



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!

The Science of “normal”

You have just returned from visiting your family physician and were diagnosed with XYZ disease. The doctor mentions that he happens to have just the right drug for your condition. The doctor also mentions that if he cannot solve this problem then the organ will need to be removed because, for some unknown reason, it is not working. Gasp....



There seems to be no thought given as to the **“WHY.”** There appears to be no concept and no weight given to the idea that there could be a reason behind your strange malady. We seem to accept this on face value and that is it. No one questions why a certain organ suddenly decided to fail – all by itself – with no permission from you! Why would this happen doesn't even cross our conscious thought! Think of this for just a moment;

We tend to equate our bodies to a car, for instance. Parts fail and we seem to be Ok



with that – just part of having a car. Right? Wrong.

Your automobile is a man-made structure. Your body is not – it is a self-repairing, self-regulating and self-healing entity. What I'm saying is that organs don't suddenly fail. Have I got your interest yet? Wonderful! Let's go on....

Our learned thinking is to accept the myth that there is a drug out there that will solve all our problems - much to the delight of the pharmaceutical industry.

And the drug industry is on a band wagon to "create" new diseases in order to sell more drugs and it seems that most of this fervor is targeting women. They are trying to create a host of new disorders for which new drugs can be administered. One such disorder is known as "female sexual dysfunction." A recent article in the *British Medical Journal*

talked about the medicalization of sexual problems - in order to build markets for drugs among women, despite controversy surrounding this issue. Many researchers believe that portraying sexual difficulties as a dysfunction will encourage doctors to prescribe drugs that change sexual function, when attention should be paid to other aspects of a woman's life. It's also likely to make women think they have a malfunction when they actually do not.



But perhaps the greatest concern is the ever-narrowing definitions of "normal" that help turn the complaints of the healthy into the conditions of the sick, the study warned. What this means is that the "normal" ranges of healthy human function are being narrowed. This means that more people will now fall "outside" these newly developed "normals" and now be pronounced as "sick" – again, Medicine has newly developed drugs to deal with these newly "diseased people" - much to the absolute delight of the drug cartel. And if you have any delusions that health care is about your health, think again. Scary stuff!

Alternative medicine anyone?

You would probably be surprised to learn that 37% of all Americans turn to "Alternative Medicine" (that word really throws me) for help with just about anything you can think of;

from headaches to diabetes to cancer. And 67% of all physicians are aware of this trend. This is the result of a 2006 study by Thomson Medstat that surveyed 23,000 adults in the US.

- ✚ 37.2% of US households use alternative medicine to help with general wellness.
- ✚ Alternative medicine is most used by those with college degrees and in affluent households.
- ✚ 1.9% said that some of the costs were covered by their insurance.
- ✚ Chiropractic, herbs, and massage were most popular.

Why are people seeking this type of care? Simple. It works!....And it has little or no side-effects – an unbeatable combination! So....if you are sick and tired of being sick and tired, I suggest you explore Chiropractic. It is the World's largest non-drug healing profession. We are here to help you and your family! And we are absolutely relentless in our mission!

Cold Remedies and your Toddler:

Cold and cough remedies given to infants and toddlers work no better than dummy pills and can be dangerous – these are the words a number of pediatricians in the US told the FDA.

Over the counter medications shouldn't be given to children under six because they don't help them and are not safe. These words go beyond the drug industry's move to eliminate sales of non-prescription drugs



targeted at children under two. There is a move to eliminate these drugs for use in older children as well. We agree!

The reason? Simple. There is not a single scientific study that shows infants and toddlers derive any benefit from these medications and tons of evidence that they cause harm.



Ok....Let's take this a step further: If these drugs are not safe for children under six years, what about teens? Or young adults? Or "real" adults for that matter? At what point and age do they become "safe?"

And has this magical point ever been researched?

One thing I need to tell you is this: All drugs have side-effects. There is no such thing as a "safe" drug, or safe medication.

So the question you need to ask yourself is this: How will this medication affect me now and 20 years from now? Will it cause a bigger problem two decades down the road?



This capsule, this pill, this small insignificant thing you are about to swallow, if given to a healthy person, it will make them sick. Why do we believe that it will make a sick person well?

Something to think about!

Ok....I can see it in your face already. I am pushing your buttons! And that is a very good thing. You see...that is my job. It is my mission. It is the reason I do what I do. My mission is to help as many people as humanly possible – especially kids. And as your doctor, I am relentless....I will not stop. And that is why you are here and you are reading this.....

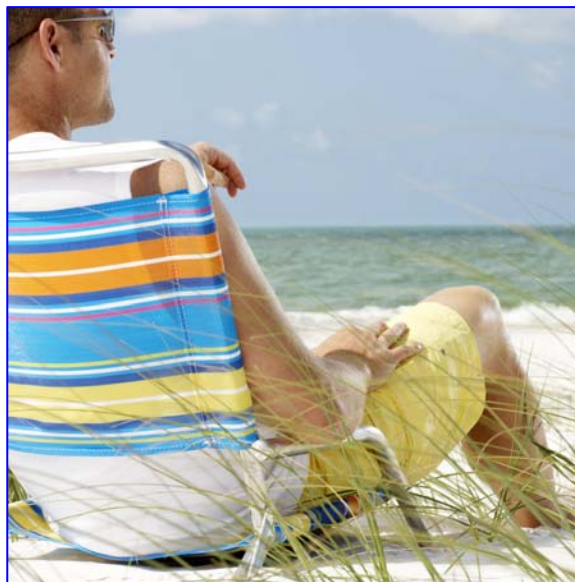
Broccoli Juice as Sunscreen?

Remember how your parents always urged you to eat your broccoli when you were a kid? They had the right idea: Even if it didn't appeal to your taste buds, it's common knowledge that the green veggie is loaded with vitamins, nutrients, and antioxidants that help protect against various kinds of cancer and other diseases.



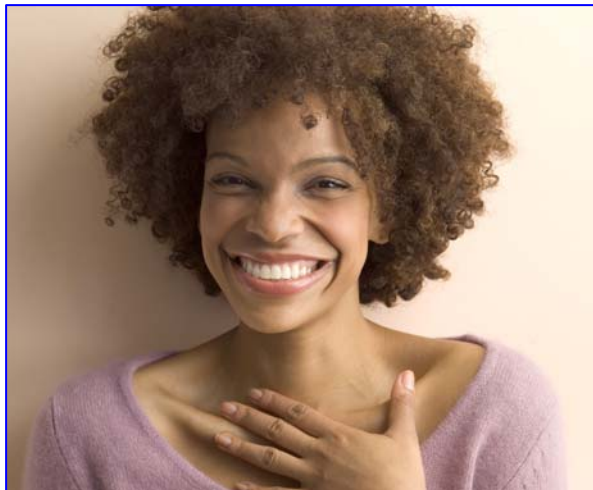
Now, researchers have found another use for this remarkable vegetable – and this time, it's got nothing to do with the dinner table.

In a recent experiment performed by scientists at Johns Hopkins University, a number of participants slathered broccoli extract all over their skin before spending an afternoon lying out in the hot sun. The rest of the participants coated themselves in traditional sunscreen – and came back the next day with a very painful sunburn. The subjects who'd rubbed themselves with broccoli extract, however, had none.



As it turns out, broccoli extract could be the best protection from the sun's rays available on earth. Unlike regular sunscreen, it's not

simply a shield to block dangerous UV rays from entering the skin. Instead, the broccoli extract works within the body itself, creating enzymes that protect the skin from cancer and UV rays. And unlike sunscreen, it doesn't simply wash off with your next shower – the protection benefits from the special substance last as long as three days.



There's one problem with broccoli juice that may keep it from appearing on the sunscreen shelf at your local drug store any time soon, though: Scientists haven't yet found a way to get rid of its deep green hue. But people may be willing to overlook that little problem – after all, being a little bit green at the beach is still better than turning lobster-red, right?

Nutrient-Rich Broccoli Salad:

While I'm on the Broccoli topic I need to tell you that women are often the poorest-fed members of our society. Constant dieting, smoking, poor eating habits, and oral contraceptives create a wide gap between what women need and what they get.

So..this is my power-house nutrient salad to offset this situation and provide women (and men) with a meal simply loaded with goodness:

- 3 cups of broccoli florets
- ½ cup sliced red onions
- ½ cup sunflower seeds
- ½ cup raisins or cranberries
- ½ cup crumbled feta cheese
- Sprinkle of pecans or pine nuts

Dressing:

- ½ cup of yogurt (can be flavored)
- ¼ cup of light mayo
- 2 tbsp brown sugar
- 1 tbsp lemon juice

ENJOY!!!!

Only in Britain.....

I just couldn't resist.....forgive me...

The *Yorkshire Evening Post* reported a perceived surge in naked sleepwalking that has led a hotel chain to train their staff in emergency response to late-night nudity. Travelodge, which runs more than 300 budget hotels in Britain, says sleepwalking rose seven-fold – to more than 400 cases - in the past year.

One tip in the company's *Sleepwalkers Guide* suggests keeping a supply of towels at the front desk in case a customer's dignity needs preserving. (or to prevent hotel staff from throwing up would be my guess) One naked guest in the Leeds area was arrested after being



locked out of his hotel. Hmmm.....

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.....**