



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 help as many people as humanly possible, especially kids!

Two month ago, we chatted about a problem that is insidious and growing: Brain Damage from Mobile Phone Radiation.

A well-circulated Swedish study found that people using cell phones doubled their risk of developing brain cancer and acoustic neuroma (a tumor that damages your hearing nerve).



The European Parliament responded by voting 522 to 16 to urge ministers across Europe to impose stricter limits for exposure to radiation from mobile and cordless phones, Wi-Fi and other radiation-generating devices - in part because children are particularly vulnerable to the risk.

I've been a bit heavy-handed in the past few issues, so for the December issue, we are going to lighten things up a bit – just for the holidays!

TO ALL THE KIDS WHO SURVIVED the 1930's, 40's, 50's, 60's 70's and EVEN the 80'S !!

First, we 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, we were put to sleep on our tummies in baby cribs painted with bright colored lead-based paints.



We had no childproof lids on our medicine bottles, doors, or cabinets, and when we rode our bikes, we had no helmets, not to mention, the risks we took hitchhiking on our own! Oh, my.....!

As infants & children, we would ride in cars 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, dragging your feet on the road!

We drank water from the garden hose and NOT from a bottle. We shared one soft drink with four friends, from one bottle and NO ONE actually died. Imagine that!



We ate cupcakes, white bread and real butter and drank Kool-aid sweetened with sugar, not Sorbitol, Malitol, Aspartame or Sucralose, and we weren't overweight because, **WE WERE ALWAYS OUTSIDE PLAYING!**

We would leave home in the morning and play all day, which was totally cool, as long as we were back when the streetlights came on.

We had no cell phones and no one was able to reach us all day. And we were O.K.

We would spend hours building forts in the trees just to find out that when we were all done, nothing was straight and when we stood in it, it broke to pieces!

We did not have Play stations, Nintendo's, X-boxes, no video games at all, OK there was Pong and soon ATARI came along, no

999 channels on cable, only 13 channels, no video movies or DVD's, no surround-sound or CD's, no personal computers, no Internet, no msn, no dot.com, or chat rooms..... WE HAD FRIENDS and we went outside and found them!

We fell out of trees, got cut, broke bones and teeth and there were no lawsuits from these accidents and no one was blamed!

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

We were given BB guns for our 10th birthdays, made up games with sticks and tennis balls and, although we were told it would happen, we didn't poke out any eyes.



We 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.

The idea of a parent bailing us out if we 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. We had freedom, failure, success

and responsibility, and we learned HOW TO DEAL WITH IT ALL! If YOU are one of us, 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 also read it so they will know how brave (and lucky) their parents really were. *Kind of makes you want to run through the house with scissors, doesn't it?!*



.....And on Good Morning America:

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 70 million North 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 adjustment 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 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 this adjustment is that the C-1 vertebra, located at the top of the spine, operates like a fuse box in the body. When it's Subluxated, it can pinch and affect arteries and nerves at the neck's base, which not only causes discomfort but also affects and regulates blood flow.

"When the spine is subluxated, 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 was subluxated, 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!*

Wiggles or the Wheel: Just having the TV on while kids are around hinders their ability to focus:

Toddlers may be too young to understand Oprah's weight loss secrets or guess the consonants on Wheel of Fortune. But that doesn't mean adult television shows have no impact on them.

According to a new study, background TV that's prevalent in many homes may be detrimental to children's development – even when they aren't paying attention. The constant stream of sounds and images disrupt children's imaginary games with trucks or dolls, and hinder their ability to focus.

"If you talk to parents about what they're concerned about, it's almost always the scary stuff and the violence," Daniel Anderson, a study co-author and professor at the University of Massachusetts, said. "They don't tend to think of games, shows or sports or Oprah as having any kind of negative effect."

However, the study of 50 children ages 3, 2 and 12 months found that background TV "can be very affective distraction," from the kind of play that's critical to helping children learn and develop, Anderson said.

Children at those ages have a limited ability to sustain their attention and are just beginning complex and symbolic play. SO giving them uninterrupted periods to practice and learn is critical, he said. Pretend play allows them to develop important tools by refining motor skills, exploring objects, role-playing and problem-solving.

The study, which appeared in the July/August issue of the journal *Child Development*, was conducted in a lab set up as a playroom with toys and a television. Each child engaged in solitary play for half an hour with a television off and 30 minutes while an episode of Jeopardy, including commercials, played in the background.

Researchers observed that when the TV was on, the children looked at the screen for only a few seconds at a time and less than once per minute. But it was enough to make a difference.

"Specifically, compared to no television, there was less play overall, shorter play episodes, and shorter bouts of focused attention in the presence of background television," the researchers concluded.

The kids who were exposed to the most background television in their daily lives showed no better ability to block it out, Anderson added.

There has been much debate on how TV affects very young children, but most has focused on educational TV programming or kiddie DVDs like the Wiggles. The American Academy of Pediatrics recommends no television for children under 2, and most psychologists caution that TV screens are no substitute for human interaction.

There has been little research on the impact of background television, even though a 2006 survey found that three quarters of American families have their televisions on "almost half the time" regardless of whether anyone is watching.

Marie Evans Schmidt, lead author of the study and a research associate at the Center on Media and Child Health at Children's Hospital in Boston described it as "a potentially chronic environmental risk," and said parents should limit their young children's exposure.

My Wishes for the Season!

I would like to take a moment and thank you all for being such incredible 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! I am always here to help! Talk with you next month.....