



Our Family Newsletter:

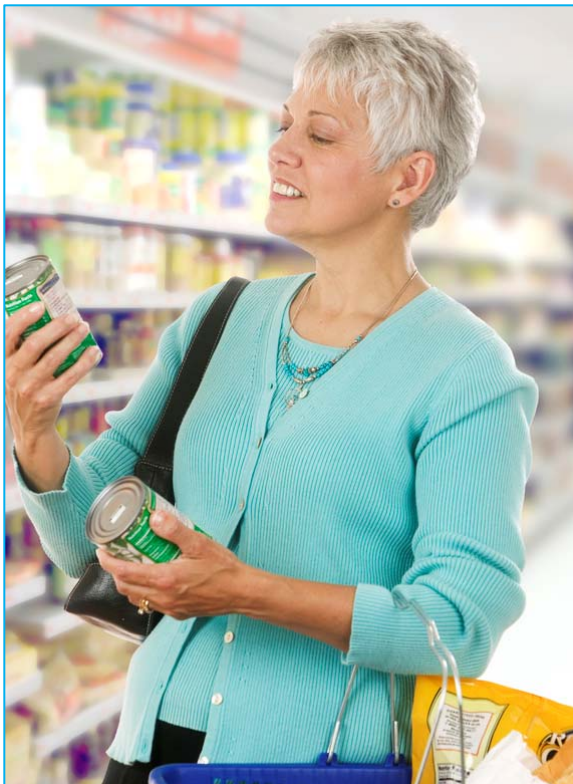
**Sailer Family Chiropractic
234 Pinecone Road Ste. B
Sartell, MN 56377**

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!

More New Thinking.....

Ok....I started to rant a bit in the January issue about a new wave of thinking which is sweeping the Health care industry....

Drug, retail stores, as well as grocery stores are now providing larger areas devoted



to vitamin and natural product sales – you've seen this, haven't you? Market forces are driving pharmaceutical companies toward the manufacture of "natural products." Still others

are actually buying up companies that manufacture such products.

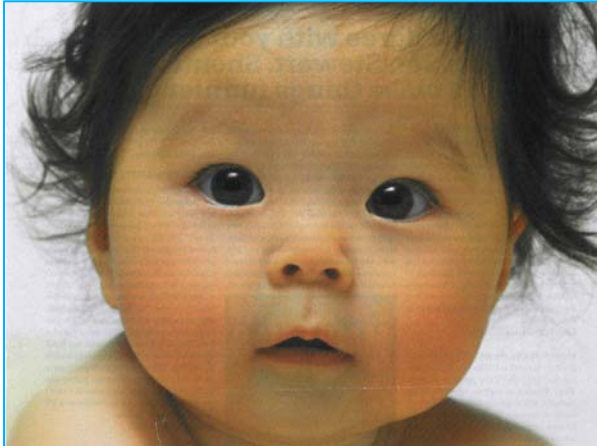
At present, there is a large battle brewing over the increasing use of natural health products. Why? Simple. Money. The Canadian and US governments are attempting to regulate the "Natural Health Industry" and make the sale of vitamins, nutraceuticals, and herbal products, etc., a prescription entity. The same thing is happening world-wide: Many are outraged at the future labeling of vitamins and natural remedies such as lysine, chromium picolinate, selenium, and others, as medical



drugs rather than their current classification as "food supplements" - it will be illegal to sell these supplements over-the-counter. It will be required that those wanting to use supplements obtain a prescription from a physician. Nice!

Many believe that these measures are instigated by the pharmaceutical industry for their own financial benefit rather

than the government's claim that it is for the protection of the public. If consumers can no longer purchase supplements over-the-counter, pharmaceutical companies will eliminate competition. The reason is simple:



The pharmaceutical industry has been losing billions of dollars on people who opt to take these products instead of drugs. ...And of course, the family doctor has been losing patients to self-directed health care in the form of natural products that are easily available – and often have better results and no side-effects. From a business perspective this makes absolute sense; eliminate the competition. Get in on the action. Ride the wave. From an ethical perspective – there are obvious difficulties.

If you have noticed the above trends, you are on top of this wave. If you can understand the reason for this shift in thinking, consider yourself ahead of the rest.

Simple:

Ok...many people are still caught up in an old, outdated, and prehistoric view of Chiropractic. A view that teaches that what we do, as chiropractors, is relieve pain, see people forever – *ad nauseum*, do sports therapy, orthotics, and some sort of magic therapy that no one seems to understand.

First of all, I need to be emphatic with you. Chiropractic is not therapy! No! It is not some magical treatment which makes people



somehow better. Chiropractic is all about making the “thing” that runs you – your nervous system – function at the very best level that it can. If we can do this, then your body, which is under the direct command of

your nervous system, will function at its highest level – in all aspects. You will have the very best of health!

The rehab, the orthotics, etc, that some chiropractors use, are all designed to help stabilize this function.

Some people feel that when one sees a chiropractor, one has to go forever. We've all heard this. I need to tell you that this is absolutely not true – especially in my office. Why? Simple...I like to give my patients choices. You see...once a patient recovers, I suggest we then place him/her on Wellness Care, where I will see him occasionally, for life, to make certain that he stays that way. Wow! What a concept!

Think about this: Why would someone want to return to where they once were?

I find that a number of people are still not



accustomed to thinking of chiropractic care as a Wellness entity. Consider this for a moment: How long do you brush your teeth for? - for life. WOW! What about having your hair cut? Also for life – how about that! How often do you fill up your car? Most likely once/week for life as well. You see, we are surrounded by rituals that we do because they are of great benefit for us. Chiropractic is no different. Unfortunately,

there are people out there who still view Chiropractic as a “fix-it” profession – and from that perspective this makes perfect sense; don’t fix it if it ain’t broke. Right.

I need to remind you though, that it is not a matter of fixing anything. It is a matter of correcting the reason you have a problem in the first place, and then seeing you occasionally to make certain you stay that way for life! I like that approach. Makes total sense to me! And I think you’ll agree!

Two words that will change your life!

There are two words that, when spoken, have the most unfathomable power to completely change your life. Two words which, when they pass your lips, will be the cause of bringing absolute joy and happiness to you. Two words that will create miracles in your life. Two words that will wipe out negativity. Two words that will bring you abundance in all things. Two words which, when uttered and sincerely felt, will summon all the forces and vibrations in the Universe to move all things for you.

The only thing standing between you, happiness, and the life of your dreams, are two words...

Thank You

Merci

Gràzie

Ευχαριστώ

Obrigado!

תודה

Bedankt

Gratitude is one of the easiest and most powerful ways to transform your life. If you become truly grateful, you will magnetize absolute joy to you everywhere you go, and in everything you do. In fact, without gratitude, nothing can ever change. Your life will change to the degree that you use gratitude and begin to *feel* grateful.

So...go out there and be grateful for everything!

Doctors have no idea:

This from the Washington Post – November 23/07:

Information on how to prescribe medications to children is scarce and many doctors simply assume that children are just little adults. They simply don’t know! The brutal reality is that children react to drugs very differently and yet few studies have been done to determine effectiveness of drugs, dosages, and safety. The reason is that there is little profit and children represent a very small percentage of the market.



Federal regulators forced the pharmaceutical industry to conduct drug studies of more than 200 drugs geared to children and found that:

- 20% were ineffective on children
- 20% were the wrong dosage
- 33% caused unexpected side-effects, including death.

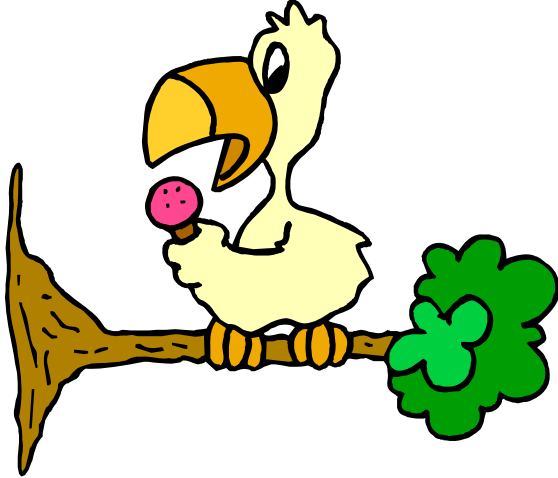
It was found that children process drugs more quickly and because they are still developing, drugs could stunt their physical growth as well as emotional and cognitive development.

Parents are often reluctant to have their children be guinea pigs in drug experiments, which I totally agree with, but if they are taking medications which have not been studied, they are guinea pigs anyway! Nice! It was also found that babies in neonatal intensive care units are prescribed drugs at

the expense of three times more side-effects. I've said this before and I'll say it again: There is no such thing as a "safe" drug. And even those drugs which have been tested on children do not guarantee that they are "safe."
So parents....beware!
Drugs are not health care!

Lighten Up:

Recently I received a parrot as a gift.



The parrot had a bad attitude and an even worse vocabulary. Every word out of the bird's mouth was rude, obnoxious and laced with profanity. I tried and tried to change the bird's attitude by consistently saying only polite words, playing soft music and anything else I could think of to 'clean up' the bird's vocabulary.

Finally, I was fed up and I yelled at the parrot. The parrot yelled back. I shook the parrot and the parrot got angrier and even more rude!

So, in desperation, I threw up my hands, grabbed the bird and threw him in the freezer. For a few minutes the parrot squawked and kicked and screamed.

Then suddenly there was total quiet - not a peep was heard.

Fearing that I'd hurt the parrot, I quickly opened the door to the freezer. The parrot calmly stepped out onto my out stretched arms and said: *"I believe I may have offended you with my rude language and actions. I'm sincerely remorseful for my inappropriate transgressions and I fully intend to do everything I can to correct my rude and unforgivable behavior."*

I was stunned at the change in the bird's attitude. As I was about to ask the parrot what had made such a dramatic change in his behavior, the bird continued: *"May I ask what the turkey did?"*

World's Easiest Quiz:

1. How long did the Hundred Years War last? - **116**
2. Which country makes Panama hats? - **Ecuador**
3. From which animal do we get cat gut? - **sheep and horses.**
4. In which month do Russians celebrate the Russian Revolution? - **November**
5. What is a camels hair brush made of? - **squirrel fur**
6. What color is a purple finch? - **Crimson**
7. Where are Chinese gooseberries from? - **New Zealand**
8. The Canary Islands are named after what animal? - **dogs**
9. What was King George VI's name? - **Albert**
10. What is the color of the black box in a commercial plane? - **orange**

**I'd like to wish you all a very special St. Valentine's Day!
A day where you honor the one you love!**



**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.....**