

# The Atlas Times

Issue #7

Baker - Borski Chiropractic, S.C.

July 2016

Happy 4<sup>th</sup> of July, America!!!



## Welcome to the following New Patients

Ron K.	Tom R.
Robert G.	Ashley F.
Dave R.	Lindsey S.
Roy L.	Lynn G.
Bonnie W.	Ginger V.
Ariana C.	Evie C.
Joe A.	Sheridan P.
Mina T.	

## Welcome back

Mike K.	Dave M.
Ariana P.	

## Thank you for your referrals

Becky B.	Penny W.
Carol K.	Kathy Z. x 2
Deb G.	Marie A.
Nikki O.	Mai x 2
Mike G.	Becky C.
Linda A.	

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We will be closed Monday, July 4th for the holiday. We will be open Tuesday, July 5th, 8:30-1, 3-5:30 p.m. Have a happy, safe 4th!!

We will be closed July 14, 15 and 18<sup>th</sup> for a family event. We will be open Monday, Tuesday and Wednesday, July 11, 12, & 13 our regular office hours. We will be open Wednesday, Thursday and Friday, July 20, 21, & 22 8:30 - 1, 3- 5:30 p.m.

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Our newsletter is online. Remember we now have it available on our website: **bakerborski.com**.

There are past editions available for you to read as well. You will find copies in our reception area you are welcome to take with you or share! We will be updating our website. We thank you in advance for your patience and look forward to an improved site that will give you more information and options!

## New-trition

Be aware that if you continue to eat the typical American diet which is 75% dairy, grains/pasta/bread/cereal, refined sugars and flour, refined vegetable oils, and alcohol you will lose the advantage of taking supplements. You must improve your diet to some extent.

The number one source of calories for Americans? – sugary soft drinks.

## 2. What does that leave you with?

- Fish, lean/wild meat, chicken, eggs, all organic, fresh caught.
- Vegetables and fruits, organic
- Garlic, turmeric, cinnamon, ginger
- Almonds (not roasted or salted)
- Red wine
- Dark chocolate (70% or more)
- Fermented foods

### More about Magnesium...

**Magnesium** is used to facilitate more than 300 chemical reactions in the body. It is essential for bone health and overall health. The following items deplete magnesium from the body:

1. soft drink consumption
2. high fat or high animal protein intake
3. too high of doses of Vitamin D
4. alcohol consumption
5. Diuretics, digitalis, tetracycline, and corticoid consumption
6. consumption of foods high in oxalic acid: almonds, Swiss chard, rhubarb and spinach.

**Magnesium deficiencies** are at the root of many cardiovascular problems such as arrhythmia, hypertension and sudden cardiac arrest. Other signs of deficiency are: confusion, insomnia, irritability, poor digestion, irritable bowel, rapid heartbeat, seizures, tantrums, asthma, chronic fatigue, fibromyalgia, kidney stones and depression. To test for deficiency it is recommended to do a procedure called an intracellular (mononuclear cell) magnesium screen, more accurate than a serum/blood test. Anyone at risk for cardiovascular disease should have this done.

Good sources of **magnesium** are: brown rice, fish, bananas, tofu,

blackstrap molasses, seafood and avocados.

Magnesium is recommended to take for better sleep/rest; stronger bones; decrease symptoms of muscle soreness/fibromyalgia, depression and dizziness. It can sometimes alleviate migraines.

The recommended dosage is 300-750 mg. /day. Too much can cause drowsiness or diarrhea. Vitamin C taken at the same time improves absorption of **magnesium**. Do not get your **magnesium** from antacids or laxatives. The most readily absorbed forms of **magnesium** to take orally are **magnesium citrate, malate or glycinate**. According to Dr. Carolyn Dean, a medical and naturopathic doctor, the form you take depends upon your chemistry and complaints: if constipation is an issue, magnesium oxide or citrate is recommended; glycinate is recommended for those who already have loose stools; malate is recommended for those with fibromyalgia to deal with the excess/retained lactic acid.

Soaking in an Epsom salt bath (**magnesium sulfate**) will let **magnesium** be absorbed into the body also.

### Recipe – Citrus Salsa

- 3 navel oranges
- 2 limes
- 1 t. chopped fresh cilantro
- 1 t. seeded, minced Serrano chile
- 2 t. rice vinegar
- 2 t. extra virgin olive oil
- 1/8 t. salt
- Fresh ground pepper to taste
- Remove peel from oranges and limes and coarsely chop remaining sections of orange and lime.