



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 reach as many people as humanly possible, especially kids!

Bed Wetting and Bladder Control:

Wet blankets and sheets in the morning, soaked, smelly pajamas, soggy, cold, and wet underwear, and a very uncomfortable, embarrassed and ashamed child - this is a picture of bed wetting (Nocturnal Enuresis) and loss of bladder control for children.

Enuresis simply stated is bed wetting past



the usual time a child is potty trained - whereas loss of bladder control applies to children (and adults) during the day. Have you heard of the new "Overactive Bladder Disease?" Don't you just love marketing? It is estimated that 1 out of 5 young children wets the bed regularly. This means that 20% of children under the age of ten wet their bed. Not Ok! Imagine what this does to

a child's self esteem. Incidentally, the oldest patient I have seen with this condition was a 21-year-old dental hygienist.

Over time, various reasons and "causes" have been proposed as the origin of bed wetting; psychological, habitual, etc.

Many methods have been used to "treat" this affliction; alarm systems in the bed, electric shocks, hypnosis, drugs, waking the child, psychotherapy, spankings, self-blame,



the "bad boy" syndrome, punishments, etc. None of these have had much of an affect. And not that many years ago, it was thought to be the result of a child simply misbehaving. What bizarre beings we can be! Reminds me of the Dark Ages!

Bed-wetting or loss of bladder control occurs when there is improper function of the valve (sphincter), which controls the flow of urine from the bladder. Many people think of it as a faucet or a spigot - turning on the flow of urine from the bladder. So what controls this faucet? Good question. This valve is simply a ring of muscle which contracts, or relaxes, to control urine flow. So what controls this ring of muscle - this



valve? You would be surprised to learn that this valve is under total control of the nervous system - that internal INTERNET which runs your complete body program. This valve actually has two sets of nerves, which control its function; one is under voluntary control, which means you go when you want to. The other is on "autopilot" or "automatic." In other words, the child has no voluntary control over this particular one. The function of these two sets of nerves is controlled by the child's nervous system, which keeps both in check and balance. If the nervous system is allowed to function with no interference, there should be no problem with wetting the bed, or the pants, or the underwear, in school or at home. Period!

Beware of ads suggesting that it is OK for children to wet the bed because now there are school age diapers available. These ads seem to suggest that the bladder may not have developed properly and so a diaper is the answer. Nonsense! This is called marketing!

Have you noticed ads recently, mentioning a new "disease"? Yes.....the medical industry has developed a new disease. It is called the "**Overactive Bladder Disease**". And as you may have guessed, there is a drug to deal with this condition. Isn't it a wonderful service the pharmaceutical industry is providing for us?

Similar thinking holds true for school age or adult diapers. Instead of dealing with the reason WHY the bladder is not functioning, it is much more profitable to put adults and school age children in "diapers". Marketing states that it is now socially acceptable to go shopping and do your business as you walk because you are wearing diapers. I'll let you draw your own conclusions.



Most chiropractors who deal with children will tell you that kids who are bed wetters, and those afflicted with loss of bladder control, respond very well to chiropractic care. The reason for this is quite simple - we deal with removing any interference to the normal function of the nervous system. Applying this concept to a child (or adult) whose nervous system control of his or her bladder is lacking, the results can be quite amazing. If your child, or someone you love, is experiencing difficulty with bladder control, please call us, we can help!

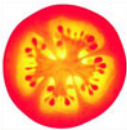
God's Pharmacy! Amazing!

A friend sent this to me. It's been said that God first separated the salt water from the fresh, made dry land, planted a garden, and made animals and fish... all before making a human. He made and provided what we'd need before we were born. Here are some natural foods that are excellent for our bodies. Children are especially in need of learning early how a good diet and exercise can help keep them healthy throughout their entire lives. The earlier we teach them, the healthier they will be.

God left us a great clue as to what foods help certain parts of our bodies! These are best & more powerful when eaten raw.



A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye... and YES, science now shows carrots greatly enhance blood flow to and function of the eyes.



A Tomato has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopine and are indeed pure heart and blood food.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.



A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.



Figs are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase the numbers of Sperm as well to overcome male sterility.



Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.

Avocadoes, Eggplant and Pears target the



health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).

Sweet Potatoes look like the pancreas and



actually balance the glycemic index of diabetics.



Olives assist the health and function of the ovaries



Oranges, Grapefruits, and

other Citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.



Onions look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, Garlic, also helps eliminate waste materials and dangerous free radicals from the body.

Kids Health!

As adults, throughout our lives, we neglect our health, until we are in so much pain, and we can't stand it. This way of thinking takes a small problem that could have been taken care of quickly to a much larger issue that will be more difficult to fix. Yet, when it comes to our children, the first sign of a problem we rush them to see their Dr. Why don't we as adults take the same thought process for ourselves? Why do we put up with the aches, pains, and problems? A lot of people say "I am too busy" or "I am fine, it will just go away". The reality of it is, your body may hide it on you, like when we take pain pills, but eventually it will come back, and most of the time it's much worse! Start the New Year off by taking care of yourself. Pay attention to what your body is telling you and fix it now before it gets to be such a severe issue that fixing it is not an option anymore. My hope for all of you is that instead of putting up with all these issues, you will start taking care of you just like you take care of your children.

What is True health!

Do you really know what true health is? Most people think that if they wake up feeling good they are healthy and if they wake up feeling bad they are unhealthy. True health is based on function, meaning every organ, tissue and cell is working perfectly at 100% of the time. As long as all the information your brain makes is able to reach your body all the time, you will function at your peak level, regardless of how you feel. Think of this, do you feel a clogged artery inside your body? No, the number one killer in the United States is heart disease and you don't feel it. 60% of people whose first sign of heart disease is a heart attack are dead! That is the scary reality. Do you feel cancer eating away at your body? No, the second leading cause of death is cancer and you don't feel that either. 84% of people who had some sort of pain, went into their Dr. and found out they had cancer, were dead 4-6 weeks later. So by the time pain told them they had a problem, it was too late! Then to make it worse, when we do feel bad, we take medications to cover it up or have surgeries to make everything better. Yet the third leading cause of death is complications from drugs and surgeries. This information

comes from the Journal of American Medical Association, which is the Dr's own journal. Instead of waiting for the pain to tell you what is going on, be proactive, take care of your body now and listen to it.

When the bones in your spine go out of alignment, they will pinch on your nerves running your organs which will prevent them from function properly and eventually fail. It's like putting a kink in a garden hose; instead of blocking water, it blocks information trying to run your body, causing it to work improperly. By adjusting the misaligned bones the information is able to get out and the body can now function at its God given potential by fighting diseases and working to be ultimately healthy, no reflux, head aches, GI issues, NOTHING! Start preventing diseases before they happen!

Life Boils Down to Two Choices:

Should we get a dog?



OR

Should we have children?



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.