

The Atlas Times

Issue #9

Baker - Borski Chiropractic, S.C.

September 2017

We will never forget!



Welcome to the following New Patients!

Gary B.	Bruce B.
Dawn B.	Lauren B.
Judy W.	Janice W.
Karlyn M.	Callie N.
Misty S.	Caitlyn N.
Susan D.	Dana K.
Dale K.	Joseph S.
Megan S.	Rory B.
James H.	Leann M.
Andrew S.	

Thank you for your referrals!
Welcome back!

Becky K.	Ryan & Julie B.
Delbert W.	Mike S.
Emily B.	Dawn B.
Ethel B.	Jodi N.
Kim P.	Bonita B.
Dr. Moellendorf	Dawn B.
Alicia B.	Karlyn M.

Thank you for the treats,
recipes & gifts –

Sherri M.	Lydia W.
Sharon S.	Sarah R.

Happy Labor Day – we will be closed **Mon. Sept. 4th**. Both doctors will be here Tuesday, Sept. 5th at 8:30 am. – 1, 3:00 - 5:30 pm. We will also be closed Friday,

Sept. 15th for the doctors to attend nutrition classes.

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 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 Gynecology Practice Bulletin 123 2011.

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!! 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!!!!**

Butternut Squash Gratin

3 T. unsalted butter

1 butternut squash (2 lbs.)

3/4 t. fine sea salt

1/2 t. of fresh ground pepper

1/3 c. grated Romano cheese

2 T fresh thyme leaves

1/2 c. heavy cream

Preheat oven to 350°F. Butter a 9-inch baking dish with 1 tablespoon butter.

Peel and seed squash, then thinly slice using a hand slicer, such as a Benriner or Mandolin slicer. Layer squash in baking dish, sprinkling some of salt and pepper between each layer. When baking dish is half filled, sprinkle 1/2 of cheese and thyme over squash. Continue layering squash with salt and pepper. Pour cream evenly over top layer, then sprinkle with remaining cheese and thyme. Cover baking dish with foil and bake until squash is tender, about 45 minutes. Remove foil from baking dish and preheat broiler. Broil gratin until top is browned about 4 minutes.



BACKPACKS!

Parents remember that the weight limit of backpacks is **10 -15 %** of a child's weight.

45 lb child = \leq 6.75 lbs. max. weight!

60 lb. child = \leq 9.0 lbs. max. weight!

72 lb. child = \leq 10.8 lbs. max. weight!

Think they are carrying more than this? You bet they are. When we allow them to carry packs heavier than this, we risk long term damage to our children's spine, including degenerative changes occurring 10-20 years faster than the normal population. This is due to the compressive forces on the still growing pediatric skeleton including all important growth plates. If more of us start complaining when our children bring home packs full of heavy books, we may get a change in the way schools delegate study hall work and homework. These children should not be bringing packs home full of heavy textbooks. Let's raise our collective voices to stop this practice for the sake of our children's health!

How to avoid or shorten a bout of the flu:

1. **Maintain your regular adjustments.** They are proven through research to boost T cell count and immunity. You will have a stronger system to fight the virus.

2. **Get enough rest.** Depriving yourself of sleep is one of the surest ways to get run down and come down with everything. Parents – you are responsible for your children getting enough rest.
3. **Eat real food.** I mean real food, not processed “food”. It's the fuel for your body. It's crucial for fighting bugs.
4. **Exercise.** Dance, walk, ski, bike – something. It releases endorphins that make you feel good, it stimulates cells with oxygen for repair, and it releases stress which will tear your immune system down if you don't have an outlet for it.
5. **Take supplements.** Yes, we do need them. This was reinforced at the Pediatric seminar I attended. Our food is very nutritionally deficient. Most of us don't eat very well either: too many carbs such as cereal, bread, crackers, and pasta.

If you do get the flu (or food poisoning) you need to start taking probiotics right away and for 2-3 weeks minimum after. This will help your digestive system get back on track faster. Probiotics are also needed when using antibiotics as well, since they kill good and bad bacteria.

Creative Puns for Smart Minds

1. *The roundest knight at King Arthur's Round Table was Sir Cumference. He acquired his size from too much pi.*