

The Atlas Times

Issue # 9

Baker – Borski Chiropractic, S.C.

2015

Welcome to the following New Patients!

Phyllis L. Layne E.
Misty H. Dr. Smith
Diane T. Gary P.

Thank you for your referrals!

Rob E. Cory K.
Annette and Guenther P.
Sharon B. Dr. Diederich

Welcome back!

Mary L. Jeanette H.
Robert L. Brandon L.
Jolene G. Debra S.
Samantha P.

Thank you for the treats, recipes & gifts

Diane D. Dr. Smith

We will be closed Monday Sept. 7th for Labor Day. We will be open ALL DAY Tuesday, Sept. 8th.

BACKPACKS!

Parents remember that the weight limit of backpacks is **10 -15 %** of a child's weight.

45 lb child = \leq 6.75 lbs. max. weight!

60 lb. child = \leq 9.0 lbs. max. weight!

72 lb. child = \leq 10.8 lbs. max. weight!

Think they are carrying more than this? You bet they are. When we allow them to carry packs heavier than this, we risk

long term damage to our children's spine, including degenerative changes occurring 10-20 years faster than the normal population. These children should not be bringing packs home full of heavy textbooks. Let's raise our collective voices to stop this practice for the sake of our children's health!

Speaking of children...

- **Children who play soccer**, bouncing balls off their heads, show degenerative changes in their spines 10-20 yrs. earlier than the normal population.
- You must **eat 3 apples today** to equal the nutritional value of eating **1 apple in 1940**.



Let's run through the list of how to avoid or shorten a bout of the flu:

1. Get enough rest. Depriving yourself of sleep is one of the surest ways to get run down and come down with everything. Parents – you are responsible for your children getting enough rest. See article about vaccinations and lack of rest.
2. Eat real food. Real food, not processed “food”. It's the fuel for your body. It's crucial for

- keeping your immune defenses up to par.
3. **Exercise.** Dance, walk, ski, bike – something. It releases endorphins that make you feel good, it stimulates cells with oxygen for repair, and it releases stress which will tear your immune system down if you don't have an outlet for it. It is excellent for the cardiovascular system as long as you have no condition limiting your ability to exercise.
 4. **Take supplements.** Yes, we do need them. Our food is very nutritionally deficient. Most of us don't eat very well either: too many carbs such as cereal, bread, crackers, and pasta.
 5. **If you do get the flu (or food poisoning) you need to start taking probiotics right away and for 2-3 weeks minimum after the episode.** This will help your digestive system get back on track faster. Probiotics are also needed when using antibiotics as well, since antibiotics kill good and bad bacteria.
 6. **MOST IMPORTANTLY: Get Adjusted regularly.** Many studies have shown regular chiropractic care improves T cell function and number, immune system improvement and those under regular care are less sick, have fewer surgeries and use less medicine/prescriptions than those who do not.

SLOW DOWN FOR KIDS!

Cold Cucumber Soup

4 servings
2 leeks
4 cloves, garlic
2 large potatoes
2 medium cucumbers
1 bag of spinach – as much or little as you want
2 t. vegetable stock in 34 oz. water
1 T. butter or oil
7 oz. crème fraiche (or sour cream if you let soup cool before adding)
Salt, pepper to taste

Blanch the leeks and garlic in the butter/oil on medium heat for about 15-20 minutes (until soft and shiny). Boil the potatoes in a separate pot, cut them in smaller sizes to shorten cooking time. After 20 minutes, add the vegetable stock/water to the leeks as well as the cucumber and spinach. Let this boil for another minute or two. Use a hand mixer or blender and mix the soup in to a smooth mixture. Roughly smash the boiled potatoes with a fork and add it into the mixture. Smooth it out with the hand mixer/blender. Add crème fraiche (sour cream if cooled), salt and pepper. Let it chill in the refrigerator before serving, or serve warm right away.



A young couple invited their elderly pastor over for Sunday dinner. While they were in the kitchen preparing the meal, the minister asked their son what they were having for dinner. "Goat" the little boy replied. "Goat?" replied the startled man of cloth, "are you sure about that?" "Yep" said the youngster. "I heard Dad say to Mom, 'Today is just as good as any to have the old goat for dinner' ".