



# 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 help as many people as humanly possible, especially kids!**

## **Chiropractic — Handmade Health Care:**

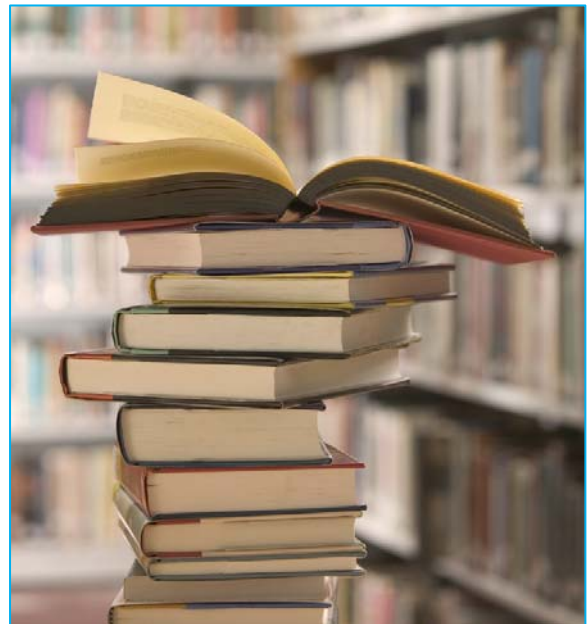
Chiropractic, as you probably realize or have heard, has been scoffed at in the media, ridiculed, criticized as being unscientific, and generally harassed because it is different, and based on totally different healing principles than allopathic Medicine. For years traditional Medicine has attempted to discredit the profession of Chiropractic as being cultist, voodoo, unscientific, etc.



The reason is quite simple. Chiropractic is competition. Any way you slice and dice it, it is the truth. Medicine fears our profession because of its increasing popularity, public dislike of drugs, fear of drug side-effects,

and the fact that Chiropractic is based on healing principles which appeal to people; they are honest, logical, scientific, and make total sense to the average Earthling!

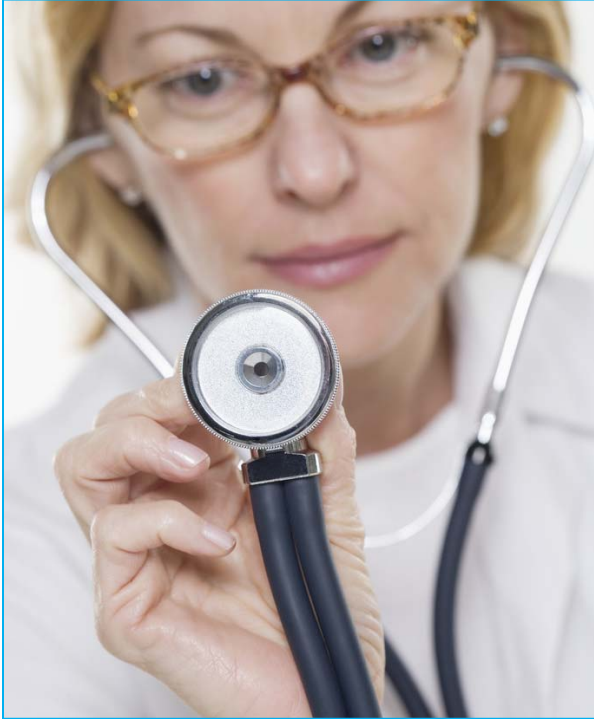
To put the shoe on the other foot, Professor David Eddy of North Carolina was quoted in a recent research paper entitled, *“Where is the Wisdom—The Poverty of Medical Evidence,”* where he stated that only 15 percent of Medicine is based on solid science. Did you get that? Only 15%!



The rest is based on conjecture, opinion, whims and “flights of fancy” as he put it. And approximately 1 percent of Medical

research has any credibility and is based on scientific thought. ...And just when you thought it was safe to go into the water!

Many people ask why the professions of Chiropractic and Medicine do not get along. My answer is actually very simple. Both



professions are diametrically opposed when approaching an individuals' health. You may have figured this out already: The Practice of Medicine is essentially "crisis control" and seems to work in "opposites."



Let me illustrate: If you have high blood pressure, they will give you a drug to lower it. If your pressure is too low they will raise it. If your heart is beating quickly, they

will slow it down. If it is beating too slowly, they will increase it. If your stomach is



producing too much acid, your physician will give you a drug to lower it. If it is not producing enough, he will give you something else to stimulate acid production. Yes, the whole medical system seems to be based on creating the opposite effect.



No one ever asks **'WHY'** this would be occurring in your body. Think about this for a moment; why would your body not produce enough stomach acid, for example? **Why would your body, all of a sudden, with no permission from you, decide to do its own "thing?"** Interesting question isn't it? I'll cover this in detail in the April edition.

## Chemicals in my skin lotion?

Ever wonder why so many skin care products you buy — even at the health food store — have ingredients that you can't even read or pronounce?

Listen....

If you can't read or pronounce the ingredient, it should not be in your lotion!



Your skin is much more than an outer surface for the world to see — it's the largest organ of your body and it has a number of incredibly important functions:

1. It protects your internal organs from injury and infection.
2. Helps detoxify wastes through perspiration.
3. Provides an important line of immune defense against infections — your healthy skin creates a barrier to viruses and bacteria.
4. Protects you against extreme changes in temperature, through its thermoregulatory effect of controlling heat flow between you and your environment.
5. Produces and stores vitamin D, which is important to your immune system.
6. Rich in receptors, it allows you to sense conditions around you — like hard/soft and hot/cold — and send information to your brain so you can react to it for self-preservation.
7. Protects your body from sunburn.
8. Protects you from dehydration.
9. And...it makes you look good!

The loss of any of these functions will compromise your health. You see, your skin plays a major role in your health. It functions as an organ that can absorb and excrete both nutrients and toxins through its pores. The condition of your skin is a powerful reflection of just how healthy you are on the inside.

WOW!

Because your skin has the ability to absorb whatever you put on it, careful choices are critical. You want to give your skin the same thoughtful consideration you give to the rest of you! Let's take a quick look at some of the ingredients in today's skin care products that can compromise the health of your skin (or even more - your body functions).

It is well-proven that when you apply these chemicals to your skin, they enter your bloodstream and are absorbed into your body tissues - most people don't understand this fact. It is probably safer to eat these ingredients than to rub them on your skin (although I strongly recommend you don't do either!). However, if you do happen to eat these chemicals, your digestive system can produce specific enzymes to break down these toxins and excrete them... something that doesn't readily occur when you put all this goop on your skin.

Potentially harmful ingredients continue to be used. Why? Money! There is a shock!



## Do your Skin Care Products contain these chemicals?

You might find that your personal care products contain one or probably more of many possibly dangerous ingredients.

Here are a few of the most common suspicious ingredients:

**Mineral Oil, Paraffin, and Petrolatum –**

Petroleum products that coat the skin like plastic, clog pores and creating a build-up of toxins, which in turn accumulate and can lead to dermatologic issues. These also slow cellular development, which can cause you to show earlier signs of aging. Suspected cause of cancer. Disrupt hormonal activity. By the way, when there's an oil spill in the ocean, don't they rush to clean it up – fast? Why?



Because it is harmful to the environment and living creatures. If that is the case, why put that stuff on your skin?

**Parabens** – Widely used as preservatives in the cosmetic industry (including moisturizers). An estimated 13,200 cosmetic and skin care products contain parabens. Studies implicate their connection with cancer. They have hormone-disrupting qualities – mimicking estrogen – and interfere with the body's endocrine system.

**Phenol carbolic acid**– Found in many lotions and skin creams. Can cause circulatory collapse, paralysis, convulsions, coma and even death from respiratory failure.

**Propylene glycol** – Used as a moisturizer in cosmetics and as a carrier in fragrance oils. Shown to cause dermatitis, kidney or liver abnormalities, and may inhibit skin cell growth or cause skin irritation – often used as an antifreeze agent and a windshield cleaner. Nice!

**Acrylamide** – Found in many hand and face creams. Linked to mammary tumors in lab research.

**Sodium laurel or lauryl sulfate (SLS)**, also known as **sodium laureth sulfate (SLES)** – Found in car washes, engine degreasers, garage floor cleaners... and in over 90% of personal care products! SLS breaks down the skin's moisture barrier, easily penetrates the

skin, and allows other chemicals to easily penetrate. Combined with other chemicals, SLS becomes a “nitrosamine”, a potent class of carcinogen. It can also cause hair loss. SLES is sometimes disguised with the labeling “comes from coconut” or “coconut-derived”.

**Toluene** – Poison! Danger! Harmful or fatal if swallowed! Harmful if inhaled or absorbed through the skin. Made from petroleum or coal tar, and found in most synthetic fragrances. Chronic exposure linked to anemia, lowered blood cell count, liver or kidney damage, and may affect a developing fetus. **Butylated hydroxytoluene (BHT)** contains toluene. Other names may include **benzoic** and **benzyl**.

**Dioxane** – Found in compounds known as PEG, Polysorbates, Laureth, ethoxylated alcohols. Common in a wide range of personal care products. The compounds are usually contaminated with high concentrations of highly volatile 1,4-dioxane, easily absorbed through the skin. Dioxane's carcinogenicity was first reported in 1965 and later confirmed in studies including one from the National Cancer Institute in 1978. Nasal passages and liver are the most vulnerable. Dioxane is easily removed during the manufacturing process by “vacuum stripping”. Warning: It is a synthetic derivative of coconut. Watch for hidden language on labels, such as “comes from coconut”.

So, do you want to put these chemicals on your skin? Hopefully not...

You'd be better served by switching to skin care products made of plant names you recognize, can pronounce, and could even eat (if you had to).

- Adapted from Dr. Joseph Mercola



**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.....**