



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!

Last month I covered the topic of **Fever** – a very controversial and little understood but totally normal function of our body.

Why is it controversial?

Most people have been taught that fever is a very bad thing. That it is something that needs to be treated in order for you or your child to be healthy.

The result is that the sales of OTC medications have soared.

And you've also learned that Fever is simply a very natural body defense designed to wipe out an invading organism. Medicating your children most often simply prolongs the illness.

How is that for different thinking?

Ok...let's get into an issue which tugs at the heart-strings of all parents:

Chronic Ear Infections:

You are suddenly awakened out of a well-deserved sleep. Your child is crying in the next room with sudden and intense pain in her/his ear. She is flushed, hot, and glassy-eyed with fever. You panic. Childhood ear infections (Otitis Media) are often very frightening to parents mostly because they appear suddenly, usually at night, with little warning.

The most common treatments used for ear infections are antibiotics, decongestants, antipyretics (fever medication), and tympanostomy (tubes in the ears). You may be surprised to learn that the benefits of all of these are highly questionable.

For example, *The Lancet*, a major medical research journal, found that recovery time was about the same for children whether medical intervention happened or nothing was done at all.¹



Another study² from the *Archives of Otolaryngology*, showed that "88 percent of children with Otitis Media never needed antibiotics, and antibiotics did not shorten the lifespan of the disease." As a matter of

¹ Van Buchem, F. L., Dunk, J.H.M., Van'thof, M. A., *Therapy of Acute Otitis media: myringotomy, antibiotics or neither?*, *Lancet*, October 24, 1981

² Diamant, M., Diamant, B., *Abuse and timing of use of antibiotics in acute otitis media*, *Archives of Otolaryngology*, 1074, 226-232.

fact, *Newsweek Magazine* reported that antibiotics are not nearly as effective as the body's own immune system.

How about that! What a concept!

For parents frustrated with recurring ear infections, the EENT (ear, eye, nose, and throat) specialist will most likely prescribe the "rite of tympanostomy"—words from the late Dr. Robert Mendelsohn, a pediatric specialist and a self-proclaimed "medical heretic."

It is a surgical procedure whereby your child is anesthetized so that a tube can be placed in his or her eardrum to drain fluid.

Research, however, indicates that this procedure does little to eliminate the problem. It simply reduces pressure and fluid build-up in the inner ear. It is no cure for ear infections!

Parents, however, have been sold on the idea that tubes in the ears are some kind of a cure for ear infections.



Most mothers I met in my office, whose children have chronic and recurring ear infections, have already had the "tube thing" done—with little success. And this whole concept of surgically placing tubes in the ears of young children to eliminate ear infections is absurd to me.

Whether or not to give a child tympanostomy tubes - tubes in the ears - is a debate that has raged in medicine for over two decades. One of the major arguments in favor of tubes is that if children have fluid behind the middle ear it can cut down on their ability to hear and can potentially lead to learning problems.

But a report in the *New England Journal of Medicine* says this is not the case. According to this study, in children younger than three years of age who have persistent Otitis Media, prompt insertion of tympanostomy tubes does not measurably improve developmental outcomes. The procedure has little long-term effect with respect to hearing, behavior or learning development.

Implanting ear tubes, an operation



done on hundreds of thousands of toddlers each year, does not appear to improve their speech and learning development and may not be worth the risk and the cost, another study found. Researchers in Pittsburgh looked at two groups of toddlers: those who received ear tubes after three months of fluid in their ears (the standard guideline) and those who waited up to nine months before tubes were inserted. The children were tested for speech, language, learning, and behavior when they turned three. *"The bottom line was there wasn't any difference in the development outcomes as best we could measure them at age 3,"* said Dr. Jack Paradise of Children's Hospital of Pittsburgh.

Dr. Paradise, however, warned that there is a risk of complications from the anaesthesia – you do not want to hear these.

"Also" he said, "the tubes sometimes leave perforations in the eardrums or scar them, or cause chronic drainage from the ear. If tubes were absolutely harmless and free, then I think you might say, "Well, let's have the tubes to be sure," Paradise said. *"But tubes themselves carry risk and, of course, there's cost involved. So it becomes a matter of....which set of risks would you rather take?"*

Paradise said he would hold off inserting tubes if the only concern was developmental problems from hearing loss. There you have it! Yet millions of these operations are performed in Canada and the United States each year when controlled clinical studies have determined that there was “no benefit gained from the placement of tubes.” As a matter of fact, they actually create complications Paradise mentioned - such as scar formation on the eardrum leading to hearing loss. Not a desirable side effect! The biggest problem with these medical treatments is that they attempt to interfere with the body’s own healing ability and discount the power of the body to heal all by itself! As a result, they don’t work as



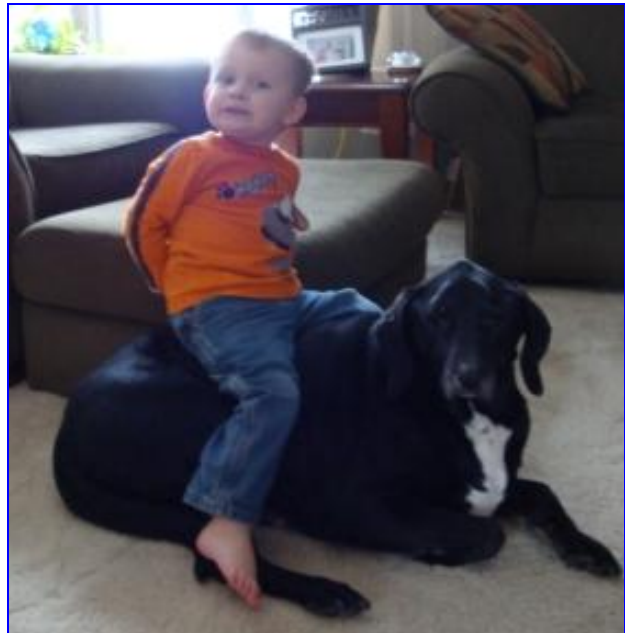
well as most people think!

Let’s look at this closely. The Eustachian tube (the small tube which connects the nasal cavity to the inner ear) is at a different angle in children and, therefore, they are prone to infections - at least that is what most parents are told. (If that was the reason for ear infections, then **ALL** children would have ear infections until the tube matured. And that is simply not the case!) Other reasons parents are given as to why their children have chronic ear infections include:

- It is a normal part of childhood. Nonsense!
- “Your child has a **tendency** toward ear infections so we’ll just put him on a low dose of antibiotics as a preventive measure.” (That is dangerous thinking. Research indicates that children, who have been given antibiotics prior to their

first birthday, have tendency to develop Asthma as a result. I’ll tell you what is true. The normal tendency is NOT to have ear infections!)

From my perspective as a Chiropractor, I see ear infections as a malfunction of the immune system and lowered resistance. In other words, the child’s body is not able to fight off or prevent the infection on its own.



The main cause of lowered immune resistance in a child is, most often a Vertebral Subluxation caused by the process of delivery. Yes, **birth**. It can be very traumatic. The stress of the average, uncomplicated delivery can cause a vertebral subluxation of the delicate segments of a baby’s spine, thereby affecting the way a child’s nervous system and immune system react to the world around him. In their landmark research studies Dr. Gutman and Dr. Biedermann, two German researchers, examined hundreds of newborn infants and concluded that, “**an unhealthy spine at birth causes lowered resistance to infection, especially ear, nose, and throat infection.**” (Gutman, G., *Blocked Atlantal Nerve Syndromes in Babies and Infants*, Manuelle Medizin, 1987.)

In my own practice, most children I see with ear infections do have a vertebral subluxation in their spine, affecting the way their nervous system controls their resistance to infection. By eliminating this subluxation, a child’s normal resistance is increased and the threat of ear infections is

minimized. You see, it's not a matter of discovering yet another "wonder" antibiotic to drug your child with. It is a matter of having your child's body function better all by itself. What a novel idea!



My son Brody, has never had an ear infection, but he is lucky enough to be adjusted by me every week, and more when I notice kids in his day care are sick, in order to boost his immune system and help him fight any bacteria or virus that may invade his body. In 2 ½ years, Brody has Never had an ear infection or been sick for more than 1-2 days with a slight cold. I know and see hundreds of stories just like this with kids that are under regular chiropractic care. The key to this is "regular chiropractic care". It helps the body work at 100% so that when a bug or virus comes into their bodies, they are able to fight it much faster and sometimes without any symptoms at all.

One of my colleagues, Dr. Ogi who is a pediatric specialist once gave a public lecture at his Wellness Center on the topic of Chronic Ear infections. His lecture theatre was packed with parents – mostly moms. There were also two uninvited guests at the back of the room. They attempted to ridicule and make light at what he was saying. Finally one of the mothers in attendance stood up and asked these two gentlemen to please leave – to the applause of everyone present. Dr. Ogi later discovered that his two guests were two EENT specialists – the only two in town. They most likely felt threatened by a wellness approach to the care of children! As well as chiropractic care, which I feel is essential; you may want to try the following to help your child:

- Vitamin C, 1000-5000 mg daily.
- Echinacea tincture, 20 drops, 2 times per day mixed with a few drops of

orange juice for taste. Try for one week and discontinue for one week.

- Zinc lozenges, although kids can't stand these. Use as a last resort.
- Warmed olive oil drops into the affected ear two or three times per day for 2-3 days.

I have also heard that an onion poultice will reduce your child's pain during an episode of an ear infection: Slice some onions, quick fry in a skillet for a minute only, and place on the affected ear. (Wrap the onions in a cloth first.) Although I have not attempted this "treatment", it is apparently an effective remedy for pain.

In conclusion, I must stress that there is nothing that can substitute a normal functioning nervous system and immune system. And chiropractic care is designed to do exactly that – make sure both are functioning at their very best!

It would be my greatest honor to check your children – please ask me.



WE miss you Titan!

This past month our dog Titan passed away. It was hard on all of us but one thing that I realized was that we have to be thankful for what we do have. Appreciate the small stuff like putting your kids to bed at night and telling them that you love them, your family, friends, and the wonders of nature! These things and many more we sometimes overlook. So, tell those around you that you love them, take time to go for a walk, enjoy what life has to offer because one day it will be gone! So don't worry about the small stuff, It's not worth it!

Titan was a wonderful dog that will be greatly missed.

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.....