



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!

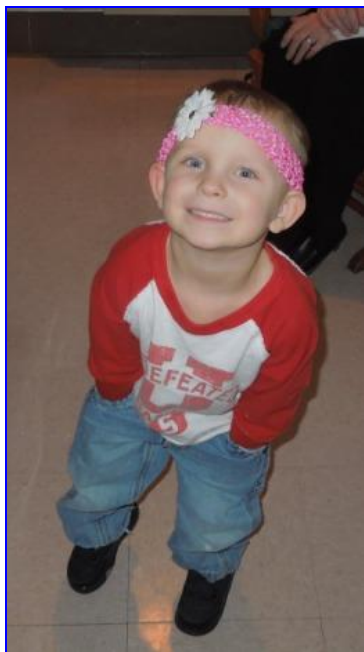
Welcome to 2012!

Last month we lightened the mood a bit - just in time for the holidays - and talked about some of the beliefs and government interventions that have been superimposed on us in order to save us from ourselves! And supposedly, it is all for our benefit!

As we start the New Year, I want to take you on a small journey so that you have a really good understanding what this "Health thing" is all about.

What is this "Health thing" exactly?

One of the largest quests in the history of the human race has been for this intangible thing called "Health." And one of the biggest obstacles is that most people view health as something they strive for, attain, and once reached, consider it theirs forever – it is a goal.



Most people feel it is then with them for the rest of their lives. Consider the average earthling getting out of bed first thing in the morning: All toes working, feet and knees stable, able to stand up – this individual feels he/she is ready to conquer the world! Right!

I am going to burst your bubble here, but Health is not something you simply attain, capture, and then hang on to. It is not a destination. It is a continuous journey. So in the words of Nissan, "Enjoy the ride."



Man has always attempted and wanted to achieve good health - it has always been important!

And although Health has been very elusive, sickness and disease have been very prevalent – and our past History reveals a number of theories, which have surfaced to explain why people in a society would become sick....You will be shocked to learn that this approach to our understanding of sickness and disease is still evolving – with an added twist, however. Yes, money and

profit have played a most intriguing part in this evolution.....Simply shocking you say?



Bad Vapor Theory:

This first theory began in England ten to twenty centuries ago where people assumed that they became ill from “bad vapors” which emerged from swamps and surrounding lands. People believed that these vapors invaded their bodies and were responsible for sickness and disease. And in order to regain health, people of those times felt a need to purge themselves of these bad vapors. Simple and logical solution!

To us, it sounds bizarre in present day, but don't forget that a thousand years ago this was considered to be the height of science! To stay healthy in those days, people would often resort to burning lands and forests, trees and fields to magically rid their immediate environment of these bad vapors. This theory, if you can believe it, survived for hundreds of years.

Wait, it gets better . . .

Demon Theory of Disease:

Although very popular, the *Vapor Theory* couldn't really explain illness or produce the expected results – the burning of lands did not really cure anyone. It was eventually abandoned, but not before it was replaced by a more contemporary theory.

People living at that time and believing in this theory assumed their illness was caused by demon possession. They believed that to be healthy again, one had to rid one's body of demon(s). And, believe it or not, this theory was highly thought of in scientific circles at the time. It was also

during this period that the Church was heavily involved in the politics of running most countries – Kings would most often listen to the rantings, ravings, and advice of their high priests and clergy (having experience was secondary), before any major decision was made.

So, in order to rid people of demons, several contemporary “treatments” were employed.

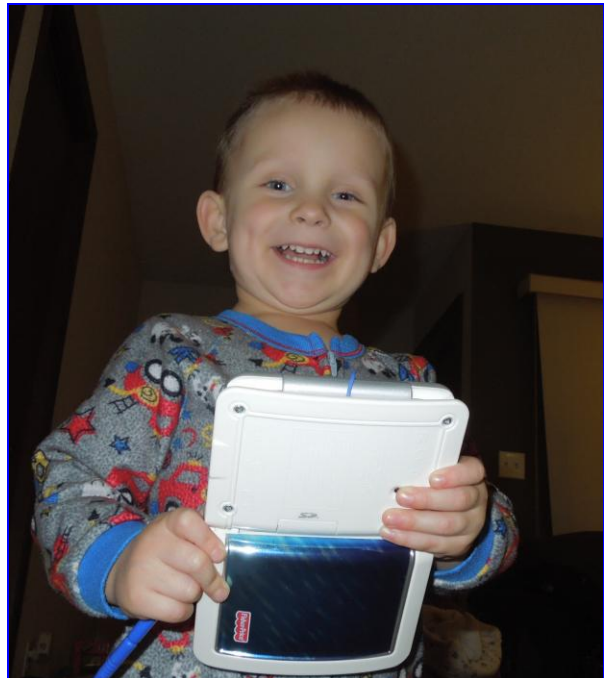
The most popular, and probably the one most recognized throughout history, consisted of having one's head drilled full of holes to let the demon(s) escape. (*I'll bet you have a few relatives who would probably benefit from this approach.....*)

Bad Blood Theory of Disease:

As you can imagine, the *Demon Theory* was very unpopular as it often led to a number of health complications – most people died following such treatment.

Very low on the popularity scale!

And it was discarded with great pomp and circumstance upon the discovery of circulation - the fact that blood was transported through veins and arteries. And so a new theory placed “Bad Blood” as an instrument of disease.



This new and contemporary thinking now provided people with the explanation for illness and disease – and “bad blood” suddenly became very popular! It was the answer!

In order for one to become healthy, one needed to get rid of his/her "bad blood." I'm sure that most of you are familiar with bloodletting: a person's "staff of life" was leaked into a bucket, removed through leaches, etc., - not all that far from the idea of blood donations to a blood bank. Hmmm.....



Some of you may be horrified to learn that leaches are actually back in vogue. Yes, in modern day North America, we are actually cultivating leaches for medicinal use. And, although technology and science may have changed dramatically in our time, the basic beliefs permeating our concepts of health are still very Neanderthal.

Germ Theory of Disease:

Like the *Demon Theory*, which we talked about, the *Bad Blood Theory* was also plagued with public dislike and health complications – people would often succumb to infections, etc.

At that same time, however, scientists of that era discovered new life forms called germs - bacteria, viruses, and so forth. And germs became the rage! They were in vogue! And a new theory of disease was quickly launched – it was logical and really explained why people would become sick. It was called the "*Germ Theory*" of disease – and it is still very much alive today!

This new theory focused on the fact that germs caused diseases. Yes - the invisible germ was to blame. After all, it was thought that germs were foreign to our body and

therefore caused illness. And even Today, we have been carefully taught that they should be wiped out, killed, and shown no mercy. They should be obliterated in order for mankind to survive. No prisoners should be taken!

Listen....Nothing could be further from the truth.

Let's look at this thinking closely for a moment – but you need to stay with me:

Your child is suffering from some sort of upper respiratory infection (URI), for example. You find that your child's symptoms may include a raspy voice, coughing, sneezing, and a runny nose, (which may or may not have some greenish tinge in the discharge), slight fever, and a plethora of other symptoms. You take your child to your family doctor; he then takes a swab of your child's throat, and finds bacteria in the throat culture.

The next step is to announce to you that your child has "strep" throat. Brilliant! The assumption that is made - and one that you just bought into - is that your child's health problem is being caused by the *Streptococcus* germs in his throat! How about that!



And generally, and usually, some sort of an anti-microbial agent (antibiotic) is prescribed to kill the Strep bacteria.

Let's take a closer look at this logic: Suppose we decided to head to the Mall armed with a battery of Q-tips, and took throat swabs of innocent pedestrians as

they walked by. And suppose we then cultivated these swabs in a lab somewhere and had a peek 24 hours later. What do you think we'd find? You would be shocked to learn that you'd find billions of Pneumococcus, Staphylococcus, Streptococcus, Republican-coccus, Democrat-coccus bacterial organisms in the throat cultures we made. Amazing! Incredible! These people are riddled with bacteria! You would find all kinds of bacteria and viruses too numerous to mention. These people would be full of germs and other "cooties!" WOW!



But wait!

Why are all these people - randomly selected and tested - not sick in the least, but my child is?

Let's look at our current health care logic:

If Streptococcus was the bacterium responsible for your child's "strep throat," then it must follow that anyone having the Streptococcus bacteria in their mouth and throat would then develop "strep throat." Right?

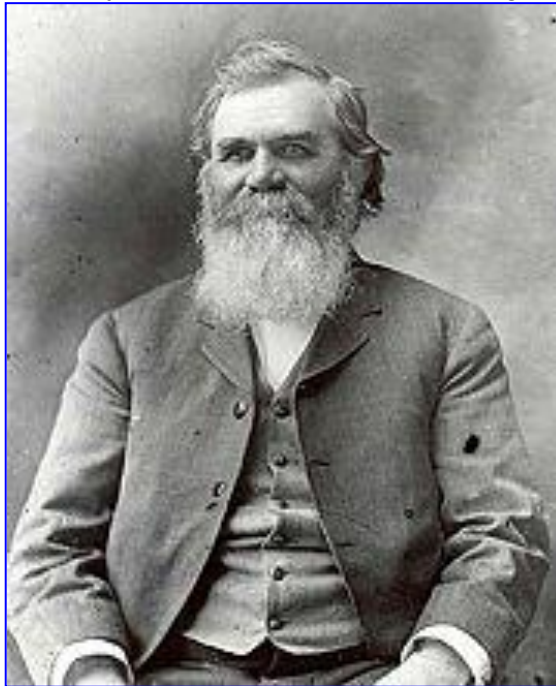
Wrong! Very few people actually do.

Why is that? What a wonderful question! You see, the assumption that the public is taught is that germs cause diseases. This is an assumption we have been taught to believe since we were very little. I am tempted to say that it is absolute nonsense, but I'd rather you formulate your own conclusions! Assumptions; they are simply not OK.

D.D. Palmer, the Discoverer of Chiropractic, was onto the answer. He put it this way back in 1895:

"What is it that causes one man to be sick, while his partner, sitting at the same table, eating the same food, drinking the same water, breathing the same air, is healthy?"

Now you are onto something.....



And in order to understand the answer, one needs to have clear and different thinking. *Albert Einstein once said, "One cannot solve a problem with the same level of thinking that existed when the problem was created"*

Brilliant!

Just a quick note, my wife and I are proud to announce the newest member of our family Brynn Marie Sailer, who was born on 12-31-11, she was 7 LB 10 OZ. Mom and baby are doing great. We are so blessed to have her in our lives!



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.....