

The Atlas Times

Issue #6

Baker - Borski Chiropractic, S.C.

June 2017

HAPPY FATHER'S DAY!

Remember Flag Day, also June 14th.

Happy birthday to Betsy!

Welcome to the following New Patients!

Judi R.	Ashley N.
Jenny E.	Sylvia M.
Kortney W.	Willow W.
Jolene S.	Katie A.
Lori B.	Russ G.
James R.	Cheryl R.
Parker W.	

Thank you for your referrals!

Andrew & Andrea W.	Laurie G.
Mary N.	Vivian E.
Joe A.	Ana B.
Ethel B.	

We will be closed!

June 29th-July 5th for an office holiday.

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.

Medications depleting the body of ...

Taking various common medications will deplete your body of specific nutrients needed to survive. If you are on one or more of these medications you need to take action to correct deficiencies or you will have serious health consequences over time! Here are some of the more common medications and the problems & deficiencies resulting from them:

H2 receptor antagonists for ACID REFLUX!

(Tagamet, Pepcid, Zantac):

Deplete: Calcium, folic acid, iron, Vit. B12, D, and Zinc.

Causing: Osteoporosis, heart/blood pressure irregularities, tooth decay, birth defects, anemia, cardiovascular disease, weakness, fatigue, hair loss, slow wound healing, loss of sense of smell, taste, & hearing, lowered immune response.

Proton Pump Inhibitors for same

(Prevacid, Prilosec):

Deplete: Vitamin B12.

Causing: same as above.

Oral Contraceptives

Deplete: Magnesium, tryptophan and tyrosine, Vit. B2, B6, B12, C and Zinc.

Causing: cardiovascular problems, asthma, osteoporosis, cramps, PMS, skin/eye/mucous membrane/nerve problems, depression, sleep disturbances, weakened immune

response, easy bruising, poor wound healing, loss of sense of smell and taste.

Corticosteroids for inflammation

(Cortisone, prednisone, hydrocortisone,

Depletes: Calcium, folic acid, magnesium, potassium, selenium, Vit. C & D, Zinc.

Causing: osteoporosis, heart/blood pressure irregularities, tooth decay, birth defects, anemia, cardiovascular disease, asthma, muscle weakness, fatigue, edema, lowered immune response and antioxidant levels, easy bruising and poor wound healing, hearing loss.

NSAIDS (non-steroidal anti-inflammatory drugs)

(ibuprofen, naproxen, Advil, Aleve, Motrin, naprosyn.

Depletes: folic acid, B vitamins

Causing: birth defects, anemia, cardiovascular disease, hair loss, fatigue.

General antibiotics, Penicillins, Tetracyclines, Aminoglycosides, Sulfamides

(Amoxicillin, ampicillin, doxycycline, minocycline, neomycin, pentamidine,

Depletes: potassium, calcium, magnesium, iron, beta-carotene (Vit. A precursor), sodium, folic acid.

Causing: irregular heartbeat, muscle weakness, fatigue, edema, osteoporosis, heart/blood pressure irregularities, cardiovascular problems, asthma, anemia, birth defects.

Blood Pressure & ACE Inhibitors

(Capoten, Vasotec, etc.)

Depletes: Zinc

Causing: Slow wound healing, loss of sense of smell and taste, lowered immunity.

Cardiac Glycosides

(Digoxin, Lanoxin)

Depletes: Calcium, magnesium, phosphorus, Vit. B1.

Causing: osteoporosis, heart/blood pressure irregularities, tooth decay, muscle weakness, fatigue, edema, irritability, depression, memory loss.

Beta-blockers

(atenolol, carvedilol, acebutolol, Lopressor, Toprol, Coreg, Betapace etc.)

Depletes: Coenzyme Q10

Causing: high blood pressure, congestive heart failure, low energy.

HMG-CoA Reductase Inhibitors for cholesterol

(Lovastatin, Simvastatin/Lipitor, Baycol, Mevacor, Zocor, etc.)

Depletes: Coenzyme Q10.

Causing: high blood pressure, congestive heart failure, low energy.



Homemade Green Juice Recipe

- 6 Kale leaves
- 1 red apple
- 1 green apple
- 2 celery stalks
- 1 lemon
- 1 ginger (thumb size)
- 2 tangerines
- 1/3 c. kombucha
- 1 c. water

Chop ingredients. Put into a blender. Add kombucha and water. Blend. Push through a strainer. Makes about 24 oz. Enjoy! *Thanks, Betsy.*

A small boy swallowed some coins and was taken to a hospital. When his grandmother telephoned to ask how he was, a nurse said, "No change yet."