

The Atlas Times

Issue # 5

Baker – Borski Chiropractic, S.C.

2018

Happy Mother's Day!



Welcome to the following New Patients!

Kathleen H.
Steve W.
Elaine S.
Jeffrey S.
Jordy S.

Joe B.
Nancy L.
Richard S.
Susan P.

Thank you for your referrals!

Julia S.
Mark S.
Eunice S.

Warren H.
Jon M.
Annette S.

Medicare Patients: You will be receiving a new I.D. card for Medicare benefits. It will have a new I.D. number; they will no longer use your Social Security number. We must have you bring in your new card when you receive it and photocopy so Mai can bill correctly on your behalf.



You are what you eat!

If you really want to feel better, get rid of unexplained aches and pains, reduce your chances of getting arthritis of any type, cancer, diabetes, MS, ALS, heart disease/cholesterol issues,

unexplained headaches and fatigue, syndrome x, and/or high blood pressure you **HAVE TO CHANGE WHAT YOU EAT.** One thing that is clear is that you can take great supplements of all kinds but if you continue to eat a typical American diet, you will likely continue to have health problems. We have to greatly reduce the grains in our diet. By the way, your kids' health issues may not appear until their late 30's into 40's. If you are going to supplement, do a quality multivitamin, fish oil, and make sure you get enough Vit. D (1000-4000 IU's/day) and Magnesium (400-1000 mg/day). There is a great deal of benefit in the super green food we offer also as far as other nutrients such as the proteolytic enzymes and probiotics, as well as kelp and algae products. Why are grains a problem? Because they are carbs that break down into **SUGAR** and they wreak havoc with our blood sugar and insulin responses (glycemic index and load). They are **pro-inflammatory** which drives all of the chronic diseases (including cholesterol problems)

you can think of and a few more. The best antioxidant that we can take is **stabilizing our blood sugar!** The best way to build strong bones is **fruits and vegetables**. Wild game, grass fed beef/dairy products have less fat. High fat dairy is **less acidic** than low fat = good. Systemic acidity and inflammation is prevalent with chronic disease and cancer. Don't take iron supplements or include it in your multi unless you have been diagnosed by lab work with an iron deficiency.

No Bake Energy Bites

Prep time: 10 min.

Yield: about 1+ doz.

Ingredients:

- 1 cup dry oatmeal (rolled oats OK)
- 1/3 c. toasted coconut flakes
- 1 c. peanut butter
- 1 c. ground flaxseed or wheat germ
- 1 c. chocolate chips or cacao nibs
- 1 T. chia seeds (optional)
- 1 t. vanilla extract
- 1 c. honey or maple syrup

Other ingredients to substitute:

Dried fruits such as blueberries, dates, raisins, cranberries, cherries.

Chopped almonds, pecans, sunflower seeds, etc.

Other grains: rice; granola?

Other chips: butterscotch, etc.

Method:

Stir dry ingredients together, and then add wet ingredients in a medium bowl until thoroughly mixed. Refrigerate 30-60 min. Roll into balls of any size and keep in airtight container in fridge for up to one week!

From actual church bulletins:

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

For those of you who have children and don't know it, we have a nursery!

Irving Benson and Jessie Carter were married on October 24th in the church. So ends a friendship that began in their school days.

At the evening service tonight, the sermon topic will be "What is Hell?" Come early and hear our choir practice.

Condition of the Month: Allergies!

Ask Dr. Baker or Borski about them.