



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!

Infantile Colic:

Of all the health challenges that seem to plague infants, this is probably the one that causes most upset with parents. Imagine for a moment feeding your child, when all of a sudden he/she begins screaming at the top of their lungs, arms curling in, legs drawing up, with what seems to be agonizing pain. All the common remedies associated with “over-the-fence” and grandmotherly advice seem to be of no avail. Colic and ear infections are the two that tug at mothers’ and fathers’ heartstrings more than any other condition that we see at our office.



Most textbooks describing Colic mention that it usually happens in the evening hours. I have not found that to be the case. I found

that it tends to occur at any time of the day and seems to have no rhyme or reason. Colic, it seems, tends to start sometime in infancy, around the first two weeks of life, and can persist for a number of months.



For those who are not familiar with Infantile Colic, and have never had the pleasure of dealing with a child who is so afflicted, you have no idea how devastating it can be on parents’ nerves. Why? It’s characterized by



constant crying, screaming, whining, pains in the stomach area, and acute irritability. (This is not **cute** irritability; this is **acute** irritability - big difference between the two.)



The spells of crying can last for hours, and parents' nerves are shot at the end of such spells. This type of crying leads to aerophagia, which means the swallowing of air. This then causes distention or enlargement of the bowels, which then creates more pain, which creates more crying, which creates more air being swallowed, which then becomes a cycle – just what you wanted to hear!

Colic is also characterized by passing an exorbitant amount of gas and abdominal distention, which simply means the stomach area is enlarged and bloated (this gas thing can be embarrassing when in public). As well, the infant does not appear to be ill, is gaining weight, and has a good appetite. If



either of those is absent, then the incessant crying can be caused by a problem different from Colic - I would suggest you consult with me and I'll be happy to give you lots of advice.

There have been many theories people have used in the past to attempt to explain what Colic really is and why it occurs. Some authorities have blamed lactose intolerance; some felt it is caused by stress

of the parents that the baby can perceive, stress of the baby, abnormal gall bladder function, higher levels of intestinal hormones, allergic reactions, digestive hormone instability, etc. None of these seem to be the problem. A just-published study confirms what many parents and chiropractors have long suspected: Colic is associated with allergy. Researchers in Finland tracked a number of infants for one week, at seven weeks of age, and for one week at 12 weeks of age. The study revealed that 38% of children who showed signs of allergies at 2 years of age were significantly fussier during their seventh week and were more likely to have a colic-type cry during their twelfth week, compared with allergy-free babies. Many more studies need to be done on this association.



One of the biggest concerns with a child having Colic is that there is a potential for possible child abuse. Try to imagine a child screaming for hours, non-stop. I find that



this will sometimes get on parents' nerves and on occasion we see a condition which is called "the shaken baby syndrome." This is a condition whereby the baby is literally shaken by the parents to somehow stop him/her from crying.

This only takes place when mom and dad are at their wit's end. But there is no excuse for this behavior. Shaking an infant can cause irreparable damage to a baby and even death. I am not suggesting that this is a huge problem, but there is potential for

abuse of an infant who happens to be colicky. If you do ever feel that you as a parent are close to “losing it,” remember that there is a reason this is taking place.

In my experience in dealing with lots of children and babies, I found that often a vertebral subluxation in the spine affecting the way the nervous system controls bowel functions, is usually the cause of Colic. Any chiropractor involved in seeing children will attest to this fact. You must understand that the digestive system is essentially a long tube and is made of muscle walls, which are under the direct control of the nervous system. I find that in the case of Colic, a vertebral subluxation will reduce the amount of information flowing from the brain to the large intestine, thereby reducing the normal function and motility of the large intestine. This causes food to “stick around” in the large intestine longer than it should and it tends to produce gas. This gas causes distention of the intestinal wall, causing pain and crying. The cry of the baby is really for help.



Children who are affected by Colic generally show a wonderful response in the hands of a chiropractor. Most often I find results within the first week of care, but the care must be directed at the correction of the subluxation which is at the root of the problem, not simply giving the child mere relief. If mere relief is given only, there is a very high possibility of the subluxation becoming chronic and then causing arthritic degeneration later in life – and you can ask me all about it.

On the same note, there are many kids with bowel troubles early in life. Think about this, when a child is born, their digestive system is not use to all the foods out there. Experts say when a child is ready for food,

other than breast milk or formula, you are suppose to start with vegetables. Each veggie is given three days in a row to make sure the child is not allergic to it. As long as there is no reaction, that food is safe for the child to eat. This procedure is to be used with each type of vegetable and fruit. But, there are times that the child is not allergic to the food, but their digestive system has a hard time to break it down, the child may become constipated, their abdominal region becomes distended and they start getting fussy and cranky. I have seen this many times, and almost all the time it has to do with a vertebral subluxation not allowing all the information from the brain to get to the body, thus causing them to have these issues.



I have not only seen this with the children I seen in my office here, but my own child. That is why, it is so important to have your children checked. I make sure that my child is treated at least one time per week to prevent these and other problems from occurring now and down the road. If your children, or even you, are suffering from these types of symptoms, get them checked by a chiropractor, they can help alleviate these issues and many other problems. If you have questions give me a call, I can give you lost of tips and advise on these and many other issues that your child may have. Remember I am here to help as many people as humanly possible, especially kids!

Homework Harms Kids?

A longer school day has no upside, ruins a child’s yen for learning and stirs conflict at home, an author says.

Alfie Kohn is a Boston-based author and speaker on educational and parenting issues who wrote *"The Homework Myth: Why our kids get too much of a bad thing."* To get a better understanding, I talked with a few teachers to get their opinions.

So.....does homework harm kids?

Children in Elementary school and Middle school have enough time in the day to complete their work, but when preparing for upcoming tests they need to review at home to truly retain the information. Teachers feel that the parents need to be involved in what their children are learning in school; the more times a student can talk about what they are learning, the more likely they will retain the information. Teachers feel that each day, families should set time each night as "Homework Time". If the kids have homework, the parents can help them with it, otherwise they can read, do a puzzle, etc. anything to get their brain to work!

So, to answer the question, too much homework potentially can be a bad thing, it can cause children to become overwhelmed and cause them to have negative feeling toward learning. Young children should not have an excess of homework, if they do, questions arise like, why are they not getting this done in school?

What about work not finished in class?

If children do not use their time wisely in class, then they should have to work on it at home. This can help students learn better time management skills to that they will realize that there is no homework if they complete their work at school like they are suppose to. If it is due to the student not understanding the lesson, it is the teacher's responsibility to help the child with it, not just send it home for them to figure it out. Open communication between teachers and families is the key to the student's success.

What about the non-academic benefits?

Many feel that it promotes self-discipline, independents and good work habits. Children learn structure, when they have time set aside every night for homework, they can finish what needs to be done, research ahead for upcoming papers and review for upcoming tests. All this help students learn the material, not just memorize it for a one time use. When

students are staying ahead, the fear of being overwhelmed is lessened.

If you are concerned with the frustration of your child trying to accomplish copious amounts of work at home, I suggest you talk with the teacher to find out why your child has so much homework, it can clue you in to how they are spending their day at school.

Life after death:

"Do you believe in life after death?" the boss asked one of his employees.

"yes, sir," the new employee replied.

"well, then, that makes everything just fine," the boss went on "because after you left work early yesterday to go to your grandmother's funeral....she stopped in to see you!"

Support a family:

The prospective father-in-law asked his daughter's fiancé, "Young man, can you support a family?"

The surprised groom-to-be replied, "well, no.....I was just planning to support your daughter. The rest of you will just have to fend for yourselves."

The water pistol:

When my three-year-old son opened the birthday gift from his grandmother, he discovered a water pistol. He squealed with delight and headed for the nearest sink. I was not pleased, so I turned to mom and said, "I'm surprised at you, mom. Don't you remember how we used to drive you utterly crazy with water guns?"

Mom smiled knowingly and then replied....."Oh yes, I remember!!"

Child psychology:

A new teacher was trying to make use of her child psychology courses. She started her class by saying, "everyone who thinks they're stupid, stand up."

After a few seconds, little Davie stood up. The teacher said, "Do you think you're stupid, little Davie?"

"no, ma'am, but I hate to see you standing there all by yourself!"

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.....