

What's Happening at Baze Chiropractic:

Dr. Baze will be out of the office

Wednesday, September 30th – Saturday, October 3rd.

Dr. Butters will be covering the office during this time.



Sirloin Steak with Dijon-Port Sauce

The port and mustard create a rich, sweet, and spicy sauce. Serve the steak and sauce over noodles to soak up every last drop.

4 servings (serving size: about 3 ounces steak, 2 tablespoons sauce, and 1 cup noodles)

Ingredients

3 cup uncooked medium egg noodles *dairy-free mashed potatoes
1 lb trimmed grass-fed sirloin (about 1 inch thick)
1/2 teaspoon salt
1/2 teaspoon black pepper
Cooking spray *olive oil to coat pan
1/2 cup port or other sweet red wine
1/4 cup minced shallots
1 teaspoon minced garlic
*1 cup sliced mushrooms
1/2 cup less-sodium beef broth
1 tablespoon Dijon mustard *2 tablespoons
1/2 teaspoon fresh thyme leaves
*If thicker sauce is desired try adding a little bit of corn starch

Preparation

1. Cook noodles according to package directions, omitting salt and fat. Drain; keep warm.
2. While noodles cook, heat a nonstick skillet over medium-high heat.
3. Sprinkle both sides of steak with salt and pepper.
4. Lightly coat steak with cooking spray.
5. Add steak to pan; cook 4 minutes on each side or until desired degree of doneness.
6. Transfer meat to a platter; keep warm.
7. Add port to pan, scraping to loosen browned bits.
8. Stir in shallots and garlic; cook 45 seconds, stirring frequently.
9. Add beef broth; bring to a boil.
10. Cook 20 seconds; remove from heat.
11. Add mustard and thyme, stirring with a whisk.
12. Cut steak diagonally across grain into thin slices.
13. Serve steak and sauce with the pasta.

Nutritional Information

Calories: 344 (29% from fat)
Fat: 11g (sat 4.1g, mono 4.6g, poly 0.8g)
Protein: 28.5g
Carbohydrate: 23.6g
Fiber: 1g
Cholesterol: 97mg
Iron: 4.3mg
Sodium: 501mg
Calcium: 36mg

~Karen Levin, *Cooking Light*, OCTOBER 2004

* When my brother and I made this recipe we made a couple changes that you can also try if you like, as marked by the asterisks.

Instead of egg noodles I made dairy-free mashed potatoes.

1. I cut the 6 potatoes into 2 inch cubes, put them in a pan and added water so the potatoes are just covered.
2. Cover pan and bring to a boil until they are soft enough to stick with a fork.
3. Bring 1 cup organic chicken broth to a simmer.
4. Once potatoes are done, remove from heat, mash and add salt and pepper to taste.
5. Add chicken broth until the mashed potatoes are of desired consistency.

Enjoy ☺,
Maggie

Diseased African Monkeys Used to Make *Swine Flu* Vaccines

To most people, vaccines sound medically harmless. "They're good for you!" say the doctors and drug companies, but they never really talk about what's in those vaccines. There's a good reason for that: If people knew what was really in those vaccines, they would never allow themselves to be injected with them.

Aside from the dangerous ingredients many people already know about (like squalene or thimerosal), one of the key ingredients used in flu vaccines (including the vaccines being prepared for the swine flu pandemic) is the diseased flesh of African Green Monkeys. This is revealed in U.S. patent No. 5911998 – Method of producing a virus vaccine from an African green monkey kidney cell line.

(<http://www.patentstorm.us/patents/5911998/claims.html>)

As this patent readily explains, ingredients used in the vaccine are derived from the kidneys of African Green Monkeys who are first infected with the virus, then allowed to fester the disease, and then are killed so that their diseased organs can be used make vaccine ingredients. This is done in a cruel, inhumane "flesh factory" environment where the monkeys are subjected to a process that includes "incubating said inoculated cell line to permit proliferation of said virus." Then: "harvesting the virus; and... preparing a vaccine from the harvested virus."

~http://www.naturalnews.com/026779_swine_flu_patents_vaccines.html;
August 5, 2009

Another Shocking Warning About Swine Flu Vaccine

The swine flu vaccine has been hit by new cancer fears after a German health expert gave a shocking warning about its safety.

Lung specialist Wolfgang Wodarg has said that there are many risks associated with the vaccine for the H1N1 virus. The nutrient solution for the vaccine consists of cancerous cells from animals, and some fear that the risk of cancer could be increased by injecting the cells.

The vaccine can also cause worse side effects than the actual swine flu virus.

He also told the German press that the widespread fear of the pandemic was an "orchestration," stating,

"It is great business for the pharmaceutical industry. Swine flu is not very different from normal flu. On the contrary, if you look at the number of cases it is nothing compared to a normal flu outbreak."

Dr. Mercola also stated that there are also, "other dangerous ingredients in this vaccine, such as mercury, and squalene, which has been linked to the development of autoimmune diseases like rheumatoid arthritis and lupus."

Research published in the August 25 issue of the British Medical Journal reveals that more than half of doctors and nurses in public hospitals would also refuse the H1N1 vaccine, due to concerns about side effects and doubts about its efficacy.

~Bild.com August 21, 2009; Reuters August 22, 2009; Socio-Economics History Blog July 15, 2009; Dr. Joseph Mercola, www.mercola.com. September 8, 2009

Chiropractic Part of Swine Flu Prevention Program in Children

ATLANTA, Georgia – September 8, 2009

A recent update on the Swine flu released by the Centers for Disease Control & Prevention reports on the deaths of 36 children attributable to complications from the viral infection. The majority of those deaths occurred in children with very significant neurodevelopmental disorders.

According to the data some of these children also had chronic pulmonary disorders and some were obese. In fact, most who died had multiple, severe, chronic health conditions.

"The number of children with neurological, neurodevelopmental and pulmonary disorders who ended up with complications from the H1N1 flu and who ultimately died from these complications point to the need to make sure that children with such disorders, and in fact all children, have as little interference to their nervous systems as possible" stated Matthew McCoy DC, MPH a public health specialist, health researcher and editor of the Journal of Pediatric, Maternal & Family Health – Chiropractic.

McCoy added "It also shows that the majority of children who ended up with complications from H1N1 infection were not normal, healthy children. So, if you have normal, healthy children – rather than panic from these media reports its better to consider the things you can do to make sure that your child's immune system remains functioning at its best."

In addition to a healthy diet, exercise and proper sleep are one crucial way to make sure your child's immune system is functioning at its best and to make sure their nervous system is free from interference. Since the nervous system has a direct effect on the immune system and because the spine houses and protects so much of the nerve system it is important to have your child's spine checked for any interference.

"Nerve interference can result from spinal misalignments or abnormal motion in the spine called vertebral subluxations and because the nervous system affects immune function it is important to reduce or correct any vertebral subluxations if found" advised Dr. Christopher Kent, chiropractic researcher and President of the *Foundation for Vertebral Subluxation*.

Interestingly, the CDC found that 13 (52%) of the children who died had received at least 1 dose of the 2008--09 seasonal flu vaccine including 11 children who had these high-risk medical conditions. Of further interest is that 15 of those who died and who had chronic medical conditions had also received antiviral treatment. What role, if any, these two factors had in the deaths was not discussed in the CDC report.

"The lesson in all of this is to go back to the basics" stated Kent, "The best defense against viral and bacterial diseases, in addition to the recommendations for hand washing and covering your mouth, is a highly functioning immune system. Chiropractic should be part of an effective flu prevention strategy."

Chiropractors specialize in the identification and care of vertebral subluxations. Through examination of the spine they can determine if subluxations are present and if found can recommend the necessary care to reduce or correct them. Both McCoy and Kent urge all parents to have their children checked for nervous system interference as soon as possible before and during the upcoming flu season.

~researchupdate.mccoypress.net/; Sept. 8, 2009

Warning: Swine Flu Shot Linked to Killer Nerve Disease

A warning that the swine flu vaccine has been linked to a deadly nerve disease has been sent by the UK Government to senior neurologists in a confidential letter.

The letter from the Health Protection Agency, the official body that oversees public health, was leaked to The Daily Mail, leading to demands to know why the information has not been given to the public before the vaccination of millions of people, including children, begins.

It tells the neurologists that they must be alert for an increase in a brain disorder called Guillain-Barre Syndrome (GBS), which could be triggered by the vaccine. GBS attacks the lining of the nerves, causing paralysis and inability to breathe, and can be fatal.

The letter refers to the use of a similar swine flu vaccine in the United States in 1976 when:

- More people died from the vaccination than from swine flu
 - The vaccine may have increased the risk of contracting GBS by eight times
 - The vaccine was withdrawn after just ten weeks when the link with GBS became clear
 - The U.S. Government was forced to pay out millions of dollars to those affected
- Concerns have already been raised that the new vaccine has not been sufficiently tested and that the effects, especially on children, are unknown.

~The Daily Mail August 15, 2009

Canada Looks at Vitamin D for Swine Flu Protection

The Public Health Agency of Canada (PHAC) has confirmed that it will be investigating the role of vitamin D in protection against swine flu.

The agency started a study last year on the role of vitamin D in severe seasonal influenza, which it said it will now adapt to the H1N1 swine flu virus.

Part of the researchers' goal is to understand whether vitamin D levels are in any way responsible for the fact that most people with seasonal influenza develop a mild illness, but a small minority go on to develop severe symptoms.

According to PHAC, results from its study will indicate the extent and nature of the role of vitamin D in severe seasonal influenza.

The agency stressed that the role of vitamin D in H1N1 is not well established. However, it added that early work in the 1940s, in experimental animal models, indicated that mice that receive diets low in vitamin D are more susceptible to experimental swine flu infection than those that receive adequate vitamin D (Young, 1946).

~www.utraingredients-us.com, August 10, 2009

Exercise of the Week:

Low Back Leg Lifts



Targets: Back, Abs, Butt

1. Lie facedown on stability ball (belly on center of ball) with arms extended in full push-up position, palms on floor directly below shoulders and legs extended behind you, feet hip-width apart, toes on floor. (MAKE IT EASIER: lie facedown on a bench, grasping edges with hands, so that hips rest just at the edge.)
2. Squeeze glutes to raise legs together as high as you can. Then lower legs.
3. Do 3 sets of 12 reps

Tip: To tone different muscle fibers in your derriere, place legs wider apart as you lift, or alternate lifting legs together, then apart.

~Fitness: Mind, Body + Spirit, September 2009

Wake Up, America: Forced Vaccinations, Quarantine Camps, Health Care Interrogations and Mandatory "Decontaminations"

(NaturalNews) A new law passed by the state Senate in Massachusetts calls for mandatory vaccinations of all citizens and a \$1,000 / day fine for those who refuse to cooperate. It also legalizes health care "interrogations" of Mass. citizens, forced entry into homes without a warrant, the on-site destruction of buildings or objects suspected of harboring the virus, the government kidnapping of family pets, "involuntary transportation" of people into quarantine camps and much more.

The United States of America is devolving into medical fascism and Massachusetts is leading the way with the passage of a new bill, the "Pandemic Response Bill" 2028, reportedly just passed by the MA state Senate and now awaiting approval in the House. This bill suspends virtually all Constitutional rights of Massachusetts citizens and forces anyone "suspected" of being infected to submit to interrogations, "decontaminations" and vaccines.

You can read the text here:

<http://www.mass.gov/legis/bills/senate/186/st02pdf/st02028.pdf>

~www.naturalnews.com, August 28, 2009