



Our Family Newsletter;

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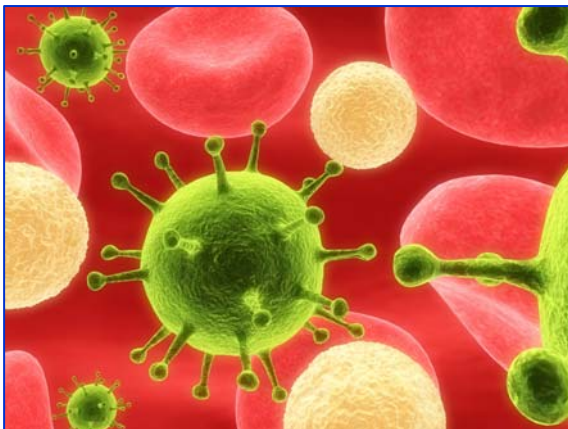
Our goal is to inspire you, to provide you with the latest health care options available, make you smile, and help you to help us fulfill our mission – to help as many people as humanly possible, especially kids!

Germ Theory of Disease:

Last month I started on some of the theories that Man has used in order to explain why disease seems so prevalent in a society. Let's continue:

Like the Demon Theory, which we talked about, the Bad Blood Theory was also plagued with public dislike and health complications.

At that same time, 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 launched. It was called the "**Germ Theory**" of disease – and it is still very much alive today! Imagine!



This new theory focused on the fact that germs caused diseases. Yes - the invisible germ was to blame. After all, germs were foreign to our body and therefore caused illness. So we have been 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 – stay with me:

Your child is suffering from some sort of upper respiratory infection, 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 germs in his throat! How about that!



Let's take a closer look at this reasoning: Suppose you decided to head to the Mall armed with a battery of Q-tips, and took throat swabs of innocent pedestrians as they walked by. You then cultivated these swabs in a lab somewhere and had a peek 24 hours later.



What do you think you'd find? You would be shocked to learn that you'd find Pneumococcus, Staphylococcus, Streptococcus, Republican-coccus,

Democrat-coccus. Amazing! You would find all kinds of bacteria and viruses too numerous to mention. These people are full of germs and cooties! WOW!

But wait!

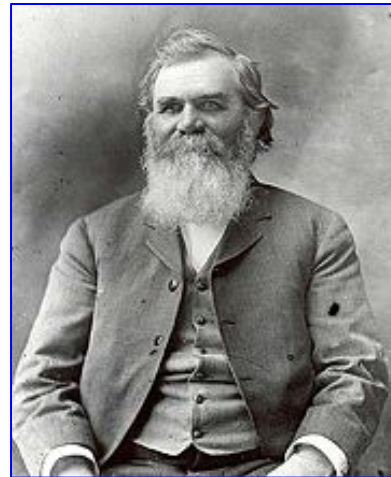
Why are all these people, randomly selected and tested, not sick, but my child is? If Streptococcus was the bacterium responsible for his "strep throat," then it must follow that anyone having the Streptococcus bacteria in their mouth and throat would then develop "strep throat." Right?

Wrong!

Very few people actually do.

Why is that?

D.D. Palmer, the Discoverer of Chiropractic, put it this way 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.....

Let me illustrate further how demented our thinking can actually become:

You are taking a lovely drive in the country and on the side of the road you see a dead cat - you are totally consumed by curiosity. You pull over to the side of the road, flip the cat over using a stick, and notice hundreds and hundreds of maggots crawling under the cat....just stay with me for a moment. The normally accepted assumption would be to think, *"Aha. . . I know what killed the cat! It's the maggots. They're everywhere."* You have just decided that the reason the cat is dead is because maggots somehow ambushed it, infiltrated it, and caused its demise.

That is exactly the assumption that Medicine has made with the germ theory.



It assumed that just because there are germs found in your child's throat, they **must** be what is causing his/her strep throat, his runny nose or stomach upset, diarrhea, or conditions too numerous to mention that we, as human beings, have fallen prey to.

This type of thinking can be very alarming because it can lead to foolish conclusions. Let me illustrate what I mean.

Let's assume for a moment that you are the proud owner of a garbage dump.... I know, I know, but stay with me for a moment. Let me ask you this. What would be the first rodent that would appear in your dump? If your answer is rats, then you are absolutely correct. Now let me ask you another question. What would be the fastest way of getting rid of rats almost instantaneously?



....and I am not referring to cleaning up the dump, which would be the logical alternative but simply getting rid of the whole population of rats in one fell swoop, overnight. If your answer is rat poison then you are absolutely correct. Rat poison will definitely eliminate the rat population in your dump instantaneously.

How many of you have guessed that I am actually describing the advent of "rat poison" for the elimination of germs? The discovery and use of antibiotics is a truly amazing discovery and very beneficial to mankind. But wait, is it? Let's look at the rat population in your dump for a moment. You had successfully wiped them out overnight and a month later they are back. You then



decide that if the rat poison worked the first time then it should again. And it does! The process is repeated month after month and they still are back. You continue to repeat this procedure but eventually, with time, the rats begin to look at the rat poison as "lunch" and it becomes ineffective. What I am describing is something that medicine simply trembles at. Antibiotics are becoming ineffective and we are now beginning to create a whole new breed of bacteria named "super bugs." There is little recourse against these "bugs" at the moment. In pursuing this "Germ theory," medicine has adopted an adversarial and combative relationship. The thought has always been *"Let's forge ahead and wipe out everything in our way."*

Let's think about this for a moment.

How many of you think there are more germs and bacteria on the face of this planet than there are people? If you said "yes," then you are absolutely correct. If we enter into battle on those grounds alone, we will be wiped out in no time. This is why

many scientists and researchers are quite concerned that we are creating our very own demise.

I came across a really interesting book recently, entitled *The Coming Plague*. The author suggested that antibiotics have actually advanced the evolution of bacteria by four billion years. Many patients don't realize that there are a number of bacteria in our own bodies and in our environment



that are actually very beneficial and even necessary to our survival. For instance, there are bacteria in your intestines right now that help you digest your food. You can readily see this when you are on antibiotics, for example. When you are on antibiotics, all bacteria in your body are killed, even the beneficial ones, and as a result, you tend to get cramps in your stomach, followed by diarrhea, or you are constipated, and your stool color and consistency changes. This occurs because the bacteria that normally help you digest and break down food are killed off as well. Not a good thing!

By the way, for those who need to be on antibiotics for whatever reason, I do recommend you have a natural yogurt or probiotic supplement to replenish the bacteria in your intestinal area. This will aid in your digestion and prevent cramps and diarrhea.

One thing that I would like to add is that most of the time we are able to co-exist with the germs that live inside us in perfect harmony. Pasteur had great difficulties with this type of thinking. He belonged to the outdated model where all germs are “bad” and should be wiped out. The prevailing thought of today is that germs suddenly multiply and take over because our body biochemistry has been disturbed and there is increased nutrition available for their growth – so they multiply.

This thinking fits perfectly with the Chiropractic philosophy of disturbed body function I've been trying to teach you about!

What is maintenance care?

A lot of my patients have this question so I thought I would give a little explanation to it. Just like your car and your teeth, your spine needs to be properly aligned. When your alignment is out, your spinal cord and nerves are compressed on which prevents some of the information to get to every organ, cell and tissue in your body. This can not only lead to pain but other issues like tight muscles, head aches, GI issues, acid reflux, indigestion, cramping, bed wetting, numbness, weak muscles, colic, ear infections, asthma, hyperactivity, reproductive issues, etc. Any bodily function can be affected in some way, shape or form. Once people are out of pain, or have finished a corrective care, they still need to maintain their spinal alignment to prevent future flare-ups and problems. Just like routine maintenance on your car or brushing your teeth every day, you prolong the life your car and your teeth. To slow down degeneration and some health issues, maintenance care helps prolong the life of your body. Most people should be on a schedule of 1 time per week to one time every 3 weeks. To be honest, your body will tell you when its time. It will give you hints like some minor aches, digestion is off, poor sleep, just don't feel quite right, that is when your body is telling you its time to get re-aligned. So start listening to your body!

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.....