



# 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 people as humanly possible, especially kids!**

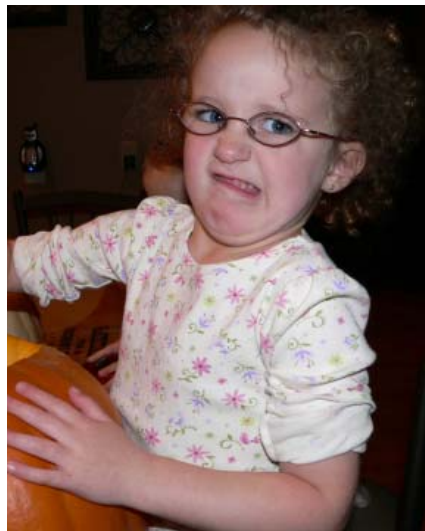
**TO ALL THE KIDS WHO SURVIVED** the 1930's, 40's, 50's, 60's and 70's!!

First, you survived being born to mothers who smoked and/or drank while they were pregnant. They took aspirin, ate blue cheese dressing, tuna from a can, and didn't get tested for diabetes.



Then after that trauma, you were put to sleep on your tummies in baby cribs painted with bright colored lead-based paints. You had no childproof lids on your medicine bottles, doors or cabinets and when you rode your bikes, you had no helmets, not to mention, the risks you took hitchhiking on your own!

with no car seats, booster seats, seat belts, or air bags. Riding in the back of a pick up on a warm day was always a special treat. You drank water from the garden hose and NOT from a bottle. You shared one soft



drink with four friends, from one bottle and NO ONE actually died. Imagine that! You ate cupcakes, white bread and real butter and drank Kool-aid sweetened with sugar, not sorbitol, malitol, aspartame or Sucralose, and you weren't overweight because, **YOU WERE ALWAYS OUTSIDE PLAYING!** You would leave home in the morning and play all day, which was totally cool, as long as you were back when the streetlights came on.

You had no cell phones and no one was able to reach you all day. And you were O.K. You would spend hours building your go-carts out of scraps and then ride down the hill, only to find out you forgot the brakes. After running into the bushes a few times, you learned to solve the problem.

You did not have Play stations, Nintendo's, X-boxes, no video games at all, no 800 channels on cable, no cable, no video movies or DVD's, no surround-sound or CD's, no cell phones, no personal computers, no Internet, no msn, no dot.com, or chat rooms..... YOU HAD FRIENDS and you went outside and found them!

You fell out of trees, got cut, broke bones and teeth and there were no lawsuits from these accidents.



You ate worms and mud pies made from dirt, and the worms did not live in you forever.

You were given BB guns for our 10th birthdays, made up games with sticks and tennis balls and, although you were told it would happen, you did not poke out any eyes.

You rode bikes or walked to a friend's house and knocked on the door or rang the

bell, or just walked in and talked to them! Little League had tryouts and not everyone made the team. Those who didn't had to learn to deal with disappointment. Imagine that!!



The idea of a parent bailing you out if you broke the law was unheard of. They actually sided with the law! These generations have produced some of the best risk-takers, problem-solvers and inventors ever! The past 60 years have been an explosion of innovation and new ideas. You had freedom, failure, success and responsibility, and you learned HOW TO DEAL WITH IT ALL! If YOU are one of these people, CONGRATULATIONS!



You might want to share this newsletter with others who have had the luck to grow up as kids, before the lawyers and the government regulated so much of our lives *apparently for our own good* . While you are at it, make sure your kids read it so they will know how brave (and lucky) their parents were.

*Kind of makes you want to run through the house with scissors, doesn't it?!*

## As Seen On Good Morning America, Reducing Hypertention.

Though doctors are unsure of what causes blood pressure to increase, a new study suggests that a specific type of neck adjustment may reduce hypertension for some of the 65 million Americans battling it.



The University of Chicago study, published in the Journal of Human Hypertension looked at the possibility of a connection between a spinal realignment and a decrease in blood pressure.

"We set up a double-blind study to really look and see if in fact this procedure was affecting high blood pressure," said University of Chicago Medical Center hypertension specialist George Bakris.

The results were intriguing. The patients who received the chiropractic adjustments saw their blood pressure drop an average of 17 points -- a dip that usually takes two blood pressure medications to achieve.

"My blood pressure dropped tremendously," said Denise Nieman, who had neck pain before participating in the study.

The idea behind the realignment is that the C-1 vertebra, located at the top of the spine, operates like a fuse box in the body. When it's twisted (Subluxated), it can pinch arteries and nerves at the neck's base, which not only causes discomfort but also affects blood flow.

"When the spine is misaligned, it can affect all types of things, all types of disease conditions," said chiropractor Dr. Marshall Dickholtz Jr. So for patients like Nieman, whose X-rays showed her C-1 out of alignment, the special chiropractic adjustment lowered the pain and her blood pressure simultaneously. While the study presents some interesting ideas, it has its "limitations", according to "Good Morning America" medical editor Dr. Tim Johnson.

"[There are] a lot of unanswered questions. But I'm telling you, this catches our attention because of a significant drop in blood pressure. It absolutely deserves more study," Johnson said.

*There you have it....Chiropractic works! How about that! What a concept!*

## The Season for the Flu! How can you protect your kids and yourself?

Many people think that the only way to stop the flu is getting the flu shot. To be honest, the best study out there actually states that the flu vaccination only works for 50% of those that get it. Most of the studies truly have no real evidence that it actually helps. Some think that they will die if they get the flu. Those that do die, actually die from pneumonia, not the flu! So why get the vaccination knowing that it is not proven to help and when it is filled with mercury? (The amount of mercury in the vaccine is 25 micrograms; this exceeds the toxic dose limit unless you are over 550 pounds!) Why not try and prevent it? Here are some simple things you can do to help you and your family this flu season.

### 1. Reduce the amount of Sugar and processed foods, they negatively impact the immune system.

Studies have shown that through a complex system of chemical processes sugar and processed foods depress the immune system. Even more disturbing are the foods that you think are **healthy** for your child that hide sugar and many refined ingredients: yogurt, yogurt drinks and most cereals, juices, fruit roll ups and soy ice cream and frozen treats. While being marketed as healthy choices, these foods aren't much better than the obvious poor choices. Read ingredient labels and watch out for: corn syrup, high fructose corn syrup or "HFCS," brown rice syrup, fructose, sucrose, barley malt and the obvious, sugar.

### 2. Eat more fresh foods, they offer the highest quality vitamins for your body to be stronger and if you can't, get on a good high quality Multivitamin.

Vitamin C and others like zinc, vitamin E, and magnesium help to support the immune system and are a great defense during flu season. Having kids eat fresh whole foods such as cherries, berries,

apples, and vegetables such as spinach, kale, Brussels sprouts, broccoli, carrots and sweet potatoes. Studies have suggested that one should also get increased dose of Vitamin D in large quantities.

### 3. Sleep, it will boost your immune system.

At night while we rest, the body is working to rebuild the immune system. Deep sleep allows a complex set of hormonal changes that recharge the body so that it's resilient the next day. Be diligent and ensure that **kids** get a full night sleep of 8-10 hours. Remember: Would you rather deal with the confrontation tonight, or deal with a sick kid tomorrow?



### 4. Fatigue is the first sign of a distressed immune system, when you notice it take charge.

The immune system desperately needs sleep to keep the body healthy. When the **immune** system is fighting to keep your child healthy, it requests that the body get extra rest to help in the fight. If your child seems more fatigued than usual, it could be a very strong signal that your child is on the brink of getting sick. The best way to fight off a cold or flu is to act immediately and get extra rest.

### 5. Wash hands frequently, but avoid antibacterial products.

This seems counterintuitive, but the best way to kill environmental germs is to use soap and hot water and scrub hands thoroughly. **Bacteria** live all around us. They are on every surface we touch and in every breath we take. Without bacteria, our immune system wouldn't learn to be strong.

Our internal bacterial system fights off invaders and thereby gets more effective at winning the battle. It's just like working out: In order to become stronger, you must work hard in the gym. Your child's body is a bacterial gym. Again, this comes back to the immune system. If you foster a strong immune system, your child's body will fight off invaders and therefore become more resilient to future battles. While it is imperative to wash hands frequently during flu season, remember that the hands are only one very small way that germs enter your child's system. Killing off the germs on hands with antibacterial products is futile and weakens your child's- and the world's- future ability to confront germs.

### 6. Most importantly, get adjusted!

Studies have shown that those people that are under regular chiropractic care have a **400** times stronger immune system than those that are not. Not only can chiropractic adjustments help with back and neck pain, head aches, acid reflux, constipation, bed wetting, colic, ear infections, etc., it can also help you and your child fight viruses and bacteria more efficiently thus getting over it faster.

**The best key in fighting diseases and infections is prevention!**

### My Wishes for the Season!

I would like to take a moment and thank you all for being such amazing patients, and I would like to wish you all an amazing



holiday season and a fantastic New Year!

**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.....**