



Our Family Newsletter:

**Sailer Family Chiropractic
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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 parents and children as we can!

Health vs. Disease care:

There is a strong grassroots movement in Canada and the United States toward a more innate, philosophical, and gentle health care system; a movement that also calls for a non-invasive and non-pharmaceutical approach. One reason for this shift is a growing discontent among parents with the delivery of health care in our present system. I use the words "health care" with chagrin; nothing could be further from the truth. Many of you would be surprised to learn that the word *health* does



not even appear in many medical dictionaries. Why is that? Because, Medicine deals with disease, not health. Think about this for a moment: If you go to your family doctor and say, "Doctor, I am really healthy, what can you do for me?" He/she will think you are bizarre! – not exactly what you had in mind.



You see, Medicine does not deal with Health. It deals with the issue of sickness. We have the best medical technology on the face of the planet and yet hospitals are always full! But (and there is always one of these), the fact that people are sick is actually quite profitable. Are you shocked? Yes, there are huge profits being made from people being sick - and being kept that way.

This discontent with our present health care system is causing ordinary people to pose a threat to the authority of the family doctor and the specialist. Enter a patient who is very well educated and asks many questions. Even more threatening is that he/she wants answers to those questions. Most physicians are having difficulty providing cogent, logical answers that make sense to people.



You are beginning to learn that good health is not at all what you thought. No. It isn't about simply feeling good. It's about having your body function at an exceptional level – not simply being in raptures because you can still put on your own panty hose! You are beginning to understand that health is not how you feel. No. It's how you are!

Ice Age Babies;

You probably have not given this much thought, but there are cryogenic centers throughout North America which have babies on ice! Yes. Human embryos are placed in vats of ice cold! These artificial wombs are refreshed with liquid nitrogen twice daily and their embryos are on an indefinite standstill.



Ok...you are wondering why?

The answer may shock you:

There is no "right time" to have a baby.

A number of women, however, place their eggs in cryogenic vats while they are busy pursuing a career. ...and fear their ovaries may be placed in peril with the passage of time! So...eggs and sperm are frozen until a couple is ready to have that baby. And statistics indicate that as women become more educated, the less likely they are to have children. And then there are circumstances where a woman is single and concerned about the viability of her eggs when she decides to start a family at some future point. Cancer patients, who face infertility because of chemo or radiation treatments, also "freeze" their eggs and sperm so that they'll be able to have children in their future – the reasons are many. Although still largely experimental, cryogenetics is thriving!

The dark side of Sunscreens:

Ok....I'm just going to let it out!

Scaring you out of the sun is a multi-billion dollar business!

There...I feel better already!

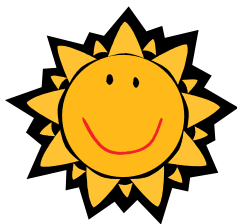
Sunscreen manufacturers want you to make sunscreen an every day event – even in winter when there is no sun. Know why?

It is called marketing. Ever heard of it?

Sunscreen was originally designed to prevent sunburn – but as profits soared, daily use is recommended. Why is that? Are you in danger of sunburn in the middle of a snow blizzard in central Minnesota? Or in the midst of a rush-hour crawl on a snowbound road? I don't think so. There is



another reason. Teaching total sun avoidance sells more sunscreen – a lot more. Sunscreens have become a multi-billion dollar business controlled by the Pharmaceutical industry – the same people who manufacture all our drugs – as well as the cosmeceutical corporations.



Take a good look around you: SPF factors are in skin lotion, lip care, daily cosmetics, clothing, etc. not just sun tan lotion.

Consider this for example:

- Schering-Plough (Coppertone) increased profits by 56% between 2003-2005 on sunscreen products.
- Johnson & Johnson, manufacturers of Neutrogena and Aveeno, boast profits of \$50 billion, and are very aggressive with their marketing campaign – everyone should wear SPF 30 daily. Right!

How does a market grow 1,000 times larger in just 25 years? Easy – frighten parents.

That'll do it every time!



In order to sell more “sun-scare” products, the manufacturers deny that there are actually huge benefits to sun exposure – as long as it is done in moderation - like everything else.

There are wonderful and well-researched psychological and physiological effects (your body feels better), and of course the production of Vitamin D in your skin as a result of exposure to sunlight. Sunscreens, on the other hand, prevent your body from manufacturing Vitamin D – not a good thing!

But....Here is the “thing” that concerns me even more, and as your doctor, I feel that I must mention this point:

There is increasing research which is indicating that all that “goop” which we place on our skin and the skin of our children to prevent sunburn, is actually adding to the cases of skin cancer. ...And the higher the SPF, the higher the incidence, it seems.



Think of this: Where does all that stuff go? Well.....It is absorbed into your child's skin and body. And then his/her liver needs to detoxify it and excrete it. Can't be good for you, can it? Listen...have you ever taken a look at the ingredients listed on a sunscreen bottle? No? Have a look. I have a rule: If you can't pronounce it, don't use it! So....enjoy the sun – it was made for us! And of course, be intelligent about it.

Innate Intelligence:

You are wondering: What is that? And why is this important? I've used these words when explaining your recovery to you, so here it is:

It has been coined the ‘Wisdom of the Body’ by some, “Nature” by others, and “The Force” by George Lucas, producer of Star Wars. Chiropractors refer to this “thing” as



Innate Intelligence. It simply refers to your body's own organization ability and its ability to self-heal, self-regulate and self-adapt.

Deepak Chopra said it best: *"Intelligence is present everywhere in our bodies . . . our own intelligence is far superior to any we can try to substitute from the outside."*



There is a force we 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.

My very favorite is the bumblebee. You may be aware of this, but it never ceases to amaze me. 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.

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 the wisdom of your body — Innate Intelligence.

Lighten Up:

Children writing to God:

"Dear God,
Are you really invisible or is that just a trick?"
-Lucy

"Dear God:
Instead of letting people die and having to make new ones, why don't you just keep the ones you got now?" – Jane

"Dear God:
I want to be just like my Daddy when I grow big but not with so much hair all over." – Sam

"Dear God:
Did you mean for a Giraffe to look like that or was it an accident?" – Norma

"Dear God:
I keep waiting for spring. It never comes yet. Don't forget." – Mark

"Dear God:
You don't have to worry about me. I always look both ways." – Dean

This from a Doctor friend in Israel.



It is entitled: "The importance of a woman's weight." I make no comment.

**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.....**