metabolic syndrome (X) and infections & yeast overgrowth. Yuk!!! The reasons HFCS is not healthy or safe for you is that fructose and glucose are metabolized differently by your body. Fructose is metabolized to fat in your body faster than any other sugar. Most fats are formed in your liver and it decides whether it will store it or use it.

Fructose bypasses this and turns directly into fat. Research proves that refined sugar such as HFCS metabolizes to triglycerides (too much is not good for your cardiovascular system) and adipose tissue = fat, not to blood glucose. It is also part of the process to generate uric acid which in too high amounts leads to hypertension (high blood pressure), kidney disease and insulin resistance/diabetes, fatty liver, elevated triglycerides/LDL, cardiovascular disease, and even preeclampsia in pregnancy.

PR Newswire September 14 2010/mercola.com



Butternut Squash Gratin

Serves 6

3 T. unsalted butter
(1) 2 lb. butternut squash
¾ t. fine sea salt
½ t. freshly ground black pepper
1/3 c. Romano cheese
2 T. fresh thyme leaves
½ c. heavy cream
(Using pureed cauliflower can be a healthier substitute for heavy cream)

Preheat oven to 350°F. Butter a 9-inch baking dish with 1 tablespoon butter.

Peel and seed squash, then thinly slice using a hand slicer, such as a Benriner or Mandoline slicer. Layer squash in baking dish, sprinkling some of salt and pepper between each layer. When baking dish is half filled, sprinkle 1/2 of cheese and thyme over squash. Continue layering squash with salt and pepper. Pour cream evenly over top layer, then sprinkle with remaining cheese and thyme. Cover baking dish with foil and bake until squash

is tender, about 45 minutes. Remove foil from baking dish and preheat broiler. Broil gratin until top is browned, about 4 minutes

Patient Appreciation Days are coming!!



Chiropractic and Children

The safety and effectiveness of chiropractic for children was established in a scientific research study published in Explore: The Journal of Science and Healing. Chiropractic has been known to be safe and helpful for all kinds of illnesses and injuries. This study proves it is so for children. Chiropractic is the most popular form of practitioner based Complementary Alternative Medicine therapy for children.

Dr. Viola Frymann, an osteopathic doctor, examined 1500 infants over an 8 year period. All were examined within 5 days of birth but many were in the first 24 hrs. of life. This is what was found: 10% of newborns had perfect, freely mobile skulls or cranial mechanisms. 10% had severe trauma to the head, evident even to untrained individuals. **80% had some strain patterns to the cranial mechanism.**

An infant's spine grows 50% in the first year of life. Wouldn't you think it important for their mental and physical health to be checked by a chiropractor as soon as possible?

Colebradburn.com

The roundest knight at King Arthur's Round Table was Sir Circumference. He acquired his size from too much pi.