



Our Family Newsletter;

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Our goal is to inspire you, to provide you with the latest health care options available, make you smile, and help you to help us fulfill our mission – to reach as many parents and children as we can!

Health – what is it really?

Ok...you are confused. I want you to know that we all understand and you are not alone. Very few people really know what this health “thing” really is. Is it simply feeling better?

Well....you are starting to have some doubts here. I mean, your mom used to be able to make all your boo-boos magically go away when you were little. However, as an adult, you are finding out that her magic was very limited – you are having a real problem with your four year old and his ear infections.

There must be more to this health issue than you previously thought. Take your neighbor for a moment: Here is an example of a really healthy guy – eats well, exercises, runs, watches his weight, and you just heard that he’s in the hospital with some heart trouble. The last person in the world you’d expect to have a problem. Right?

You are beginning to learn that good health is not at all what you thought. No. It isn’t about simply feeling good. It’s about having your body function at an exceptional level – not simply being in raptures because you can still tie your own shoes. You are beginning to understand that health is not how you feel. No. It’s how you are! There’s a concept!

Our Amazing Body:

The approach we have always taken when faced with a health issue was to consult with your doctor: The medical approach has always been, to prescribe antibiotics, pain remedies and all sorts of drugs to do the job your body was designed to do – on its own. People do not realize and understand that those drugs do nothing to help your body regain its ability to perform its functions in the future. In fact, relying on these drugs will actually hinder your bodies’ recovery. (Not to mention all the side effects that are associated with taking them.) There is no pill, potion or lotion on the face of this planet, which can possibly oversee the power of your own body to achieve Health! Most people do not realize that our normal state is to be healthy. Our



aim then, as parents, should be to allow our children’s bodies’ to function with absolutely

nothing interfering with this process. Nothing!....And that's why we're here!

Soft Drink Scare:

TRACES of a carcinogenic chemical have been found in soft drinks at eight times the level permitted in drinking water. Tests conducted on 230 drinks on sale in Britain and France have identified high levels of benzene, a compound known to cause cancer. There is a legal limit of one part per billion of benzene in drinking water. I am thinking: "why is that ok?" The latest tests revealed levels of up to eight parts per billion in pop sold mostly in Britain and France.



Benzene has been linked to leukemia and other cancers of the blood. Traces found in Perrier water 15 years ago led to the withdrawal of more than 160 million bottles worldwide. At present, the drinks' identities have not been revealed. There's a shock! I feel this should be done urgently because the drinks are being marketed to children. What do you think? The scientific evidence is unclear about whether there is any safe level of benzene. If it is unsafe in drinking water, why should it be safe in soft drinks – which are mostly consumed by our children? Not ok! When Sodium benzoate, a preservative, is mixed with Ascorbic Acid (vitamin C) which is commonly added to soft drinks in order to make them appear "healthy," it reacts to produce Benzene. Nice! As parents, you need to read the label on soft drinks.

Anything containing Sodium benzoate and Vitamin C should be avoided!

Here are some benzene facts:

Michael Faraday discovered benzene in 1825 when he isolated it from oil gas to form a chemical, six parts carbon, six parts hydrogen. It is produced during incomplete combustion of carbon-rich substances: it is produced from petrochemicals, but occurs naturally in volcanoes, forest fires and in cigarette smoke. In the 19th and early 20th centuries it was used in aftershave, for its pleasant smell, and to decaffeinate coffee. It is now used as an anti-knock agent in gasoline. It is an aggressive carcinogen and may lead to leukemia and other cancers of the blood.

The bottom line is that it has no business being in your child. So....beware!

A Kinder Cut:

This for all new parents-to-be! A new Canadian study just found that leaving the umbilical cord attached to the placenta just a bit longer, results in a much healthier baby! Most doctors and nurses in delivery rooms tend to rush things to "tidy up." They clamp the umbilical cord too early – usually 30-60 seconds after delivery. The problem is that, as the uterus contracts to deliver the



placenta, it also can deliver the rest of the "left-over" blood that the baby needs. And of course this "left-over" blood is rich in iron, white blood cells and immunoglobulins. It was found that allowing a longer time before the cord is cut, protects the baby against breathing irregularities, and anemia for weeks and even months. So...if you are expecting – talk with your practitioner or midwife about leaving the umbilical cord unclamped for 2 extra minutes. It makes a big difference!

What about Strep throat?

Ok....your Billy has some sort of a throat "thing." You find that your child's symptoms may include a raspy voice, coughing, sneezing, and a runny nose, (which may or may not have some greenish tinge in the discharge), slight fever, and a plethora of other symptoms. You take your child to the family doctor; he then takes a swab of your child's throat, and 'lo and behold, finds bacteria in the throat culture. The next step is to announce to you that your child has "strep" throat. Brilliant! The assumption that is made, and one that you just bought into, is that your child's sore throat is caused by the bacteria that is in his throat.



Let's take a closer look at this reasoning: Suppose I took all the patients sitting in our reception area, or went outside of our clinic armed with a Q-tip, and took a throat swab of innocent pedestrians as they walked by. Then I cultivated that swab, and twenty-four hours later took another look. What do you think I would find? You would be shocked to learn that I would find all kinds of bacteria and viruses too numerous to mention. The assumption that is automatically made is that these bacteria caused your child's health difficulties.

But wait!

If that were the case, then ask yourself this question. Why are all these people, randomly selected and tested, not sick, but my child is? If Streptococcus was the bacterium responsible for this "strep-throat" then it must follow that

anyone having Streptococcus in their mouth and throat would then develop "strep throat." Right? Wrong! Very few people actually do. Why is that? What a wonderful question! See, this is an assumption we have been taught to believe is correct and yet it is absolute nonsense!



I'll let you in on a huge secret: the bacteria in your child's throat do not cause his throat condition. No. What causes it is his body's inability to deal with them. That's it in a nutshell! And that is a totally different problem.

Ok....You are thinking: "what are you talking about!"

I'll write on this subject again in much greater detail, but you need to understand that your body has all "ingredients" and ability to be able to deal with the myriad of bugs and bacteria on this planet. We live here! And we all equipped to handle all the bugs out there.....and so is your child.

So....when your child falls prey to some respiratory "thing," it simply means that his/her body is having a difficult time handling the invading bug – that his immune system is not quite functioning as it should to fend this off. This is where we come into the picture!

Chiropractic is incredibly effective at boosting the function of the immune system. That is just one of the reasons why your children should be checked and adjusted regularly! There's an idea!

Moms Are Awesome!

You may have not given this much thought, but in North America, women, especially moms, make most health care decisions. Think about this for a moment. Mothers tend to make all those trips to the dentist, optometrist, chiropractor, etc., more often than dads. When was the last time Dad made a trip to the orthodontist or to the emergency room when one of the kids needed stitches after a nasty cut? Men generally don't even like to take themselves to the doctor. Do you see my point?



I find that women function on a different level than men when it comes to health care. They are very intuitive, well informed and tend to view situations more with their heart, and intuition rather than cold logic. They are not easily fooled and have an innate ability to cut through most bologna and get at the truth. Moms pose the greatest threat to the family physician, because they want straight answers in terms of the best health care available for themselves and their families. I am certain you can recall your own circumstances or decisions in your own life or family where this is true. If so, then you know exactly what I am referring to.

So....my hat off with reverence and honor to all the moms out there!

Lighten up!

A young couple who took their three-month baby to the movies were warned by the usher. "If the baby cries, you'll have to leave. We'll give you your money back."

After watching the movie for an hour, the husband asked: "How do you like this movie?" "It's rotten" said his wife.

"I think so, too," he agreed. "Pinch the baby."

"What did your teenage daughter do all summer?"

"Her hair and nails."

Child: "Hey mom, do you remember that vase you always worried I would break?"

Mom: "Yes, what about it?"

Child: "Your worries are over!"

A family reunion is often the most effective form of birth control.

A small boy kept running up and down the aisle of the plane, and his mother didn't pay much attention. After he squeezed by two flight attendants, bumped a couple of passengers, and stepped on someone's foot, a passenger yelled at the mother: "Hey lady, why don't you let your son run out and play?"



**Please...if you have any questions, or would like any information on any health topic, it would be my pleasure to help you!
Talk with you next month.....**