

# The Atlas Times

Issue # 7

Baker – Borski Chiropractic, S.C.

2018

*Happy 4<sup>th</sup> of July!*



## **Welcome to the following New Patients!**

Phyllis C.	Carol T.
Ciara S.	Julane S.
Joshua T.	Matthew W.
Mitch H.	Lori L.
Barb F.	Arlen A.
Ted A.	Cyrus B.
Russ S.	Stacey C.
Alethea C.	Sara O.
Cheryl R.	

## **Thank you for your referrals!**

Missy W.	Steve W.
Karla S. x 2	Cathy L.
Sue S. x 2	Jake W.
Eunice S. x 2	Russ S.
Jason B.	Patricia L.
Carol R.	Sara O.

## ***Thank you for the treats!***

*Rosann B.*                      *Joyce P.*

We will be open Tuesday, July 3<sup>rd</sup> and closed all day July 4<sup>th</sup>. **Have a safe and fun holiday!**

*Dr. Borski will be out of the office Friday, July 27<sup>th</sup>. Dr. Baker will be in the office at that time.*

**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.

## **A study evaluating pediatric injuries in SUV's vs. passenger cars.**

A sample of 3,922 child occupants, 0-15 yrs. of age. Injuries included brain injuries, spinal cord injuries, facial fractures and lacerations, internal organ injuries, extremity fractures, and scalp lacerations.

**Results:** Children restrained properly were **75% less likely** to receive injuries. Children in the front seat were **106% more likely** to be injured. Children in either type vehicle were **370% more likely** to be injured by the passenger airbag (not specified whether front seat or side bag). Rollover crashes increased risk of injury in either vehicle by **229%** but this type of accident is **twice** as likely in an SUV. Improper or no restraint increased injuries in a rollover by **568% - 9,253%!!!**

**Please be aware that children/people under 4'9" or 70 lbs. must be in an approved booster seat!**

## Anti-Inflammatory Protocol

(Daniel Murphy, D.C.)

- Omega 3 essential fatty acids (efa's): DHA/EPA, 1000-4000 mg/day  
Fish /krill oil; flaxseed oil (but more needs to be taken).
  - Antioxidants: Vitamins – A, C, E, Selenium (ACES)
  - Ice: 1-4 times/day, 10-15 min. each application
  - Low Power Laser: 1-4 times/day, 15-20 sec.'s each time
  - Exercises: Increase aerobic fitness: walking, swimming, cycling
  - Reduce trans fatty acids (tfa's) – hydrogenated vegetable oil, grains, and saturated fats (sf's) = they are pro-inflammatory
  - 5-9 fresh fruits and vegetables/day
  - Reduce or stop smoking
  - Avoid excitotoxins: Glutamate &/or aspartate &/or cysteine, hydrolyzed vegetable protein = MSG.
  - Calcium/magnesium supplement (magnesium is now considered to be the most underrated but critical mineral for 140+ metabolic processes within the human body. Magnesium oxide is not recommended.)
  - Avoid artificial color, flavor and sugar
  - Avoid sulfites ( preservative); nitrites, nitrates (cured meats)
- Anti-inflammatory diet includes: garlic, onion, ginger, green tea, turmeric, Vitamin C, bromelain.



## Recipe – Citrus Salsa

- 3 navel oranges
- 2 limes
- 1 t. chopped fresh cilantro
- 1 t. seeded, minced Serrano chile
- 2 t. rice vinegar
- 2 t. extra virgin olive oil
- 1/8 t. salt
- Fresh ground pepper to taste
- Remove peel from oranges and limes and coarsely chop remaining sections of orange and lime.

## Happiness

According to a 72-year-old study of 268 Harvard graduates (1937) there are 3 major keys to happiness:

1. **Have a healthy outlet** such as sports, or humor. Laugh more often. **“A person without a sense of humor is like a wagon without springs, jolted by every pebble in the road”.**

2. **Don't take yourself too seriously** – an earnest acceptance of life's pains and promises.

3. **Happiness must be shared.**  
The study found that those who spent too much time alone struggled. The happiest people sustained meaningful, healthy relationships with friends and family.

## Recipe for homemade mosquito repellent

- In a 16 oz. bottle:
- 15 drops of lavender oil
- 3-4 T. vanilla extract
- ¼ c. lemon juice

