

# The Atlas Times

Issue #6

Baker - Borski Chiropractic, S.C.

June 2014

## HAPPY FATHER'S DAY!

Remember Flag Day, also June 14<sup>th</sup>.

*Happy birthday to Betsy!*

## Welcome to the following New Patients!

Brianna A.

Andrew K.

Kerah W.

Jean R.

Dan L.

Mary W.

Peggy K.

Lillith M.

Kasen W.

Jason B.

Geril L.

## Thank you for your referrals!

Linda N.

Melinda M.

Jason K.

Becky L.

Becky K.

Ruth W.

Nick B.

Geril L.

## Congratulations, Graduates!

## *We will be closed!*

June 12<sup>th</sup>-17<sup>th</sup> for a family event.

Dr. Borski will be out of the office from June 11-22<sup>nd</sup> for a much needed vacation. Dr Baker will be available for this time period!



## Cod Liver Oil and Vitamins A and D

There is new evidence that the ratio of Vitamin A and D in Cod Liver Oil supplements may not be correct. Dr. Joseph Mercola has analyzed the data, findings, and research to modify what is recommended. Although most people

are Vitamin D deficient, most supplements are providing perhaps too much Vitamin A with it. This is a perfect example of why buying your supplements "cheaply" in a retail setting can be detrimental as well as a waste of good money. Dr. Mercola states that the best ratio of vitamins D and A are found in Carlson Laboratories products. These are the products we carry. However, in light of the new research, we will be going mostly, if not entirely to fish oil not cod liver oil. The amount of vitamin D in cod liver oil is not enough to provide your daily needs. We always recommend supplementing with a vitamin D3 supplement, which we carry. To be sure of your needs you can always order a blood test to find your current level. Vitamin A can be found in your multivitamin. These are better ways to get and regulate your amounts of supplementation. Please go to [mercola.com](http://mercola.com) for a more lengthy and detailed discussion on this subject. It is not harmful to finish the products you currently have at this time. I have used cod liver oil for several years, had my blood tested, and found nothing unusual or concerning. In the future I will rely on fish oil.

## *It's National Safety month!*



D-Hist

Remember as we enter allergy season we do carry **D-Hist** for adults and children without the side effects of steroidal drugs commonly used. Pregnant women are recommended to use Stinging Nettle only, as a safety precaution.

Iceland lowers heart disease by 80% through natural means

From 1981 to 2006 the mortality (death rate) from coronary heart disease in Iceland dropped **80%** for men and women between 25 and 74 years of age. The Icelandic Heart Association and the University of Iceland funded the study that showed the results are from lowering risk factors by adopting natural, healthy choices. They emphasize the ABC's: **A**void tobacco, **B**e active, **C**hoose nutritious foods. The three main risk factors reduced in the study were: total serum cholesterol, blood pressure levels, and smoking. A full **75% reduction** came just from healthy lifestyle choices alone. The AHA (the American Heart Association) says that heart disease is a mostly avoidable disease by changing to a healthier lifestyle. They also say that coronary heart disease is the 3<sup>rd</sup> major killer and cause of stroke in the **U.S.A.** because Americans are unable to commit to a heart-healthy lifestyle. "Your lifestyle is not only your best defense against heart disease and stroke, it's also your responsibility".

### Lesson Learned:

Some of you may know that Dr. Baker has been "sick" for the past week with severe breathing problems. It has been a very scary, frustrating and exhausting week. After several chest films, blood draws, asthma treatments, heart evaluations the answer is: we don't know. The doctors, nurses, and technicians were wonderful and caring.

But sometimes our technology can't answer our questions. In a conversation with Marisha Platner, the "answer" dawned on us: our Ozone therapy machine. These machines are used for clearing air for particles and molds but there is such a thing as too much Ozone. Right after we used it in two rooms in our house, I became ill. It irritated the lungs and no test or film would show that. Sometimes it just comes down to good old detective work. With all of the testing I learned I have no lung disease that would present on film, no pulmonary embolism, excellent heart function and excellent blood work except for slightly low potassium. So my adjustments, nutritional supplementation and eating regimen, exercise have paid off with excellent heart, lung function and blood results!

## Coconut Bread recipe

Gluten/wheat free!

One small loaf:

6 eggs  
½ cup butter, melted  
2 tablespoons honey  
½ teaspoon salt  
¾ cup sifted coconut flour  
1 teaspoon baking powder

Blend together eggs, butter, honey, and salt. Combine coconut flour with baking powder and whisk thoroughly into batter until there are no lumps. Pour into greased 9 x 5 x 3 inch or smaller loaf pan and bake at 350 degrees F (175 C) for 40 minutes. Remove from pan and cool on rack. It will have a texture similar to pound cake. You can put berries, maple syrup or cinnamon on it.

*Thank you, Marisha!*