

# The Atlas Times

Issue #7

Baker – Borski Chiropractic, S.C.

July 2017

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



## Welcome to the following New Patients

Lisa K.	Warren H.
Heather B.	Cynthia G.
Dr. C-C	Dereck B.
Lainey E.	Sophie K.
Brad V.	Brecken H.
Sami K.	Brad K.
Don P.	Patrick D.
Doris B.	

## Welcome back

Jaden R.	Linda G.
Ginger V.	Delbert W.
Don P.	

## Thank you for your referrals

Dan K.	Jeremy & Alyssa H.
Mary Ellen H.	Ethel B.
Tina E.	Becky K.
Alicia D.	Sharon S.
Calon & Ann H.	

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**The office will be closed  
Thursday, June 29th thru July  
5<sup>th</sup> for vacation. Both doctors will  
be back in the office all day  
Thursday and Friday, July 6-7<sup>th</sup>.  
*Have a happy, safe 4th!!***

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## Our Newsletter is online.

Remember we now have it available on our website: [bakerborski.com](http://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!

It is possible to eat at almost any restaurant and make better choices for your health. There are apps you can download to help you count calories, and watch the breakdown of what nutrients you are eating: fats vs. proteins vs. carb's. One app is **LOSEIT.COM**. These apps also have restaurant dishes included and brand name store foods as well. You also enter any exercise you engage in for the day – including housework and yard work! It calculates calories/day/week/month and graphs it. **FOODUCATE.com** allows you to scan food labels in the store and will give you all sorts of information instantly. The Environmental Working Group (**EWG.org**) has data on thousands of food, make up, body care and cleaning products. You can download their app to have the ability to scan products right in the store and see how safe they are. There is another app - **MAPMYRIDE.COM** specifically for bike riders.

## 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.

### A study evaluating pediatric injuries in SUV's vs. passenger cars.

A sample of 3,922 child occupants, 0-15 yrs. of age. Injuries included brain injuries, spinal cord injuries, facial fractures and lacerations, internal organ injuries, extremity fractures, and scalp lacerations.

Results: Children restrained properly were 75% less likely to receive injuries. Children in the front seat were 106% more likely to be injured. Children in either type vehicle were 370% more likely to be injured by the passenger airbag (not specified whether front seat or side bag).

Rollover crashes increased risk of injury in either vehicle by 229% but this type of accident is twice as likely in an SUV.

Improper or no restraint increased injuries in a rollover by 568% - 9,253%!!!

Please be aware that children/people under 4'9" or 70 lbs. must be in an approved booster seat!



### Safer births

A just published research article recommends less invasive approaches to

childbirth. "The Lancet", Britain's leading medical journal, has a series of articles that report the "overmedicalization" of birthing. Too many and too invasive of interventions are being used far too often and without warrant including inducing, c-sections and episiotomy. Increasing the number of independent midwives units would probably halve the infant mortality rate and reduce unnecessary interventions said the researchers.

HeraldScotland.com; June 2014

**P.S.** The United States performs c-sections at the rate of about 32% in a given year. That rate is **2-3 times** what is recommended as necessary by the World Health Organization (W.H.O.) which is 10-15%, and is the standard for the rest of the world. Our statistics prove this high rate has not improved infant mortality in this country. In fact, the U.S.A. has the highest infant mortality rate of all industrialized nations, making it the worst in outcomes.

### My Anti-Inflammatory Protocol

(Daniel Murphy, D.C.)

- Omega 3 essential fatty acids (efa's): DHA/EPA, 1000-4000 mg/day  
Fish /krill oil; flaxseed oil (but more needs to be taken).
- Antioxidants: Vitamins – A, C, E, Selenium (ACES)
- Ice: 1-4 times/day, 10-15 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.

### **Your gut and your skin: Natural cosmetics....**

Did you realize your gut function affects how your skin looks? When we ask about things such as psoriasis, eczema, and rashes we ask to assess your body's ability to digest and process food.

Research is now demonstrating that probiotics not only affect your gut but also send messages to your skin. It was established in 2001 in research that probiotics can improve or eliminate infant eczema. There will be more studies in the next months and years to study which of these organisms affect what aspect of skin health. Kefir is an excellent product to use to re-establish probiotics in the body and it is far healthier than sugar laden yogurt products. Probiotic supplements can also be used which do not have sugar added. We carry Standard Process' Prosynbiotic which will help restore natural gut flora.

We recommend this product with antibiotic use, stomach flu, food poisoning, and for most people over 50 years of age.

NutraIngredients October 26, 2010



### **Sunscreen on Babies Safely – Best Choices Here!**

**Katie Kimball @ Kitchen Stewardship 20  
Comments**

*This post may contain affiliate links, including Amazon.com. Your price won't change but it enables free content & supports our family business.*

**Should babies under 6 months be in the sun at all? Should all the same rules apply to suncreening their soft baby flesh like we do older children, or are there side effects to sun OR sunscreen that we need to consider???**

In general, don't bother with sunscreen for an infant as you should balance shade and a [little bit of sun exposure for a healthy dose of Vitamin D](#) .Consider this: **almost all sunscreen** (definitely all chemical sunscreen) states on the bottle that it's **not meant for children under six months old**. That makes our job as parents of infants tricky when we want them to be safe in the sun!

What that really means is that the ingredients haven't been tested on babies, since doing research on babies is pretty frowned upon.

Bottom line: I wouldn't let ANY of those chemical sunscreens touch any of my babies' skin, even when those "babies" are teenagers.

So what is a safe sunscreen option for infants under 6 months short of keeping them shaded 90% of the time?

When our family first began testing 25+ natural sunscreens back in 2010 for this massive [natural sunscreen review](#), I had so many that seemed "fine" that I wasn't sure how I'd ever write up the post recommending a few at the top of the list. (I add to the review every year and will have over 100 in 2018!!!)

There are only two sunscreens I would choose for an infant.

The active ingredient had to be zinc oxide, of course. Most of the 'screens we were testing used either zinc or titanium dioxide as their active ingredients, and many relied on a mix of the two. Zinc oxide is the only one that *has* been tested to be safe on infants, however – it's the same thing that makes most diaper creams both white and effective.

At the time, Melansol and [Kabana](#) were the only two brands I was testing that fit those criteria, and Kabana had fewer and cleaner. Kabana has remained my top choice.

BUT I've been so grateful to see over the years that sooooo many [new brands are coming out with very safe, effective mineral sunscreens](#),

and national brands are adding zinc-only versions as well.

### Criteria for Best Natural Sunscreens for Babies and Toddlers

If you're wondering whether a tube of sunscreen in your home would be safe for tiny babes, here are some recommendations to assess:

1. The only active ingredient should be zinc oxide.
2. The "other ingredients" should be things you recognize, not strange, long chemical names and [especially not parabens](#).
3. There should be some antioxidants, the more the better: carrot oil, Vitamin E, green tea, sunflower oil, shea butter, and more.
  - Essential oils can be tricky for infants safety-wise, so I'd actually recommend *none* of those, just to be on the safe side.
4. The zinc oxide needs to be NON NANO and UNCOATED. *See more below.*

It is upsetting to read about the dangers of sunscreen and health benefits of sunshine- even mineral sunscreens are dangerous, and this claim was made, without citation:

*Research shows that zinc oxide sunscreens "potentially generate free radicals upon sun exposure."*

The citation should have been on just any zinc oxide, but only studied *nano* particles of zinc, examined on lung tissue (how often

do your lungs see the sun?), and the cells used were not in a human but in a petri dish (*in vitro*). The particles can be inhaled, though. The results of the study are startling and important, and more research needs to be done – There's simply not enough research on "coated" zinc oxide to use it on an infant. The citation should have been from [Dr. Yinfa Ma's 2009 research](#) out of Missouri S&T, which did find exactly those results.

For now, even Dr. Ma recommends continuing to use sunscreen while also trying to avoid the sun when possible. [A 2010 study in the Journal of Photochemical and Photobiological Sciences](#) stated that "based on data from internationally-recognized guideline studies and current 20+ year history of human use is that nano-structured titanium dioxide and zinc oxide are safe," and that the "risk for humans...is considered negligible." [Some even conjecture](#) that not only are nano particles *not* harmful, but they may in fact may provide better coverage and therefore protection from the sun. Choose to stick with non-nano, non-coated zinc oxide sunscreens. Lean toward what has been used for a longer time and more tested rather than the "new and probably not harmful" formulations with the smaller particles.

**The BEST Natural Sunscreens for Babies** – Here are the ones reviewed that currently fit the bill, out of over 80 tried in the last 8 years:

- Kabana, found [online](#), at [Amazon](#), or at Whole Foods
- Raw Elements, which has a great [stick for easy](#)

[application](#) and a [tub](#) that's quick for busy parents to dip fingers into.

- Badger Balm [baby](#), [kids](#) or the [face stick](#), found at [Vitacost](#), [Badger online](#), [various stores](#) including H-E-B, Wegman's, MANY health foods stores including the Vitamin Shoppe, Whole Foods, and believe it or not – Cracker Barrel. Of course you can find almost all the versions on [Amazon](#).
- Butterbean Organic, which comes in a very convenient [pump](#) or [tub](#).
- Original Sprout Face & Body, which isn't in the TOP recommended in the main review, but mostly because we are not sure of its water resistance. But for babies, likely that's not a huge issue. Find it on [Amazon](#). *Note that it does contain alcohol which can be aggravating to sensitive skin and eczema.*
- Goddess Garden, which also isn't in the TOP list but may move there after re-testing this summer. It's harder to rub in.
- *A few more brands that will be tested this summer (2017) for next year's update look promising, including Kiss my Face and Acure Organics stick (not lotion, which won't rub in well). Both are currently available at [Thrive Market](#), along with Badger.*

