

The Atlas Times

Issue #10

Baker - Borski Chiropractic

October 2016

Welcome to the following New Patients!

Ted D.	Stephan H.
Randy S.	Shirley V.
Galen W.	Martha W.
Nelson W.	Quintin H.
Deborah D.	Angie R.
Janet W.	Elizabeth T.

Thank you for your referrals!

Wendy H.	Nelson W.
Rosanne W. x 2	Stephen W.
Eldon W.	Jeremy H.
Robert J.	Wayde K.
Kari T.	

Welcome back!

Gary E.	Katie R.
---------	----------

Thank you for the treats!

Warren W.

We will be **closed** Friday, Oct. 21st for the doctors to attend continuing education. Dr. Baker will be in Thursday, Oct. 20th in the a.m and p.m.

Patient Appreciation Days! October 25th for our patients, Oct. 28th 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** donations will benefit the local food pantries and services that are overwhelmed with need. 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! Ask Betsy or Mai for details if this is your first time!

THANK YOU!!!!!!



Flu Vaccine Campaign – Trick or Treat?!

1. Did you notice how early they started this year on the hype for the flu vaccine? August! Just like marketing for Christmas comes earlier and earlier.

They even claim it could protect you from similar viruses. This is very unlikely as viruses are very antigen-specific. Yes, you can get sick from the vaccine and many do. Either the vaccine is compromised/ineffective or your immune system cannot handle the vaccine and you succumb to whatever is out there anyway. Canada forbids this vaccination for children under 5 yoa. due to safety issues. A recent scientific study in Japan showed that **taking Vitamin D** is as effective as the flu

vaccine (without the dangerous risks and side effects) in preventing the flu. Here's a statistic that should frighten you: the study by the Cochrane Collaboration, 2006: Efficacy of Flu Vaccine for Children under 5 years of age- from 1999-2002, flu deaths for children in this age group fell each year to below 20 deaths, but in 2003 with the CDC's recommendation to vaccinate young children, that percentage rose to about 90 deaths.

A clinical study conducted by the Division of Molecular Epidemiology at the Jikei University School of Medicine Minatoku in Tokyo, Japan found that administering **Vitamin D was extremely effective at halting influenza infections in children.**

This was a "gold standard" study: a placebo controlled double blind study of 334 children, half given 1200 IU's of Vitamin D3. It resulted in an 8% reduction of influenza cases vs. the vaccine having a reduction of 1%. Vitamin D has also been shown effective for depression, arthritis, cancer and asthma.

The FluMist vaccine will not even be offered this year. It is actually very contagious for about 3 wks.
ajcn.org; naturalnews.com

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 account? 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 adjusted periodically, you will eventually drain your 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 of it. 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?



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.