



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!

Health vs. Disease care:

Last month we chatted about the reason **WHY** we don't question that our body organs or parts, should, for some reason, all by themselves, on their very own, suddenly decide to not work normally. To not follow your Program. To do their own "thing." To **malfunction**. And we talked about the fact that, as a people, we have been carefully taught that it is perfectly normal to actually expect our bodies to do this. On their own. To mutiny. To disobey. To not follow the Program that was designed for us all to follow. Don't you think this is strange?

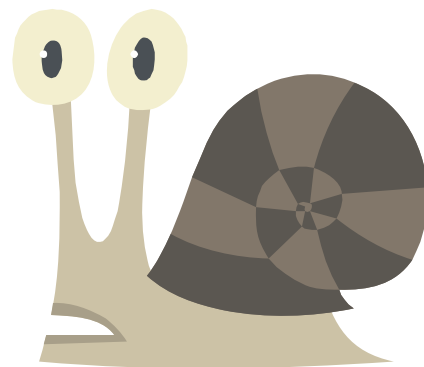


Think about this for a moment:
As much as you may not like what I am going to say, please hear me out.

You see, the practice of 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! Interesting point! Why would that be?



Consider this point: 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. So instead of dealing with **WHY** your body is not following the program

and WHY you have some malfunction, and WHY you have a symptom, it is very profitable to convince you that this is actually normal. You see – when your body is malfunctioning, it will surely become sick. The next step in this cycle is **disease**. Yes...you are now sick. It's official! This is sickness at its best!



Your malfunction has reached such a point that your body part is now becoming diseased. And of course, for that amazing new disease, we have all sorts of simply amazing and tantalizing drugs to help you combat this evil and its symptoms.

And you need to understand that when your body reaches the point where it can no longer deal with the disease stage, it will than “talk” to you in a language you will clearly understand and listen to. That language is called **Symptoms**. And there are many. And, you guessed it, for all your symptoms, there are delicious (and some not) drugs and medications to deal with all your symptoms. And you start to feel better. Wonderful! And you praise your doctor!

But, in time, these symptoms are not going away any longer. And your malfunction is persistent. And so is your disease.

And now you are given a choice. You can live with it (if possible) or they suggest removing the offending part. And you're told

that you didn't really need it in there in the first place. It's just an extra. So we'll remove



it for your convenience. It is no trouble. But, you'll now have to take these 10 medications for life to help you live. You do, don't you? Want to live I mean?

And, you guessed it, there is a cost involved of keeping you alive with these wonder drugs. And, of course, they have some unpleasant side-effects so you need to take these others to help you through the rough spots when your body is really talking to you.



And they are expensive, and so you mortgage your home, etc., in order to afford them. Is there an alternative you ask? No. Not if you want to live. So you become a medication junkie for life.

Is this what your future has in store for you? Ok...you are really intelligent. You picked up on my dripping sarcasm. Hard to miss!

This is why, as your doctor, I am so adamant that you listen to my advice. I am trying to teach you a different way of looking at your health. You see, your body is a self-healing organism – it is designed and programmed to heal all by itself. So, when it is not, don't you think a really good question to ask is **WHY**?

Well, the only way your body can't heal by itself is if it is not receiving proper instructions from the central computer system that runs you – your nervous

system. In other words, for some reason, there is an interruption in the flow of information and instructions to your body. As a result, your body doesn't know what to do and does "stuff" haphazardly. This is malfunction.And that is when the whole cascade of events begins, eventually terminating with some disease process. Not Ok!



So what on Earth can interfere with this flow of instructions and information that your body must have in order to function optimally?

We, as chiropractors, have found that when a patient has a Vertebral Subluxation in their spine, it will affect the way the nervous system sends out information and instruction – your body will no longer work as it should. This is a problem.

My mission is to be able to correct these Vertebral Subluxations so that normal function is restored and your body follows the Program once again. Simple.

In the June issue I will address a very common question that patients often ask:

“How long does it usually take to correct these Vertebral Subluxations?”



Hydrogen Peroxide vs. Bleach

Did you know bleach was invented in the late 40's? It's chlorine, folks! And it was used to kill soldiers in the War.

Peroxide was invented during WWI in the 20's. It was used to save and help cleanse the needs of our troops and hospitals. Here are some useful and interesting facts: *(Not all have been scientifically proven, test at your own risk.)*

1. Take one capful (the little white cap that comes with the bottle) and hold in your mouth for 10 minutes daily, then spit it out. No more canker sores, and your teeth will be whiter without expensive pastes. Use it instead of mouthwash. *(I would not try this, can disrupt normal mouth bacteria causing other problems.)*



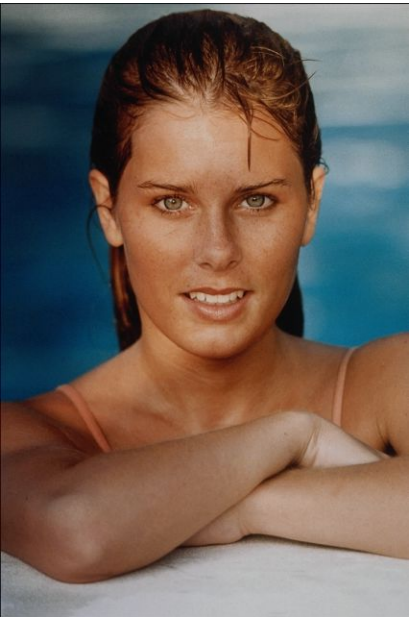
2. Let your toothbrushes soak in a cup of peroxide to keep them free of germs. *(Unproven)*

3. Clean your counters and table tops with peroxide to kill germs and leave a fresh smell. Simply put a little on your dishrag when you wipe, or spray it on your counters.

4. After rinsing off your wooden cutting board, pour peroxide on it to kill salmonella and other bacteria.

5. Great for Athletes foot: a 50/50 mixture of peroxide and water every night and let dry. (*Unproven*)

6. Soak any infections or cuts in 3% peroxide for five to ten minutes several times a day.



7. Fill a spray bottle with a 50/50 mixture of peroxide and water and keep it in every bathroom to disinfect without harming your septic system like bleach or most other disinfectants will. (*Undetermined*)



8. Tilt your head back and spray into nostrils with your 50/50 mixture whenever you have a cold, plugged sinus. It will bubble and help to kill the bacteria. Hold for a few minutes, and then blow your nose into a tissue. (*Undetermined and not fully researched*)

9. If you have a toothache and cannot get to a dentist right away, put a capful of 3% peroxide into your mouth and hold it for ten minutes several times a day. The pain will lessen greatly.

10. And of course, if you like a natural look to your hair, spray the 50/50 solution on your wet hair after a shower and comb it through. You will not have the peroxide-burnt blonde hair like the hair dye packages but more natural highlights if your hair is a light brown, or dirty blonde. It lightens gradually, and is not a drastic change.

11. Put half a bottle of peroxide in your bath to help rid boils, fungus, or other skin infections. (*Undetermined*)

12. You can also add a cup of peroxide instead of bleach to a load of whites in your laundry to whiten them (*Be careful*). If there is blood on clothing, pour it directly on the soiled spot. Let it sit for a minute, then rub it and rinse with cold water. Repeat if necessary.

13. Use peroxide to clean mirrors. There is no smearing

Amazing stuff, its safe for the environment, inexpensive, and very effective.

A Sure Sign You're Driving Too Fast...



**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.....**