

# The Atlas Times

Issue #2

Baker Borski Chiropractic, S.C.

February 2017



## Welcome to the following New Patients

Ron R.  
Lindsay R.  
Everett R.

Tom K.  
Luke A.  
Karson S.

## Thank you for your referrals

Meganne S.  
Charlene A.  
Annette S.

Kristin R.  
Dustin K.  
Dave K.

We're counting on YOU to help our practice grow!

*Dr. Baker will be out of the office Feb. 10<sup>th</sup>.*

## **Vaccines may not work as we thought, science research shows**

(NaturalNews) While the medical, pharmaceutical, and vaccine industries are busy pushing new vaccines for practically every condition under the sun, a new study published in the journal *Immunity* completely deconstructs the entire vaccination theory. It turns out that the body's natural immune systems, comprised of both innate and adaptive components, work together to ward off disease without the need for antibody-producing vaccines.

The theory behind vaccines is that they mimic infection by spurring B cells, one of the two major types of white blood cells in the immune system, to produce antibodies as part of the adaptive immune system. It is widely believed that these vaccine-induced antibodies, which are part of the more specific adaptive immune system, teach the immune system how to directly respond to an

infection before the body becomes exposed to it.

But the new research highlights the fact that innate immunity plays a significant role in fighting infections, and is perhaps more important than adaptive immunity at preventing or fighting infections. In tests, adaptive immune system antibodies were shown unable to fight infection by themselves, which in essence debunks the theory that vaccine-induced antibodies serve any legitimate function in preventing or fighting off infection.

"Our findings contradict the current view that antibodies are absolutely required to survive infection with viruses like VSV (vesicular stomatitis virus), and establish an unexpected function for B cells as custodians of macrophages in antiviral immunity," said Dr. Uldrich H. von Andrian from *Harvard Medical School*. "It will be important to further dissect the role of [antibodies](#) and interferons in immunity against similar viruses that attack the nervous system, such as rabies, West Nile virus, and Encephalitis."

As explained by Dr. Russell Blaylock in a recent interview with Mike Adams, the Health Ranger, vaccines not only do not work as advertised, but they actually damage the body's innate immunity. Rather than teach the body how to respond to infections, vaccines actually inhibit the immune system's ability to produce TH2-type cytokines, and suppress cellular immunity, which is how the body protects itself against deadly [viruses](#) and bacteria.

So once again, the myth that vaccination serve any sort of legitimate medical purpose has been deconstructed by breakthrough science. Regardless of whether or not the mainstream medical community wants to admit it, pro-vaccine ideology is increasingly finding itself in the dust heap of outmoded pseudoscience.

### Sources for this article include:

<http://www.medicalnewstoday.com/releases/242403.php>

<http://www.niaid.nih.gov>

[http://www.naturalnews.com/035335\\_vaccines\\_Dr\\_Blaylock\\_children.html](http://www.naturalnews.com/035335_vaccines_Dr_Blaylock_children.html)

## Pregnancy

Women who are **deficient in VITAMIN D3** are **5 X's** more likely to suffer from pre-eclampsia in pregnancy. Pre-eclampsia is: high blood pressure, protein in the urine and swelling in the hands/feet. It can damage the kidneys, liver, and blood vessels. If it progresses to eclampsia it leads to seizures that can result in death. Eclampsia damages the kidneys, liver, blood, lungs and nervous system. It is nothing to fool around with and developing severe pre-eclampsia results in premature births, even emergency c-sections. Eclampsia guarantees this result. Prenatal vitamins usually offer **200 – 400 IU** of Vitamin D3, but experts and researchers suggest **1000 IU/day** is an amount needed to significantly improve levels. Other doctors **have recommended 1000 IU/day/50 lbs. of body weight**. Remember those of us in northern climates get less sunshine in the winter (a source of Vit. D). Cod Liver Oil contains Vit. D3 (available in our office) to guard against a deficiency.  
Journal of Clinical Endocrinology and Metabolism

**REMEMBER – we carry excellent quality multivitamins, Super Green Food, Vitamin D3, Zinc/Vitamin C and cod liver oil, as well as others in our office. These are essential for good health. This is REAL health insurance!**



## Ginger Thai Soup

(Works better than OTC medications in clearing out your sinuses – really!)

**Vegetable broth-** 1 container, organic  
**Water-**3-5 cups, to taste

**Mushrooms-**shitake, 4-8 medium  
**Water chestnuts-**1 small can sliced  
**Cilantro-**to taste  
**Lemon grass** (optional)-5-6 blades  
**Red pepper flakes** (careful they're hot!)  
**Chicken-**1 breast cut up  
**Ginger root-** (12) ¼ inch slices  
**Garlic-** 1-2 large cloves

Heat and Serve!

## **My Anti-Inflammatory Protocol**

(By Daniel Murphy, D.C.)

- Omega 3 essential fatty acids (efa's): DHA/EPA, 1000-4000 mg/day  
Fish/cod liver/krill oil; flaxseed oil
- Antioxidants: Vitamins – A, C, E, Selenium (ACES)
- Ice: 1-4 times/day, 10-20 min. each application
- Low Power Laser: 1-4 times/day, 15-20 sec.'s each time
- Exercises: Increase aerobic fitness: walking, swimming, cycling
- Reduce trans fatty acids (tfa's) – hydrogenated vegetable oil, grains, and saturated fats (sf's) = they are pro-inflammatory
- 5-9 fresh fruits and vegetables/day
- Reduce or stop smoking
- Avoid excitotoxins: Glutamate &/or aspartate &/or cysteine, hydrolyzed vegetable protein = MSG
- Calcium/magnesium supplement (magnesium is now considered to be the most underrated but critical mineral for 140+ metabolic processes within the

- human body. Magnesium oxide is not recommended.)
- Avoid artificial color, flavor and sugar
  - Avoid sulfites ( preservative); nitrites, nitrates (cured meats)
  - Anti-inflammatory diet includes: garlic, onion, ginger, green tea, turmeric, Vitamin C, bromelain

## My mammogram experience

I want to start by saying all of the health professionals I came in contact with at Aspirus were wonderful, compassionate and professional. It was a good experience. I decided to get a mammogram because:

1. I qualified for assistance due to our not having traditional health insurance, but belong to a sharing ministry.
2. I last had a mammogram at age 42. I am just about to turn 59 yrs. old. I don't think I am over utilizing them.
3. My mother, who chose not to have chemo and radiation treatment, passed away from breast cancer last year. I was surprised when I received the letter after my initial mammogram that said I needed to return for follow up x-rays/ultrasound to determine if I had abnormal findings. This all happened a few days before Christmas. I chose not to go in for a follow up until after Christmas and New Year's. I also did not share this information with anyone until I was sure of the results. During those 2 wks. I waited many things went through my mind. Although I do my best to stay healthy, as many of us do, was it enough? If I do have cancer, where would I start, what treatment would I consider? This depends greatly on the type of cancer and there are different types of breast cancer and stages. I didn't go very far down this road because I had to know if, where and

what kind before I started researching. I already knew false positives and inconclusive first films were common with mammograms, but it was an interesting two weeks. Many scenarios ran through my head but I wasn't giving into fear just yet. I was told I would know what I had, if anything, before I left the clinic at that 2<sup>nd</sup> mammogram. I had the best news which is no news, no growths, no cancer detectable. I have to admit I felt a little vindicated that what I had been working on for my health, especially in the last year was at least taking me in the right direction so far. I also am an advocate of using thermography for breast health evaluation so I will also follow up at Dr. Blahnik's clinic.

## Humor in Court

**These are supposedly true statements made in a courtroom.**

Attorney: What was the first thing your husband said to you that morning?

Witness: He said, "Where am I, Cathy?"

Attorney: And why did that upset you?

Witness: My name is Susan.



Attorney: Do you recall the time you examined the body?

Witness: The autopsy started around 8:30 p.m.

Attorney: And Mr. Denton was dead at the time?

Witness: No, he was sitting on the table wondering why I was doing an autopsy on him!