

The Atlas Times

Issue #10

Baker - Borski Chiropractic

October 2013

Welcome to the following New Patients!

Ralph Z.
Ryan S.
Clark B.
Jay K.
George G.
Donald P.

Troy S.
Kaitlin B.
Christine H.
Kelly Z.
Cade M.

Thank you for your referrals!

Betsy S.
Anne G.
Nick B.
Diane W.

Chad M.
Dr. Jarchow
Nikki K.

Welcome back!

Mary N.

Thank you for the treats, recipes & gifts

J.T. G.

Patient Appreciation Days! October 15th for our patients, Oct. 18th for New Patients:

We want to invite our patients to participate in Patient Appreciation Days. Without your gratitude and referrals of family, friends and colleagues we could not be here to provide our services. We are incredibly humbled and grateful for your continued trust. Your **generous** food donations will benefit the local food pantries that are overwhelmed with need in recent years. You could be

helping your neighbor or friend! Thank you very much for your referrals that help us grow and your generosity to our community in need this year!

THANK YOU!!!!!!



Vitamin D, Zinc + C are in for you to fight cold and flu season with! Super Greens, multi vitamins and Fish/Cod liver oil supplements are in stock as well. Fight illness naturally by building your immune system, not by overwhelming it with drugs!

Health Account

How is your health account doing? No, not your "health savings account". Are you investing in your own health? Just like any other investment, if you are not actually contributing to your "health account" you may discover you're bankrupt when, not if, a condition or crisis occurs. If you don't put money into a savings account, you have no savings account. If you don't invest time and energy into your health you don't have an account. That rainy day account, which will happen to EVERYONE won't be there. If you don't exercise, eat nutritious live foods, get enough rest, have too much stress and don't get checked periodically, you have a

bankrupt health account. So when your rainy day comes, you may be forced into a choice and/or situation that you are not happy or satisfied with. You may have no options to save yourself. If you are proactive and plan for the rainy day that WILL COME, you will probably have options. With an account the severity and duration of the crisis will be decreased. This applies to our lives in so many ways. The amount of effort you put into your health is what you get out. We have been duped into thinking the solution will be a pill or procedure that will fix any and everything, so we can do whatever we want in the meantime. Can you drive a car indefinitely without ever changing the oil or the tires? Eventually it will break down. Your body is no exception. Take a good, long look at your health account. Are you ready for a rainy day? **OR...**

NO TIME FOR EXERCISE...?!

Check this out:

Please contact Dr. Baker for the latest interval training recommendations. This works especially well for busy women who have precious little time to work out and want to do something for their health and well being. This program only requires up to 30 min. at a time, 3 times/wk. Yes, you read that right. Interval training is all about getting adequate strength and aerobic exercise in short spurts of varying intensity to maximize metabolic changes and strengthen/tone the muscles for stability and bone health! Exercise also boosts the immune system and overall mental health.

Dr. Baker and Pediatrics

Dr. Baker recently attended a weekend class taught by Dr. Claudia Anrig, a Pediatric Chiropractor who has written a

textbook for this field. Here are some of the tidbits from that class time:

- The human fetus develops **7X's** more quickly than an infant and for that reason is the most sensitive to biomechanical forces that lead to constraining pressures and molding called intra- uterine constraint (think of club foot, asymmetric skulls/faces, and torticollis/wry neck, etc.).
- In the United States, the leading cause of death to those 25 yrs. of age or younger is accidents. So if one survives an accident, which occur often, there must be a corresponding epidemic of children with spinal injury and trauma left unchecked and uncorrected.
- **90%** of medications approved by the FDA from 1980-2000 had **insufficient data** to determine safety during pregnancy. **70-80%** of women in the U.S.A. reported taking at least one medication.
- Over **90% of Ritalin** prescriptions are written in the U.S.A. (**5X's** the rest of the entire planet combined).



When everything is coming your way,
you're in the wrong lane!

Make your words soft and sweet in case
you have to eat them.

The second mouse gets the cheese.

Happy Hal loween!

