

The Atlas Times

Issue #8

Baker - Borski Chiropractic, S.C.

August 2014

Welcome to the following New Patients!

Mary B.	Lexis V.
Hailey C.	Emily G.
Don B.	Gladys B.
Mary J.	Tammy K.
Amanda P.	Quentin H.

Thank you for your referrals!

Arlene K.	Gladys B.
Harlan H.	Pat H.
Don F.	Ruth L.

Welcome back...!

Karla K.	Mya D.
Diane B.	Melvin N.

We will be closed Friday, Aug. 1st.
We'll see you Monday, Aug. 4th at
8:30 a.m!

September is

Chiropractic Kids Month!!

Get your kids checked before school starts again and have their brains and bodies ready for the new classes!

Bike For Honor Flight

On August 24, 2014 a bike ride is being held to raise funds for providing our Veterans a flight to Washington D.C. for a day to honor their service and to visit the National monuments built in their honor. We would love to have anyone **join Dr.'s Borski and Baker**

or **sponsor them** on their rides.
Dr. Borski will be riding **50** miles,
Dr. Baker is riding **6** miles.

Migraines

Migraine headache, one of the most debilitating types of headaches, causes one of the highest losses of income to workers in this country. \$17 billion dollars every year are lost to the families of migraine sufferers. These headaches are accompanied by excruciating, debilitating pain. These headaches are often preceded by an "aura" or visual disturbance. They can be accompanied by nausea and at times the sufferer is confined to bed for days at a time they are so intense. Recent research has verified what chiropractors have known for years. The research concludes migraine headaches may be caused by neurological influences rather than vascular. With that being said, what controls the vascular component? The nervous system! The root cause revealed in this study is felt to be the brainstem (occiput-atlas/C1-axis/C2). This is precisely why many of our migraine sufferers respond so well to the Atlas Orthogonal Chiropractic adjustment (including Dr. Baker!). We are correcting and removing the neurological component in these migraines which then allows proper vascular flow to the brain thus relieving their migraines. Share the hope of health with your family, friends and co-workers that suffer with migraines. Let them

know that here at Baker Borski Chiropractic we have improved the health of many migraine sufferers, including Dr. Baker herself!

The Cost of Health Care

The United States has the most expensive health care in the world.

A U.S. study in 2001 showed that most bankruptcies are due to medical bills. 75% of *those* bankruptcies had “health” insurance.

The more responsibility you take for your health, the less your reliance on and expense with our current disease care system.

Health is: the genetic expression of our lifestyle choices.

mercola.com

Dr. James Chestnut

High Fiber Diets regarding Diverticular Disease

A study in the British Medical Journal demonstrates that vegetarianism and high fiber diets greatly reduce the incidence or development of diverticular disease. We are in no way advocating vegetarianism for everyone, as this is not appropriate at all. However, those who eat higher proportions of vegetables vs. meat have a lower incidence of this digestive disorder. The study covered 47,000 “health conscientious” people in the U.K. over 12 years with dietary and lifestyle questionnaires. About one third of the participants stated they were vegetarians. Those with the highest fiber consumption were 40% less likely to develop diverticulitis compared to those of less consumption. The reason for the lowered risk of diverticulitis was associated with more rapid bowel transit time and more frequent bowel movements.

BMJ, July 19 2011

Antidepressants and Alzheimer’s Disease

A 13 week study showed that the use of antidepressants for patients who exhibit Alzheimer’s symptoms does not improve their overall condition. It was found that the two classes of drugs most commonly prescribed to treat coexisting depression in Alzheimer patients was no better than a placebo. Adverse events were more common in Alzheimer patients on the antidepressant.

Lancet – July 18, 2011.

Increased strokes with pregnancy

There is an overall increase in the incidence of stroke during and after pregnancy. The prevailing opinion is that it is due to the rising incidence in high blood pressure and heart disease in the population at large.

Stroke – April 8, 2011.

Breastfeeding vs. formula

Nearly 80% of U.S. hospitals provide formula to newborns even when not medically necessary. A 2009 CDC survey by Maternity Practices in Infant Nutrition and Care was conducted. This biennial study includes data from all U.S. facilities that have maternity beds. Only one third of these facilities practice “rooming in” and allowing the infant to sleep next to the mom instead of the nursery. Only 14% of the facilities provide model breastfeeding policies. Almost three fourths do not provide lactation services or breastfeeding support at discharge from the hospital.

MMWR August 2, 2011



What do you call a boomerang that doesn’t come back?

A stick.