

The Atlas Times

Issue #8

Baker - Borski Chiropractic, S.C.

August 2017

Welcome to the following New Patients!

Diane B.	Sara B.
Robert L.	Sarah R.
Alexis T.	Darlyne S.
Mary J.	Rita D.
Trey W.	Randall M.
Lor T.	Mike S.

Thank you for your referrals!

Jodi N.	Leah G.
Dr. Moellendorf	Andrea W.
Linda L.	Candace S.
Tracy T.	Lisa L.
Kari T.	Ivan H.
Gayl J.	

Welcome back...!

Elaine H.	Mark B.
Katy R.	

Thank you for the gifts or recipes
Mary J. Warren W.

We will be closed Friday, Aug. 18th
to attend a conference. Both
doctors will be in all day Thurs.,
Aug. 17th.



Back Surgeries

Researchers reviewing the Ohio Bureau of Workers Compensation database showed that of 1,450 workers with a diagnosis of disc degeneration, disc herniation or radiculopathy (referred nerve pain/weakness/etc.), half of these

patients had surgery to fuse two or more of the vertebrae in hopes of curing low back pain. The other half had no surgery even with comparable diagnoses. After two years, only **26%** of those who had surgery returned to work. Of those who did not have surgery **67% returned to work**. More bad news: those who had surgery showed a **41% increase in the use of painkillers**, specifically opiates. "The study provides clear evidence that for many patients, fusion surgeries designed to alleviate pain from degenerating discs don't work" says the study's lead author, Dr. Trang Nguyen, a researcher at the University of Cincinnati College of Medicine. Experts estimate that about 600,000 Americans opt for back surgeries. Let's do the math: average cost of \$60,000 – \$90,000/surgery = lots of money being spent on procedures with poor outcomes. But they don't want to pay for **scientifically proven** procedures for low back pain = **chiropractic**.

Health is: the genetic expression of our lifestyle choices.

mercola.com
Dr. James Chestnut

Angioplasty and Bypass

Way back in the June 11, 2009 issue of the New England Journal of Medicine has a study that concludes that angioplasty does **not** reduce the risk of heart attack or death in the majority of patients. Angioplasty is standard care

for people with chest pain or a history of heart attack. It is also used on people with asymptomatic blocked coronary arteries. Patients who had surgical intervention 3-28 days after a heart attack had no fewer heart attacks, heart failure or deaths than those treated with medication only. The Coronary Artery Surgery Study (CASS) found that rates of heart attack and death from heart disease were no lower in patients who had bypass surgery than those who were treated without surgical intervention. Approximately **45%** of a U.S. hospital's revenue can come from unnecessary heart surgeries: 1.5 million angiograms at \$25,000 each; 1.2 million angioplasties at \$38,000 each; 467,000 bypass surgeries at \$83,000 each.
DrWhitaker.com July 16, 2009

Zucchini Casserole

3 c. unpeeled, sliced zucchini
1 ½ c. water
1 green pepper, diced
1 med. onion, chopped
2 T. oil (avocado or)
1 lb. hamburger (org. grass fed)
1 c. grated cheese (your choice)
2 c. croutons
2 T. uncooked rice (brown)
1 can tomato soup, ¾ c. water
1/8th t. each pepper, paprika

Boil zucchini in 1 ½ c. water with 1 t. salt. Saute onion and green pepper in oil. Drain on paper towel. Brown hamburger, then mix zucchini, remaining ½ t. salt, and remaining ingredients into large casserole dish. Bake at 350 deg. for 1 hr.

Watermelon Fattoush

2 – 8" pitas, medium diced
¼ c. extra virgin olive oil
1 garlic clove, finely chopped
2 t. ground sumac + garnish
¼ c. fresh squeezed lemon juice
1 – 8-10 lb. watermelon, diced (about 8 c.)

1 (English) cucumber, quartered lengthwise, cut crosswise into ½" pieces (about 2 c.)
1 romaine heart, roughly chopped (about 4 c.)
5 red radishes, thinly sliced (1/2 c.)
2 scallions, thinly sliced
½ c. parsley leaves, packed
¼ c. mint leaves, packed
Kosher salt

1. Preheat oven, 475 deg.; place pitas on sheet pan, drizzle with olive oil, season with salt, toss to coat. Arrange in single layer, toast in oven 5-7 min. or browned, crispy. Remove from oven.
2. While pitas are toasting: in a bowl combine garlic, sumac, and lemon juice. Slowly whisk in the ¼ c. olive oil until well mixed; season with salt to taste.
3. In a large bowl, combine watermelon, cucumber, romaine, radishes, scallions, parsley and mint. Season with salt. Add as much dressing as you'd like, toss to thoroughly coat. Add toasted pitas and gently mix. Season with salt as needed. Serve and garnish with more sumac.

Free Backpack Check For Kids!

1. Not sure about the weight or fit? Come on in for a free backpack check with the doctors! Don't turn back to school into back pain for your kids. Backpacks should weigh no more than 10-15% of your child's body weight.



What do you call a boomerang that doesn't come back? *A stick.*