

# The Atlas Times

Issue #9

Baker - Borski Chiropractic, S.C.

September 2016

*We will never forget!*



## Welcome to the following New Patients!

|               |            |
|---------------|------------|
| Harvey R.     | Philip B.  |
| Rosann B.     | Alyssa H.  |
| Regena L.     | Christa L. |
| Sonya L.      | Jeremy H.  |
| Mark N.       | John W.    |
| Karie M.      | Megan C.   |
| Ana B.        | Wendy H.   |
| Mary Ellen H. | Linda W.   |

## Thank you for your referrals!

|                         |                    |
|-------------------------|--------------------|
| Molly B.                | Brandon G.         |
| Jeremy H.               | Andrew & Andrea W. |
| Elaine H.               | Marlee S.          |
| Philip (x2) & Rosann B. | Ervin L.           |
| Joan R.                 | Karla S.           |
| Christa L.              | Bonnie W.          |

## Welcome back!

|        |           |
|--------|-----------|
| Deb J. | Sharon H. |
| Bob J. |           |

## Thank you for the treats, recipes & gifts –

|            |               |
|------------|---------------|
| Karen L.   | Lydia W. x 2  |
| Christa L. | Sherri M.     |
| Violet W.  | Dr. Smith x 2 |
| Shirley K. |               |

**Happy Labor Day** – we will be closed Monday, Sept. 5th. Both doctors will be here Tuesday, Sept. 6th at 8:30 am.–12:30 p.m., 3- 5:30 pm.



## Students!!!!

We wish all of our students a wonderful new school year, especially our students who are moving on to post graduate schooling and training or service!! We are proud of all of you. We feel so fortunate to have seen so many of you grow up right before our eyes, and to reap the benefits of good health thanks in part to chiropractic care!! We are so honored and humbled to have been a part of your lives thus far. We hope you enjoy the fabulous health bonuses that come from chiropractic care wherever you end up! Share your great chiropractic stories with everyone you meet so that others can benefit from great health without dependence on risky drugs and surgeries.

## THANK YOU AND GOOD LUCK!!!!

SIDS – Medically proven to be a condition helped by Chiropractic!!!! Here's the bottom line, folks.

Chiropractors have said for years that most cases of SIDS are a result of birth trauma, induced or not, at the brainstem level. The RAS (Reticular Activating System) is located here. When there is trauma to this area from high compressive forces, axial hyper

stretching or rotational/shearing forces at the top of the cervical spine (base of head, upper neck area) there can be compromise of this neurological pathway controls respiration and heart function. Because so many babies, especially in this area are induced births or C-section, they are especially vulnerable to this trauma. When an infant is placed on their stomach, this accentuates the torque on the upper cervical area and causes further disturbance to this critical area. “In vulnerable infants, the various genetic, developmental, and environmental risk factors described above can affect the respiratory pathway at any stage, leading to fewer arousal periods, ineffectual gasping, or a **failure of the AUTONOMIC NERVOUS SYSTEM** to stimulate resuscitation”.

“SIDS is now believed to be caused by the interaction of multiple factors – a critical developmental period (first 12 months of life), underlying intrinsic vulnerability, and exogenous stressors”. These are all definitions of “unexplained” outside factors that cause SIDS. With the highest rates of induction for births in the world, we are increasing the trauma at birth by exponential rates. In some cases induction is needed but it should be the rare exception. Now it is used even for convenience (the parents’ schedule or the doctor’s). Very few people understand how much more traumatic an induced or cesarean birth is rather than most normal vaginal births. We claim to have declining infant mortality rates but they have only re-appropriated the death and injury to another category: SIDS. That removes the blame from healthcare procedures onto the parents! We have a higher rate of infant mortality than some third world countries because of this.

A recent study in the Annals of Internal Medicine showed a lower rate of c-section with induction but the comparison group was other “expectant management” patients, not compared with regular “unmanaged” labors. In other words, women who can go into labor naturally, without interference will still have a lower rate of c-sections. Recently the American College of Obstetricians and Gynecologists recommend that women undergoing a C-section have pneumatic compression devices in place to reduce the very real risk of venous thromboembolism – a clot that occurs and can kill the woman. This recommendation is based on consensus and opinion, not facts.

Journal Watch; June 20, 2009

Annals of Internal Medicine; Aug. 18 2009

Obstetrics and Gynec.Practice Bulletin 123 2011

### HUMMUS RECIPE

1 c. garbanzo beans

1 T. Tahini paste

1 lemon (juiced)

2 garlic cloves

¼ c. olive oil

1/8 c. water (as needed)

Pinch of cumin powder

To taste – salt and pepper

Place beans, garlic, half of lemon juice, tahini, water, olive oil, and a big pinch of salt in a food processor fitted with a blade attachment and process until smooth. If the hummus is too thick, pulse in more water, a tablespoon at a time until the desired consistency is reached. Taste, adding more salt and lemon juice as needed. To serve, place in a bowl and drizzle with olive oil.



*Have a safe and enjoyable  
Labor Day weekend!*