

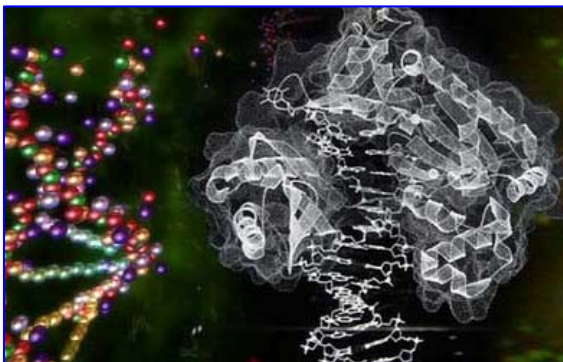


Our Family Newsletter;

Sailer Family Chiropractic
234 Pinecone Road Ste. B
Sartell, MN 56377
Phone Number: 320-253-5255

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!

DNA Repair Frequency Program:



A Japanese professor, Dr. Kikuo Chishima, theorized that the energetic or frequency information in the food we eat is even more important than the nutrients. Food contains molecular compounds of amino acids, complex carbohydrate chains and various chemical elements, each having their own unique frequency or vibration. It is the vibrations of the nutrients that raise the vibrations of the body's tissue.



Pesticide and chemical laden fruits and vegetables, as well as animal protein contaminated with antibiotics and growth hormones, have chaotic vibratory oscillations that act to derail the high coherence of our nutritional energy needs. The cell's innermost center is made up of ribonucleic acid and proteins (all molecules). The antenna or filament strand-like configuration of DNA allows the molecules to receive and transmit electromagnetic frequency information

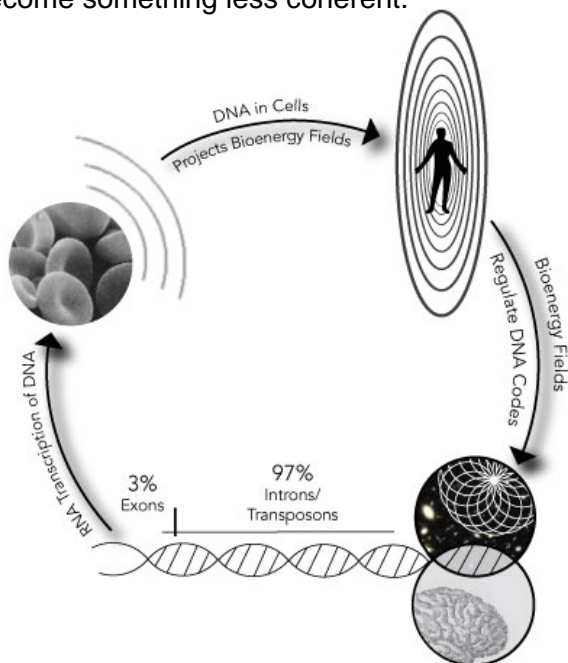


along its nucleotide bases, creating resonance reactions within targeted genetic or nucleotide triplets that create the template for the formation of messenger RNA (mRNA). Once mRNA has formed it leaves the cell nucleus and attaches to

structures known as ribosomes. Using raw material from the cell, the ribosomes produce proteins by following the sequence as instructed by the mRNA. The proteins in turn go about doing their jobs inside or outside the cell based on the original instructions passed down from the electromagnetic coding to DNA to RNA and finally to the ribosomes.

This process is known as transcription and provides the means for electromagnetic frequency oscillations, the body's master conductor, to interact with the cell's command center to instruct what notes to play, when, how loud, how long, etc. in order to maintain the precision and harmony of the whole body's vibratory and cellular orchestra.

It has been documented that DNA repair can be activated using a frequency of 528 Hz. Even the slightest deviation in resonance on the cellular level can cause the frequency to become something less coherent.



The above diagram illustrates how body building is both genetic, involving RNA transcription of DNA codes to create cells, and energetic, dependent on the interface between the electromagnetic fields and "junk" or potential DNA for regulation of cellular composition.

This is one of the reasons I've talked to you about cell phones, especially for kids – they disrupt this EMF.

Drug Companies Are Killing You Legally While Robbing You Blind:

The Centers for Disease Control (CDC) reported that drug overdoses killed 33,000 people in 2005, second only to car accidents in the category of accidental deaths. In 1999, the number was 20,000, and in 1990, 10,000 died.

An excellent commentary in *Better Body Journal*, May 17, 2008 points out, the huge increase in people dying is not because of a heroin or crack epidemic. These deaths are largely due to prescription drugs.



Consider that 46 percent of North Americans take at least one prescription pill daily. Are these drugs really solving all your problems? If so, then why is the pharmaceutical industry growing every single year, with some of the biggest profit margins of any industry?

Big pharmaceuticals spent \$12.7 billion promoting its products in 1998. The amount has vastly increased since that time. Do you ever get the feeling that you're being sold many of these drugs just to make you think that you're sick with something?

A good portion of the drugs that make up the multi-billion dollar industry of pharmaceuticals are simply doing nothing, if not making us worse. For example, a recent study suggests that anti-depressants only work for the severely depressed. If you're not in that category, then you might as well be taking a sugar pill.

In most cases, North Americans are taking more drugs than they need. How about stopping the problem before it starts? Take a step back and look at your life. Do you actually have problems, or do you only think you have problems because of a drug commercial?

What happens when you get sick? You go to your medical doctor and what do they give you? Ya, a drug to help with whatever you are having issues with. The big issue here is that when that drug stops working they give you another and another until, wait, that's right, we need to put tubes in, remove your tonsils, etc. Who actually thinks that the more organs you remove from your body the healthier you will become? No one!

Who would actually go to your medical doctor and say "Doc, I want to be healthier, can you give me some drugs that would help?" No one would do that, do you honestly think the more drugs we put into our bodies the healthier we would become? NO!

We need to start taking care of our bodies now, trying to prevent ear infections, colds, heart disease, cancer, etc. The best way to fight all these diseases is to take action now in preventing them from ever happening! What a concept right?

Can you think of an alternate way of helping your body?
Listen.....Chiropractic has helped millions kick the drug habit.
You need to just say NO!

A Well-Planned Retirement:

Outside the Bristol Zoo, in England, there is a parking lot for 150 cars and 8 coaches, or buses. It was manned by a very pleasant attendant with a ticket machine charging cars: 1 pound (about \$1.40) and coaches 5 pounds (about \$7.00).

This parking attendant worked there solid for all of 25 years. Then, one day, he just didn't turn up for work. "Oh well", said Bristol Zoo Management - "we'd better phone up the City Council and get them to send a new parking attendant."

"Err . . . no", said the Council, "that parking lot is your responsibility."

"Err . . . no", said Bristol Zoo Management, "the attendant was employed by the City Council, wasn't he?"

"Err . . . no!" insisted the Council.



Sitting in his villa somewhere on the coast of Spain (presumably) is a man who had been taking the parking lot fees, estimated at 400 (about \$560) per day at the Bristol Zoo for the last 25 years.

Assuming 7 days a week, this amounts to just over 3.6 million (\$7 million - or \$280,000 every year for 25 years)!

And no one even knows his name. Only in England.....



A few fun thoughts on food:

For those of you who watch what you eat, here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting nutritional studies you see out there.

1. The Japanese eat very little fat and suffer fewer heart attacks than North Americans!



2. The Mexicans eat a lot of fat and suffer fewer heart attacks than North Americans.

3. The Chinese drink very little red wine and suffer fewer heart attacks than North Americans.

4. The Italians drink a lot of red wine and suffer fewer heart attacks than North Americans.

5. The Germans drink a lot of beer and eat lots of sausage and fats and suffer fewer heart attacks than North Americans.

CONCLUSION

Eat and drink what you like. Speaking English is apparently what kills you!

I wish that was the case, but unfortunately it's true that we as Americans suffer more

heart attacks than any other country. The US is ranked 37th out of 43 industrialized nations, not very good when we spend over 1.2 Trillion dollars on health care! Something needs to be done about this and it starts with each and every one of you, TAKE CARE OF YOURSELF! If you don't have good health, all the money, fame, cars, trips, cloths, electronics, etc. all mean nothing if you are not here to enjoy them. So start today by taking control of you life now, small changes can make a big difference.

Start by walking every other day after supper, take smaller portions, cut out some of the fat, stretch more, and get adjusted. Chiropractic care helps keep your nervous system working properly so your body can fight off infection better, help all your organs, cells, and tissues of the body function at 100% to help them last your entire life, not wear out early.

To be honest, everyone needs chiropractic care to at least maintain their level of health, whether you are in pain or not. The aches, pains, GI issues, and whatever you are dealing with will never stop unless you take a stand NOW!



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.....