



# 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!**

## **Kids & Cell phones: The controversy**

I'm certain you've heard rumblings and rumours that cell phones aren't quite as safe as the manufacturers would like you to believe. If you've been feeling uneasy about your 12 year old teen having their own purple cell phone, you are to be



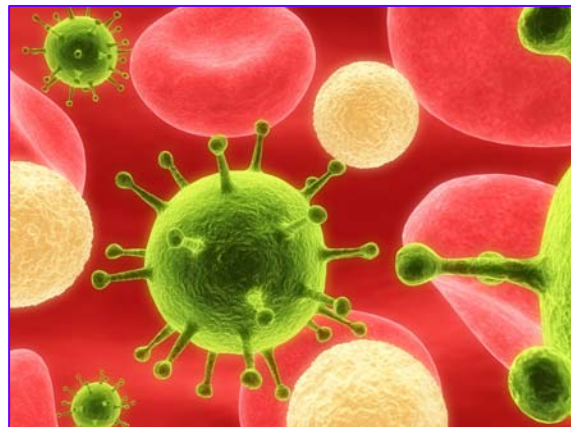
congratulated for your insight. But (and there is always one of these), you bought it for her because she begged you to do so, it's cool, and you want to be able to reach her.

Here's the thing though:

There are a number of studies which point to DNA and genetic cellular damage from cell phone use – specifically EMF radiation – electromagnetic frequencies.

So let's look at some of the research on this: In 2000, the Journal of the National Cancer Institute published an article titled "*Markers of DNA repair and susceptibility to*

*cancer in humans: an epidemiologic review.*" The authors summarized all of the published epidemiologic studies on DNA repair in human cancers through 1998 that addressed the association of cancer



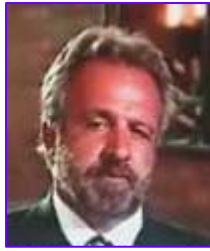
susceptibility with a defect in DNA repair capacity. I know that this seems a bit techno babble but what it means is that the NCI established a link between cancer and a defect in the cell DNA repair capacity.

Dr. George Carlo in his book, "*Cell Phones, Invisible Hazards in the Wireless Age, An Insider's Alarming Discoveries About Cancer and Genetic Damage*" summarized the evidence that the radiation plume from cellular phones:

- (1) Interferes with cardiac pacemakers.
- (2) Breaks down the blood-brain-barrier, which allows excitotoxins and other substances to adversely affect the brain.

(3) Cellular phone radiation creates cellular micronuclei, the biological marker for cancer susceptibility.

Who in the world is he? Dr. George Carlo is

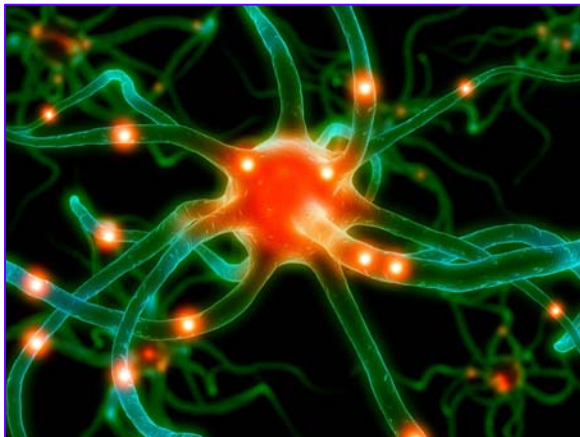


a public health scientist, epidemiologist, and lawyer who was the chief research scientist investigating the safety of cellular phones for the cellular phone industry.

Therefore, he was the ultimate insider into the \$200 billion per year cellular phone industry.

He noted the relationship between the presence of micronuclei (each cell is allowed only one nucleus – these cells are said to have many) and cancer is so strong that doctors from around the world are using tests for the presence of micronuclei to identify patients who are likely to develop cancer. All tumors and all cancers are the result of genetic damage, and most often that damage includes the formation of micronuclei.

He is most concerned about the recent trend to market cellular phones to children. He presents evidence that radiation from cellular phones penetrates younger skulls far more deeply than those of adults. The



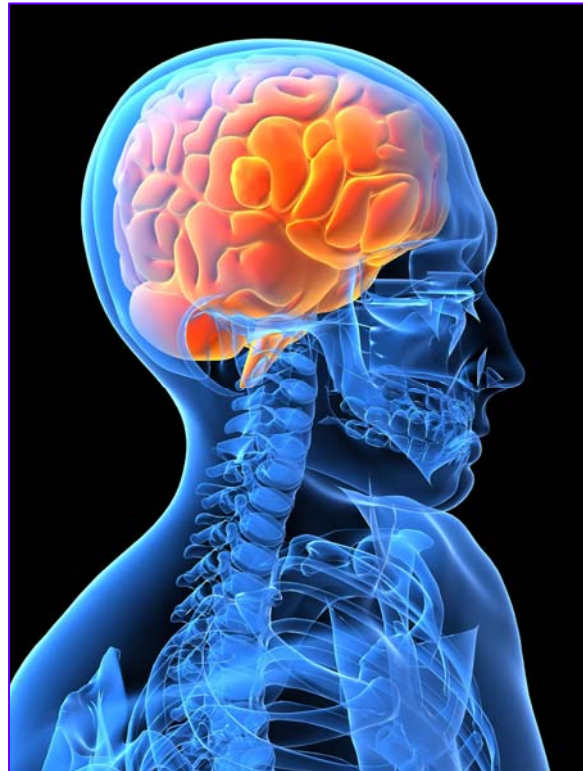
radiation penetration of the skull for ten year olds was more than half way through the brain. The radiation penetration of the skull for five year olds was nearly complete through the brain.

Dr. Carlo concluded:

1. The skulls of young children are “the most vulnerable to the risks of radiation.”
2. The radiation plume that emanates from a cell phone antenna

penetrates much deeper into the heads of children than adults, and these children are “more susceptible to genetic damage.”

These findings are echoed by Dr. Alan Preece, head of biophysics at Bristol Oncology Center. He feels that mobile phones may cause damage to health by speeding up the brain's response times.



Consumer concerns mount that prolonged mobile phone use could lead to problems ranging from headaches to tumors, a recent study showing an alarming rate of brain cancer in some cell phone users is helping swing scientific opinion in Britain. Dr. Alan Preece, is among a group of scientists becoming increasingly convinced that radiation from cell phones triggers chemical processes in the body that may be harmful.

Six separate studies now indicate that brain response times speed up when people are exposed to radio frequency (RF) signals from mobile phones. “*Perhaps we now have to accept there is an effect on the brain,*” Preece told a London conference on the health risks of mobile phones.

In view of the controversy, here is the best advice that I can give you; keep the antenna

away from your body by using a phone with a headset or earpiece, and children under the age of ten should not use wireless devices of any type. Even with a headset, if you use the phone in your car, the metal cage of your car acts like a giant antenna and the EMF are reflected inside.

In his opening remarks at a conference hosted by the World Health Organization (WHO) on Tuesday, July 12, 2005, Dr. David Butler-Jones, warned that people *“should moderate the use of cell phones – until science overcomes nagging uncertainties about long-term health effects.”*



The cell phone industry is targeting children – early teens – with popular images of Barbie, Disney characters and even Hilary Duff and others.

Why are they doing this? Take a wild guess – money. It is a mega billion dollar industry....And children are the market!

My suggestion is to be very cautious.

### Teens who skip breakfast may pack on the pounds:

Researchers have found evidence that Mom was right: breakfast may really be the most important meal of all. A new study reports



that the more often adolescents eat breakfast, the less likely they are to be overweight. WOW!

They (always wondered who these “they” people are) examined the eating and exercise habits of 1,007 boys and 1,215 girls, with an average age of 15 at the start

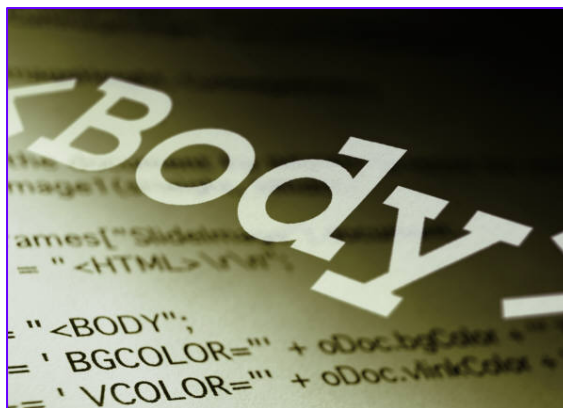
of the five-year study - from public schools in the Minneapolis-St.Paul area.

The authors found a direct relationship between eating breakfast and body mass



index; the more often an adolescent had breakfast, the lower the BMI. And whether they looked at the data at a given point or analyzed changes over time, that relationship persisted.

Why eating breakfast should lead to fewer



unwanted pounds is unclear, but the study found that breakfast eaters consumed greater amounts of carbohydrates and fiber, got fewer calories from fat and exercised more. Consumption of fiber-rich foods may improve glucose and insulin levels, making people feel satisfied and less likely to eat more later in the day.

For the study, which appeared in the March issue of Pediatrics, the researchers recorded food intake using a well-established food frequency questionnaire and added specific questions about how often the teenagers ate breakfast.

They also included questions to determine the behavioral and social forces that might affect eating. For example, they asked whether the teenagers were concerned about their weight, whether they skipped meals to lose weight, whether they had ever been teased about their weight and how often they had dieted during the past year. They were also asked how much exercise they were getting.



About half the teenagers ate breakfast intermittently, but girls were more likely to skip breakfast consistently and boys more likely to eat it every day. Girls who consistently ate breakfast had an overall diet higher in cholesterol, fiber and total calories than those who skipped the meal; the boys who were consistent consumed more calories, more carbohydrates and fiber, and less saturated fat than their breakfast-skipping peers.

At the start of the study, consistent breakfast eaters had an average body mass index of 21.7, intermittent eaters 22.5, and those who never had breakfast 23.4. Over the next five years, BMI increased in exactly the same pattern. The relationship persisted even after controlling for age, sex, race, socioeconomic status, smoking and concerns about diet and weight.

Still Mark Pereira, a co-author of the study and an associate professor of epidemiology at the University of Minnesota, said that eating a healthy breakfast would *“promote healthy eating throughout the day and might help prevent situations where you’re grabbing fast food or vending machine food.”*

Pereira added that parents could begin to set a good example by sitting down to a healthy breakfast themselves.

*“The whole family structure is involved here,”* he said.

## Sun Exposure Benefits Outweigh Risks:

Moderate sun exposure offers more health benefits than risks, particularly for people who are deficient in vitamin D or who live in colder, northern latitudes, according to U.S. and Norwegian researchers.



The study found that vitamin D levels, calculated based on sun exposure, were linked to survival rates for cancer patients. Those who lived in sunnier, southern latitudes, and had higher vitamin D levels, were less likely to die from cancer than people in northern latitudes. The researchers analyzed the amount of vitamin D generated by sun exposure at different latitudes, and cross-referenced it with data of cancer incidence and survival rates for people living in varying locations. They found that people in northern latitudes produce significantly less vitamin D than people nearer to the equator. Specifically, they found Australians produce 3.4 times more vitamin D than people in the United States, and almost five times more vitamin D than Scandinavians. Meanwhile, rates of major cancers such as colon, lung, breast and prostate increased from north to south, while survival rates decreased from north to south. The researchers said the findings provide further support for sun-induced vitamin D on cancer prognosis. Previous studies suggest that vitamin D may protect against cancer by discouraging out-of-control cell reproduction and hindering the formation of new blood vessels for tumors.

**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.....**