

The Atlas Times

Issue # 6

Baker – Borski Chiropractic, S.C.

2018

Happy Father's Day!



Welcome to the following New Patients!

Lance L.	Robert N.
Melissa K.	Juana O.
Judy D.	Susan G.
Joshua G.	Elizabeth L.
Robert S.	Billy T.
William Z.	Emma Z.

Thank you for your referrals!

Sharon W.	Eunice S.
Dr. Moellendorf	Dan D.
Jessica L.	Jeffrey S. x 2
Manny P.	Carol B.
William Z.	

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.

Dr. Borski and Mai will be out of the office Friday, **June 8th**. Dr. Baker and Betsy will be in the office as usual.

Back Surgeries: Researchers reviewing the Ohio Bureau of Workers Compensation database showed that

of 1,450 workers with a diagnosis of disc degeneration, disc herniation or radiculopathy (referred nerve pain/weakness/etc.), half of these patients had surgery to fuse two or more of the vertebrae in hopes of curing low back pain. The other half had no surgery even with comparable diagnoses. After two years, only **26%** of those who had surgery returned to work. Of those who did not have surgery **67% returned to work**. More bad news: those who had surgery showed a **41% increase in the use of painkillers**, specifically opiates. “The study provides clear evidence that for many patients, fusion surgeries designed to alleviate pain from degenerating discs don’t work” says the study’s lead author, Dr. Trang Nguyen, a researcher at the University of Cincinnati College of Medicine. Experts estimate that about 600,000 Americans opt for back surgeries. Let’s do the math: average cost of \$60,000– 90,000/surgery = lots of money being spent on procedures with poor outcomes. But they don’t want to pay for **scientifically proven** procedures for low back pain?– Such as **chiropractic**.

Iceland lowers heart disease by 80% through natural means

From 1981 to 2006 the mortality (death rate) from coronary heart disease in Iceland dropped **80%** for men and women between 25 and 74 years of age. The Icelandic Heart Association and the

University of Iceland funded the study that showed the results are from lowering risk factors by adopting natural, healthy choices. They emphasize the ABC's: **A**void tobacco, **B**e active, **C**hoose nutritious foods. The three main risk factors reduced in the study were: total serum cholesterol, blood pressure levels, and smoking. A full **75% reduction** came just from healthy lifestyle choices alone. The AHA (the American Heart Association) says that heart disease is a mostly avoidable disease by changing to a healthier lifestyle. They also say that coronary heart disease is the 3rd major killer and cause of stroke in the U.S.A. because Americans are unable to commit to a heart-healthy lifestyle. "Your lifestyle is not only your best defense against heart disease and stroke, it's also your responsibility".

Your gut and your skin: Natural cosmetics....

Did you realize your gut function affects how your skin looks? When we ask about things such as psoriasis, eczema, and rashes we ask to assess your body's ability to digest and process food.

Research is now demonstrating that probiotics not only affect your gut but also send messages to your skin. It was established in 2001 in research that probiotics can improve or eliminate infant eczema. There will be more studies in the next months and years to study which of these organisms affect what aspect of skin health. Kefir is an excellent product to use to re-establish probiotics in the body and it is far healthier than sugar laden yogurt products. Probiotic supplements can also be used which do not have sugar added.

NutraIngredients October 26, 2010
Annals of Family Medicine, 7:212-222. 2009

Students!!!!

We wish all of our students a wonderful summer, 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!!!!**

Coconut Bread recipe

Gluten/wheat free!

One small loaf:

6 eggs

½ cup butter, melted

2 tablespoons honey

½ teaspoon salt

¾ cup sifted coconut flour

1 teaspoon baking powder

Blend together eggs, butter, honey, and salt. Combine coconut flour with baking powder and whisk thoroughly into batter until there are no lumps. Pour into greased 9 x 5 x 3 inch or smaller loaf pan and bake at 350 degrees F (175 C) for 40 minutes. Remove from pan and cool on rack. It will have a texture similar to pound cake. Delicious!! You can put berries, maple syrup or cinnamon on it.

Thank you, Marisha!

June 21st is the first day of

summer!

