The Atlas Times

Issue #6 **Baker – Borski Chiropractic, S.C.** **June 2016**

HAPPY FATHER'S DAY!

Remember Flag Day also, June 14th.

Welcome to the following New Patients!

David J.	Clarice K.
Kristin R.	Mason C.
Debbie G.	Kari T.
Peter J.	Jared K.
Brittany W.	Mary W.
Linda A.	Jennifer B.
Sarah S.	Arlene M.

Thank you for your referrals!

Phyllis S.	Randall K.
Lisa and Dayna L.	Clint S.
Jessica J. x 2	Angela K.
Janice G.	Ryan J.

R E M E M B E R our **Patient Orientation Class** is held on alternating Monday and Wednesday nights at **6 p.m**. New patients are required to attend at least once! Guests are welcome!!!

Congratulations, High School Graduates!!

Melissa N.	Kaitlin B.
Kelsey E.	Andrew B.
Kerah W.	Taylor K.
Taylor L.	Patrick E.

We will be closed, Friday June 17th to attend nutritional training for the doctors. See you Monday, June 20th at 8:30 a.m.!

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 as per doctor.

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.

NutraIngredients October 26, 2010
Annals of Family Medicine, 7:212-222. 2009
Environmental Working Group 2016

It's National Safety month!

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. Delicious!! You can put berries, maple syrup or cinnamon on it.

Thank you, Marisha!

Lyme Disease

According to the Centers for Disease Control and Prevention (CDC), 1 an estimated 300,000 Americans are diagnosed with **Lyme disease** each year, and the prevalence is rising.

Since national surveillance began in 1982, the number of annual Lyme cases reported has increased nearly 25-fold.2 The disease is also spreading out geographically.3 Between 1993 and 1997, 43 counties across the US had a high incidence of Lyme disease. By 2012, the number of hotspots had skyrocketed to 182. As reported by Time Magazine:4 "'Lyme disease is not only becoming more rampant in its normal hotspot of the northeast United States, it's spreading across the country,' a new report5 from the Centers for Disease Control and Prevention warns.

'Over time, the number of counties identified as having high incidence of Lyme disease in the northeastern states increased more than 320 percent,' researchers write...

They also note that the disease is appearing in states where it has never been recorded before. One big reason why Lyme disease is spiking, according to the CDC report: climate change."6

While deer usually gets the blame for spreading tick-borne disease, rodents are actually the primary threat. According to Richard Ostfeld, a disease ecologist at a Lyme disease research center:7

> "The resurgence of deer population is an overblown factor. Our research suggests that white-footed mice are more important numerically. Basically, mice are a fantastic host for both the tick and [the bacteria that causes Lyme].

Ticks are not born with the Lyme spirochetes. It picks up the bacteria when feeding on an infected host.[8] Ostfeld's research indicates that white-footed mice infect 75-95 percent of larval ticks that feed on them, while deer only infect about one percent.

Urban sprawl and hunting has eliminated many of the mice's natural predators,

Lyme disease refers to illnesses transferred by biting or blood-sucking insects. The bacterium responsible for Lyme infection is Borrelia burgdorferi,[9] a "cousin" to the spirochete bacterium that causes syphilis.

Many still attribute transmission of Lyme disease exclusively to ticks (in the US, the black-legged deer tick, Ixodes scapularis; in Europe, the castor bean tick, I. ricinus.).[10]

But according to Dr. Dietrich Klinghardt — one the leading authorities on **Lyme disease** — the bacteria can also be spread by other biting or blood-sucking insects, including mosquitoes, spiders, fleas, and mites.

Common side effects of tick bites include an itchy "bull's eye" rash, pain, fever, and **inflammation**.

However, you don't have to get the hallmark "bull's eye" as this rash occurs only in about half of those infected, so absence of such a rash does not exclude the possibility of a tick bite.

Symptoms of Lyme disease typically start out with:

- Unrelenting fatigue
- Recurring fever
- Headaches / **migraines**
- Achy muscles and/or joints

If left untreated, the disease may progress to muscle spasms, loss of motor coordination, and even intermittent paralysis, meningitis, or heart problems. For a more complete list of symptoms, refer to the Tick-Borne Disease Alliance.

The B. burgdorferi spirochete is shaped like a corkscrew, which allows it to burrow into and hide in a variety of your body's tissues. It can also live intracellularly (inside your cells), which allows it to evade antibiotics.

For this reason, some doctors recommend giving antibiotics along with Plaquenil in order to change the intracellular pH.[13] The

organisms can also take up residence in biofilms, or in an encoated “cyst” form.

All of these different morphologies and clever evasion capabilities explain why Lyme infection can cause such wide-ranging multisystem involvement and why treatment is so difficult.

This also explains why recurrence of symptoms can still occur after standard antibiotic protocols. Complicating matters further, ticks can also infect you with a number of other disease-causing organisms, such as Bartonella, Rickettsia, Ehrlichia, and Babesia.

The simplest presentation of Lyme disease is the orthopedic forms, which typically affect the larger joints. When the microbes and the associated immune reactions are situated in the connective tissue, the infection presents as a “vague, dispersed pain,” which oftentimes ends up being misdiagnosed as **fibromyalgia** by conventional doctors. In fact, Lyme disease is notoriously difficult to diagnose, and doctors quite often get it wrong.**15**

Lyme is known as “the great imitator,” as it can mimic many other disorders, including multiple sclerosis (MS), arthritis, **chronic fatigue syndrome**, fibromyalgia, ALS, ADHD, and Alzheimer’s disease.**16** When nothing unusual shows up on blood tests, some patients are even told their problems are “all in their head,” and may be referred to a psychologist.

One of the reasons blood tests are so unreliable as indicators of Lyme infection is that the spirochete is capable of infecting your white blood cells. Lab tests rely on the normal function of these cells to produce the antibodies they measure. If your white cells are infected, they will not respond to an infection appropriately. Interestingly, the worse your Borrelia infection is, the less likely it will show up on a blood test.

In order for Lyme tests to be useful, you actually have to be treated first. Once your immune system begins to respond normally, only then will the antibodies show up on a blood test. This is called the “Lyme Paradox” — you have to be treated before a proper diagnosis can be made.