



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!

Innate Intelligence

It has been coined the ‘Wisdom of the Body’ by some, “Nature” by others, and “The Force” by George Lucas, producer of Star Wars. We, as Chiropractors, refer to it as **Innate Intelligence** and it simply refers to your body’s own organizational ability and its ability to self-heal, self-regulate, and self-adapt. WOW!

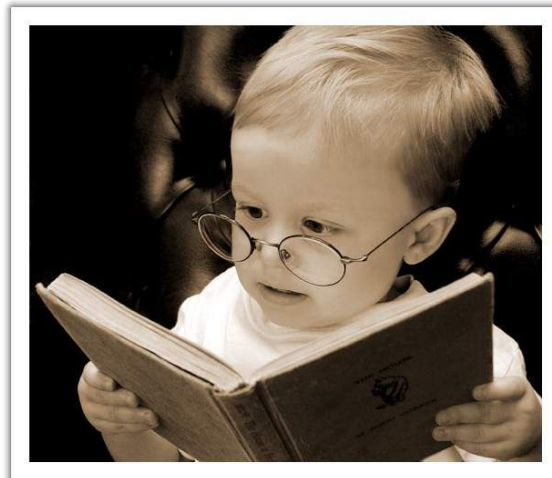


Dr. Deepak Chopra said it best when he mentioned that *“Intelligence is present everywhere in our bodies . . . our own intelligence is far superior to any we can try to substitute from the outside.”* I am sure that most of you will understand this concept, but for those who have difficulty, we’ll start off at the very beginning—before you were actually you.

Consider an example of an egg traveling down the Fallopian tubes - a part of the monthly cycle every woman experiences. When a woman ovulates, the

egg travels down one Fallopian tube one month and then the other tube the next month, in order to give one or the other a bit of a break. Who decides how this occurs? Is there an internal clock? Scientists have been trying to figure out what starts this process and, so far, no one has even come close. This is an example of the intelligence of the body – it just happens!

Let’s look at this further. Can you imagine for a moment no egg going down either Fallopian tube, but sperm cells in the area – millions of them. Those sperm cells



have one mission—to find and unite with an egg. That is their only goal. If there is no egg, then the sperm cells are unable to fulfill their mission and they will swim haphazardly in every direction possible for twenty-four hours, at which time they die.

Let me ask you this. How do they know that there is no egg on the way down the Fallopian Tube? Is there a beacon at the end of the tunnel telling them that this is a false alarm? Think about this for a moment. How do they know?



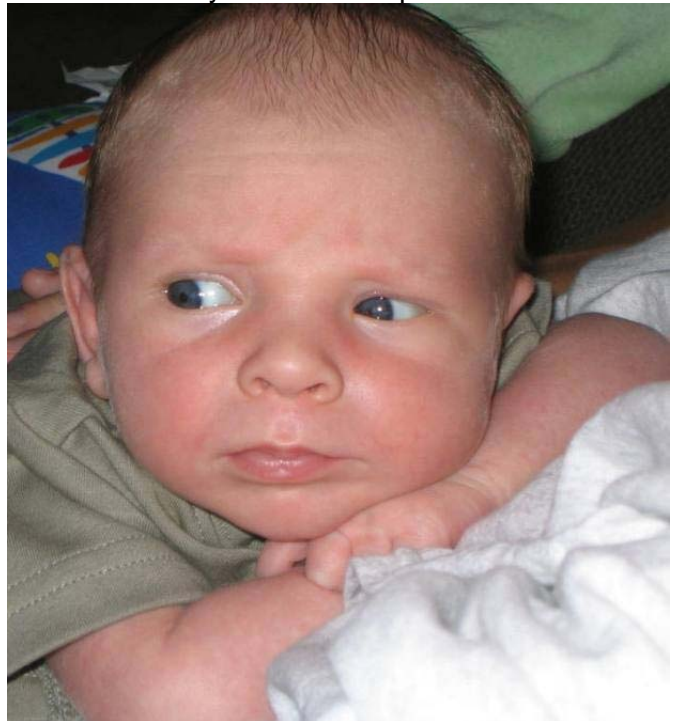
I can give you another example: Let's suppose that there is an egg moving down the Fallopian tube and there are the same sperm cells in the area. As I mentioned, it is their mission to unite with the egg. In this case, you will notice that every single sperm, millions of them, will swim directly towards the egg. You will not find one of them swimming in the wrong direction. Let me ask you again. How do they know there is an egg coming down the Fallopian tube and in which tube the egg is descending?

This is what we call *Innate Intelligence*.

Yes, there is an intelligence that scientists have simply not been able to explain that governs how our bodies actually function. Now, we may be able to take that process and reduce it down to its chemical components, but the question will still remain: What initiates and what drives this process? What "thing" makes your body work?

Once the egg is fertilized, it then starts to divide, and by the way, only one sperm can fertilize the egg. Once this occurs, is there a gate that shuts and keeps the rest of the million sperm out? Again, we have been able to explain this on a chemical level, but we have not been able to explain the forces involved that actually initiate this process. We simply have no idea. Let me repeat that. With all the technology available, we have no idea how this all takes place. This is simply an example of an intelligence running the body.

Let's look at this a little further. Approximately twenty days after conception (if you look at the clump of cells that are multiplying very rapidly), there is order beginning to be created. The first organ to develop in that clump is the brain and nervous system. Can you guess why the brain (the nervous system) is the first organ to develop? If your answer is because it is the most important organ in your body, you are correct. The reason your brain is the first organ to develop is because it is the computer that runs the show and decides how the rest of you will develop.

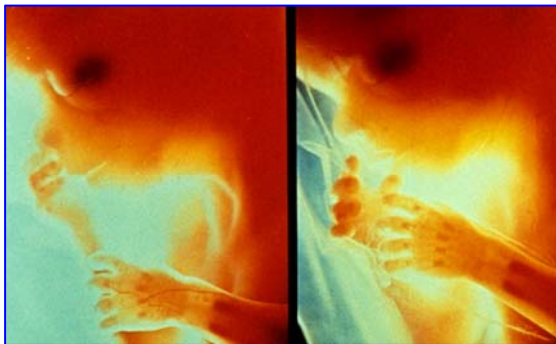


At approximately five weeks, if you look at this fetus, it now has what are called arm buds and leg buds—the beginning of legs and arms, and it has a tail and it has a very distinct spine. You are probably wondering why on earth this fetus has a spine when it is only five weeks old. So let's look at the reasons.

Even as you sit and read these pages, your spine has essentially two reasons for being: The first is for support and muscle attachment - to keep you upright so you are not a blob of jelly on the floor. That is the reason most people think of and they are absolutely correct. The second reason, which is actually the most important, and also one that most people can't think of readily, is protection. Your spine, which is made of bone, serves as a protective covering for your spinal cord - it

is similar to a telephone cable running inside your spine. As I mentioned earlier, your spinal cord is composed of billions of tiny wires called nerves, which convey messages to the brain from the body and from the brain to the body. It does control the function of every cell and organ in your body. It is your very own internal Internet. Protection is the paramount mission of your spine and all the muscles controlling the movements of your spine. Any interference with the transmission of messages along your nervous system will cause your body to malfunction - not a good thing. Therefore, your spine serves as a protective covering for your delicate nervous system.

One aspect of this I have always found absolutely amazing is the fact that at about this intricate stage of development, you just found out you are pregnant. Yet, all these miraculous activities are taking place inside you and you are not even aware of them. Amazing! There are a number of wonderful photographs done by Leonard Nielsen published in *Life Magazine* in the early 1980s concerning the development of the child in utero. The reason I am mentioning this is that at about twenty weeks or so, he shows a photograph of a fetus moving the thumb in and out of its mouth – in utero. Think about this for a moment. Why would a fetus move the thumb in and out of its mouth? What is it doing?



If your answer is learning to feed, you are correct. The unborn child is actually practicing how to survive; it is practicing how to breast-feed as soon as it is born. Let me ask you this: How does it know how to do this? What course did mom have to take to teach her unborn baby how to do this? None! How does it know how to place the thumb in and out of its mouth? This is what we call an example of Innate Intelligence. A baby instinctively knows exactly what to do.

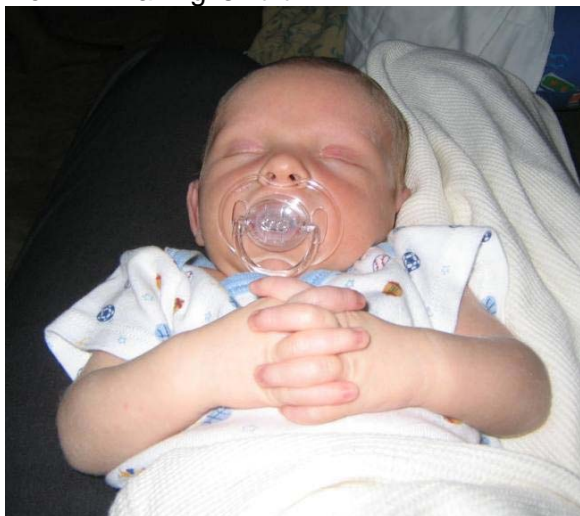
All animals also know exactly what to do in that same manner. A young colt drops to the ground. It stands and runs. It knows what to do with no instruction from its mother. A Human baby instinctively knows what to do as well. Its own Innate Intelligence guides it through life. Our own intelligence guides us through life on the same level. We just need to be open and listen to it, AND be aware that it is there in the first place. Let me give you some examples as to how amazing this really is.



Let's suppose for a moment that you are sitting with your spouse watching TV and the baby is in another room upstairs. You suddenly bolt upright and say to your husband that the baby is crying. Your husband then looks at you as though you have lost your senses, because he has not heard the baby cry. You run up the stairs and lo and behold the baby is crying. My question would be; how did you know? Did you hear the baby? No. Then how did you know? This is an example of instinct, an innate intelligence that whispered in your mind that the baby was crying. I generally find that women have this innate instinct "thing" much more finely honed than men do. There's a surprise! I can attest to this in my own life with my wife and our baby.

If I can even make this clearer, let us pretend that you are sitting at your desk at work, and your baby is with the sitter half way across town. You suddenly bolt out of the chair because you have been hit with this overwhelming feeling that things are going badly at home. Now look inside yourself for a moment and acknowledge the fact that you know exactly what I am referring to. You drive home and discover that you are correct. The poop has literally hit the fan. Let me ask you. How did you know that something was wrong at home?

Your husband would not have had a clue. However, you did. How? This is an example of your innate-intelligence and instinct at work. Amazing isn't it?



There is a force that we all have inside us that guides our growth, our development, and our life. Examples of this force are ever present and are in our everyday environment. Look at the life of the monarch butterfly for example. Did you know that this small butterfly flies all the way from Canada and the northernmost parts of the United States to Mexico for the winter and then back again. Not only that, but it flies to the same area in Mexico and then back again. How does it know how to do that? Does it use some sort of a GPS guidance system we are unaware of? Is it actually aware of the tremendous distance involved in such travel? I don't think so. I think it is done by instinct. Its own innate intelligence is guiding its path. The same thing can be said about birds flying south for the winter and covering incredible miles to do it, and yet they come back to the same spot over and over again. We call this Nature or innate intelligence.

My very favorite is the bumblebee. You may be aware of this, but it never ceases to amaze me. Apparently, according to scientists and computer experts, the bumblebee can't fly. Because of its weight, and ratio of its wings to its weight, the dihedral angle of wind assault, the speed of wing movements and other physical variables, it is mathematically absolutely impossible for a bumblebee to fly. However, bumblebees do not know this and fly anyway, defying all laws of science known to man. You can see examples of innate

intelligence in your own backyard, at least those of you who live in the Northern United States and Canada. Each autumn, leaves drop from the trees and in the spring they all reappear. How do they know how to do this? We have been able to explain this on a chemical level, but ultimately on a grander scale, it is the work of nature, the work of innate intelligence. No one knows how the process actually begins, and more importantly why. Take an apple for example. When an apple is on the tree, it will never rot, however, once it falls down it will rot and worms will attack it. What is the difference between an apple on the ground and an apple on the tree? The difference is life. Chemically and physiologically the two are identical. The difference is that one is alive and one is not.

Did you know, for example, that every second of your life billions of cells in your body are breaking down foods, they are dying, and they are being reborn? Nerves are shooting information all over your very being and your lunch is being turned into muscle cells, heart cells, and skin cells. Damaged tissues are repaired and replaced, germs and cancer cells killed every minute, and the production of your cells and all chemical processes – approximately 150,000 – are being monitored every second. And all this amazing and wondrous activity takes place while you are sleeping, reading, or driving your car. Amazing, is it not? That is called the wisdom of your body. Innate Intelligence - don't leave home without it!



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.....