

# The Atlas Times

Issue #7

Baker – Borski Chiropractic, S.C.

July 2015

**Happy 4<sup>th</sup> of July!!!!!!!!!!!!!!!!!!!!**



## Welcome to the following New Patients!

Lane L.	Mackenzie L.
Anna W.	Lydia H.
Carol R.	Susan T.
Mason W.	Spencer W.
Marie A.	Cathlene C.
Rob E.	Donna K.
Cullin O.	Kate N.
Elizabeth R.	

## Thank you for your referrals!

Dean J.	Lane L.
Elaine H.	Greta W. x 3
Debbie G.	Dr. Budleski
Carol R.	Nikki O.
Erick N.	Carol R x 2

## Welcome back!

Allen W.	Candace S.
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**We will be closed all day Friday, July 24<sup>th</sup> to attend a seminar.**

**We will be open Monday, July 27<sup>th</sup> as usual!**

Our busy times for appointments

We are having the greatest demand for appointment times at the end of the day, 3:00-5:30. We will always do our best to get everyone in as they need. If you don't work and can come in at off peak

times, it would be appreciated greatly. Always let us know of any new injuries or illnesses; we may need extra time and must schedule these appointments accordingly. If we know in advance it may save you from having to reschedule to another time to allow for the extra time the doctor will need to handle your condition properly. We know your time is valuable, too. Thank you so much for your understanding!



**“Chiropractic is absolutely a must for a natural life of fitness and exercise. I use chiropractic as part of my regular health routine because keeping the spine aligned is an important part of overall health. I don't care if you are 60, 70, or 80 years old, you can still improve your life through exercise and chiropractic”.**

Jack LaLanne, D.C.



## Omega 3's???!!!

There are just a few reputable, high standard fish oil distributors in existence. We choose to use J.R. Carlson Laboratories in Illinois. They only use

the oil of fish caught at certain times of the year to maximize the nutritional benefits of their product. They don't use chemicals to extract the oil. Even the air trapped in the bottle during normal bottling processes is replaced with nitrogen. Vitamin E is added to protect the freshness of the DHA and EPA in the bottle and as well as during ingestion to prevent oxidation of the polyunsaturated oil. Omega 3 fatty acids are essential nutrients for health: DHA, EPA, and ALA. They support healthy cardiovascular, immune, hormonal, optical and nervous system functions. The typical American diet is low in Omega 3's and high in Omega 6's: fried and fatty foods. Imbalance in these two with higher Omega 6's results in more inflammatory effects in the body: aches and pains, fibromyalgia, arthritis, heart disease, cancer and diabetes. We are often asked what difference it makes to take fish oil/cod liver oil and flaxseed oil. The difference is that flaxseed oil only contains ALA so it has to convert that to DHA and EPA. It takes A LOT of ALA to convert to even a little DHA/EPA, and sufficient enzymes must be present to do it. Because the conversion process is slow and limited, fish oil is more efficient. However, if you are a true vegetarian, you can use flaxseed oil. That is why vegetarians are usually low in EPA and DHA.



### Recipe for homemade mosquito repellent

In a 16 oz. bottle:  
 15 drops of lavender oil  
 3-4 T. vanilla extract  
 ¼ c. lemon juice

### Prostate Cancer

Dr. Mercola has an article addressing how to reduce your risk of prostate cancer. 3 suggestions are made:

1. increase your intake of vegetables (and fruits).
2. reduce your intake of highly processed and charcoaled meat fats.
3. Reduce your intake of dairy.

Foods most beneficial to reducing your risk of prostate cancer:

- Tomatoes
- Cauliflower
- Broccoli
- Green tea
- Vitamin E

His best recommendations to reduce your risk of breast and prostate cancer:

- Monitor your Vitamin D levels.
- Optimize your insulin levels
- Exercise
- Get appropriate amounts of Omega 3's!!
- Eliminate sugar from your diet.
- Get good sleep!
- Reduce toxins from your life as best you can.

As you can see, we talked about a few of these already in this issue! Read more at [Mercola.com](http://Mercola.com)

### Zucchini Tots

2 small or 1 medium grated zucchini  
 ¾ c. grated cheese  
 ¼ c. grated onion  
 2 eggs  
 Salt, pepper to taste.  
 Oregano, thyme, basil or other herbs if desired, to taste.  
 Mix all ingredients. Spoon into mini muffin pan level with pan surface. Bake at 400 deg. for 15-18 min.; toothpick comes out clean; edges start to brown.