



# Our Family Newsletter;

**Sailer Family Chiropractic**

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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!**

## Neurology for Dummies?

You need to understand that your brain – your nervous system – totally controls you — all of you! Every little bit!



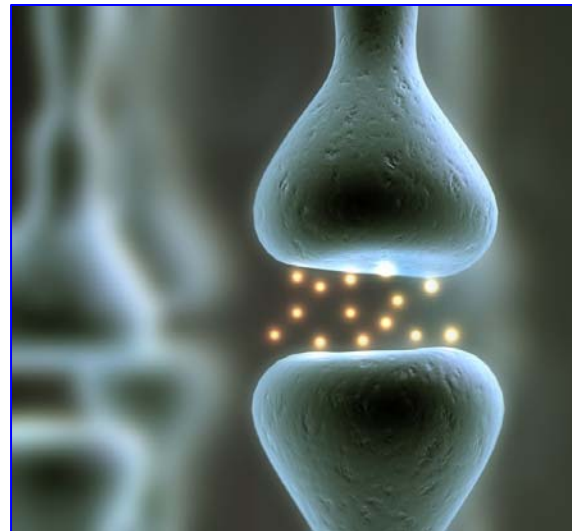
It controls the function of every organ, cell and tissue; your brain and nervous system control every part of your being. Your nervous system is comparable to a Super Computer that runs the whole show.

In order for your brain to communicate effectively with your body, however, there must be a connection between the brain and your body. That connection is called the spinal cord — just part of your nervous system. For those of you who are not very clinically oriented, think of the spinal cord as a telephone cable containing millions of tiny “wires,” called

nerves. They originate in your brain and travel along your spinal cord to different parts of your body; the longest nerve in your body being the sciatic nerve - it extends into your toes! And it can be up to seven feet long. That's a lot of nerve!

The function of these nerves is to transmit information and messages between your brain and your body so that you can execute your program and maintain normal function and health. Isn't that amazing?

The above message transmission is referred to as *Synaptic Transmission* - the



nerve has to fire information across a tiny space — a synapse, located between the nerve and what is called, the end organ. This system relies on the release of neurotransmitter chemicals to affect message transmission.

Synaptic Transmission is the conventional thought when people envision a “pinched nerve.”

Very recent evidence, however, points to a system that utilizes *Non-synaptic Transmission* to cause an effect on body function. This research is brand new and deals with the idea of “wave propagation” and tone. It was discovered that messages sent by the nervous system could travel through “wave amplification” centers and affect other neighboring centers through



resonance. Sounds complicated? Not really. Imagine holding a tuning fork that is vibrating in the proximity of one that is not. You'll note that the vibration of one will start to affect the other. Thus, information is transmitted throughout the body by non-synaptic means – in waves.

To complicate matters even more, recent evidence points to a “chaotic construct” and individual cell neuronal



synchronization - cell message centers. Now I am getting really complicated so let's leave that alone for the time being.

The bottom line is this: If the nervous system is allowed to function normally and

transmit information from the brain to the body and from the body to the brain with nothing interfering in this process, then you should have the best health you've ever had. We simply call this normal.

Imagine, however, taking a knife and cutting the spinal cord in half between the neck and the shoulders. How many of you suspect that this would not be a good thing to do? You are right. We have just caused a serious breach in communication between the brain and the rest of you. It would mean instant death.

### **Malfunction:**

If on the other hand, we caused a small interference in the spinal cord – a tiny nick - making only part of your nervous system inoperative, and the rest transmitting information fairly normally, your body would then not function normally. In other words, your body would no longer be able to follow your program. It would malfunction.



Let's look at this closer. Consider, for example, driving your brand new Lincoln. Instead of having it running on eight cylinders, as it should, it is now only running on five. The dashboard warning bells, whistles and lights are all on, there is smoke appearing in the back of the vehicle and at every stoplight it stalls. But generally, it is still drivable. That would be a good example of malfunction.

Your body is similar. It can still function to a degree but you would not have what we call good health. I call this survival or just simply getting by. It is not OK.



To many of us, though, this seems to be the normal operating state for a human being. We even expect this state of affairs when we “get older,” and over our lifetime we surround ourselves with things we are no longer able to do. It soon becomes a wall so high we are unable to see over it. That is not health.

What would be examples of malfunction in the body? Let's see . . . stiffness of movement (especially in the morning), numbness and tingling in the hands or feet, chronic cough, diarrhea, constipation, wheezing, dribbling in your underwear when you cough or sneeze (yes, the DEPENDS people love you!), ear infections, etc. There are thousands of examples of malfunction.

While I'm on this topic, allow me to say a word on the use of “Depends” or “Attends.” The simple problem of bladder incontinence affecting millions of people has been transformed into a “disease” so that a diagnosis can now be made and a drug can now be prescribed. Yes, this is now called “Overactive Bladder Disease.” Have you heard of it? I'll bet you have. Listen up....How bizarre is that concept? Your bladder decided to dribble all by itself? Without your permission? Who is in charge anyway?

*(I'll cover how you develop Disease, Illness and Symptoms in the March Issue – stay with me!)*

### **Because I'm a Man:**

Because I'm a man, when I lock my keys in the car, I will fiddle with a coat hanger long after hypothermia has set in. Calling AAA is not an option. I will win.

Because I'm a man, when the car isn't running very well, I will pop the hood and stare at the engine as if I know what I'm looking at. If another man shows up, one of us will say to the other, “I used to be able to fix these things, but now with all these computers and everything, I wouldn't know where to start.” We will then drink a couple of beers and spit on the ground, as a form of bonding.



Because I'm a man, when I catch a cold, I need someone to bring me soup and take care of me while I lie in bed and moan. You're a woman - you just never get as sick as I do, so for you, this is no problem.

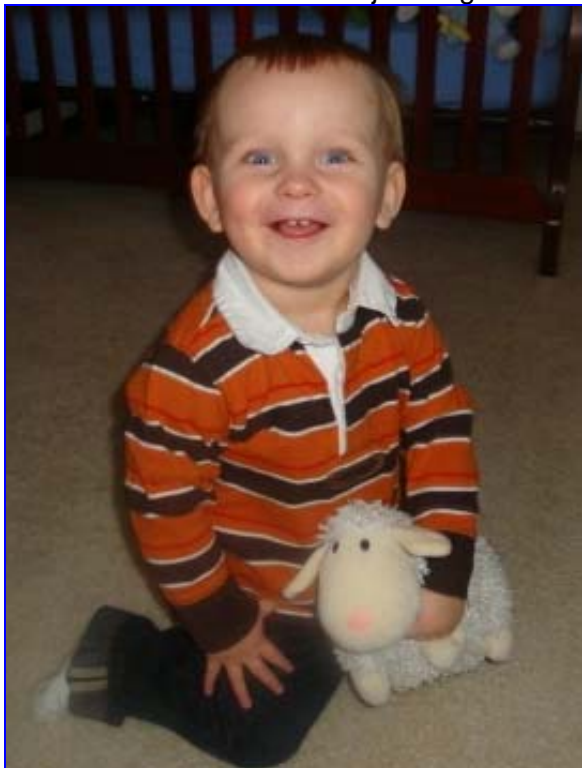
Because I'm a man, I can be relied upon to purchase basic groceries at the store, like milk or bread. I cannot be expected to find exotic items like 'cumin' or 'tofu.' For all I know, these are the same thing.

Because I'm a man, when one of our appliances stops working, I will insist on taking it apart, despite evidence that this will just cost me twice as much once the repair person gets here and has to put it back together.

Because I'm a man, I must hold the television remote control in my hand while I watch TV. If the thing has been misplaced, I may miss a whole show looking for it – and I will find it!

Because I'm a man, you don't have to ask me if I liked the movie. Chances are, if you're crying at the end of it, I didn't... and if you are feeling amorous afterwards, then I will certainly at least remember the name and recommend it to others.

Because I'm a man, I think what you're wearing is fine. I thought what you were wearing five minutes ago was fine, too. Either pair of shoes is fine. With the belt or without it, looks fine. It does not make your derriere look too big. It was the pasta and potatoes and margaritas that did that. Your hair is fine. You look fine. Can we just go now?



Because I'm a man, and this is, after all, the Year 2010, I will share equally in the housework. You just do the laundry, the cooking, the cleaning, the vacuuming, and the dishes, and I'll do the rest: Like wandering around in the garden with a beer, wondering what to do.

### **Did You Know – By Dr. Dan Murphy**

-1,000 capsules of Tylenol in a lifetime doubles the risk of end stage renal disease. (*New England Journal of Medicine*, 1994)

- The average time for a whiplash-injured patient to achieve maximum improvement is 7 months 1 week. (*Spine*, 1994)
- 93% of patients with chronic whiplash pain who have failed medical and physical therapy care improve with chiropractic adjustments. (*Injury*, 1996)
- Taking the correct drug for the correct diagnoses in the correct dose will kill about 106,000 Americans per year, making it the 4th most common cause of death in the US. (*Journal of the American Medical Association*, 1998)
- Nonsteroidal anti-inflammatory drugs for rheumatoid and/or osteoarthritis conservatively cause 16,500 Americans to bleed to death each year, making that the 15th most common cause of death in the US. (*New England Journal of Medicine*, 1999)
- Glutamate and aspartame can cause chronic pain sensitization, and removing them from the diet for 4 consecutive months can eliminate all chronic pain symptoms. (*Annals of Pharmacotherapy*, 2002)
- Chiropractic spinal adjusting has been shown to be better than 5 times more effective than the NSAIDs pain drugs Celebrex and Vioxx in the treatment of chronic neck and low back pain. (*Spine*, 2003)
- In patients suffering from chronic pain subsequent to degenerative spinal disease, 59% can eliminate the need for pain drugs by consuming adequate levels of omega-3 essential fatty acids. (*Surgical Neurology*, 2006)
- Chiropractic adjustments have been shown to significantly lower blood pressure. (*Journal of Human Hypertension*, 2007)
- The estimated incidence of chronic pain from whiplash trauma is 15-40%. (*Journal of the American Academy of Ortho Surg*, 2007)
- Meniere's Disease has been linked to a disorder of the upper cervical spine facet joints. (*International Tinnitus Jour*, 2007)
- Supplementing with vitamin D3 has the potential to reduce cancer deaths in America by 75%. (*Ann of Epidemiology*, 2009)
- Potentially, the largest exposure of Americans to the neurotoxin mercury is through the consumption of products containing High Fructose Corn Syrup. (*Environmental Health*, 2009)
- Those who consumed the highest amounts of nonsteroidal anti-inflammatory pain drugs increased their risk of dementia, including Alzheimer's dementia, by 66%. (*Neurology*, 2009)
- The newest estimate for the incidence of autism is 1 in 91 US children. (*Pediatrics*, 2009)

**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.....**