

# The Atlas Times

Issue # 8

Baker – Borski Chiropractic, S.C.

2018



## Welcome to the following New Patients!

Shirley K.  
Erin J.  
Sandy A.  
Carly M.  
Kyle W.  
Ruth N.  
Margaret H.

Jude T.  
Darlene B.  
Kristy B.  
Esther M.  
Allie S.  
Doug B.  
Amy C.

## Thank you for your referrals!

Ted A.  
Barb F.  
Jesse M.  
LeRoy J.  
Denise S.  
Betsy S.

Jerry B.  
Elizabeth B.  
Dustin & Jacie K.  
Karla S.  
Cyrus B.

## The office will be closed for vacation:

*Thursday, August 2 – Tuesday, August 7<sup>th</sup>.*

## Cell Phone Use:

Cell phone call use is **banned** in our building. If you must make or take calls, we require you to step into the vestibule at the front door while on the phone. This will eliminate disturbing patients who do not feel well or staff in the building taking calls on the office lines or being paged. If a phone is being used for a game or social media, it must be

**silenced.** If phone use prevents you from starting your appointment on time, we will move you to the next available slot open to see the doctor so we can do our best to stay on time for everyone else. Thank you for your cooperation.

**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. You must bring in your new card when you receive it, to be photocopied, in order for us to submit your billing correctly.

## Birth Crisis

An article has been published recently that addressed the poor maternal mortality rates in the United States. Since we supposedly have a superior health care system for an industrial nation, why the terrible statistics for deaths related to pregnancy and birth? It is being blamed on missing signs and symptoms in routine checks and follow up with pregnant and new moms. Between 1990 and 2015 Germany, France, England, Japan, and Canada maternal deaths fell or plateaued. The U.S. rose 26.4%. This study was over 4 yrs., more than half a million pages of records including 150 “botched” deliveries. Causes listed included hemorrhage and severe hypertension. 50,000 women suffer death or life altering complications and the problem is all across the nation, not just in cities

or rural. What is not discussed in this article but is documented in statistics is that the U.S. rate of c-sections is above 30%. The rate the World Health Organization (W.H.O.) sees as acceptable is 10-15%. We also force more women into labor by induction based on unscientifically sound due date predictions. All of these factors can lead to gross interference with a natural process which increases the risk of complications and unnecessary injuries and/or deaths for mothers and babies. The Lancet Journal, 2018.



### **Breastfeeding vs. formula**

Nearly 80% of U.S. hospitals provide formula to newborns even when not medically necessary. A 2009 CDC survey by Maternity Practices in Infant Nutrition and Care was conducted. This biennial study includes data from all U.S. facilities that have maternity beds. Only one third of these facilities practice “rooming in” and allowing the infant to sleep next to the mom instead of the nursery. Only 14% of the facilities provide model breastfeeding policies. Almost three fourths do not provide lactation services or breastfeeding support at discharge from the hospital. MMWR August 2, 2011.

### **Antidepressants and Alzheimer’s Disease**

A 13-week study showed that the use of antidepressants for patients who exhibit Alzheimer’s symptoms does not improve their overall condition. It was found that the two classes of drugs most commonly prescribed to treat coexisting depression in Alzheimer patients was no better than a placebo. Adverse events were more common in Alzheimer patients on the antidepressant. Lancet – July 18, 2011.

### **Migraines**

Migraine headache, one of the most debilitating types of headaches, causes one of the highest losses of income to workers in this country. \$17 billion dollars every year are lost to the families of migraine sufferers. These headaches are accompanied by excruciating, debilitating pain. These headaches are often preceded by an “aura” or visual disturbance. They can be accompanied by nausea and at times the sufferer is confined to bed for days at a time they are so intense. Recent research has verified what chiropractors have known for years. The research concludes migraine headaches may be caused by neurological influences rather than vascular. With that being said, what controls the vascular component? The nervous system! The root cause revealed in this study is felt to be the brainstem (occiput-atlas/C1-axis/C2). This is precisely why many of our migraine sufferers respond so well to the Atlas Orthogonal Chiropractic adjustment (including Dr. Baker!). We are correcting and removing the neurological component in these migraines which then allows proper vascular flow to the brain thus relieving their migraines. Share the hope of health with your family, friends and co-workers that suffer with migraines. Let them know that here at Baker Borski Chiropractic we have improved the health of many migraine sufferers, including Dr. Baker herself.

What do you call a boomerang that doesn’t come back? **A stick.**

Live. Life. Healthy

**“Everyone needs Chiropractic from birth to the grave, or until they no longer want to be healthy”.**

Dr. Ben Lerner