



# 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 people as humanly possible, especially kids!**

## What is this Health “thing” really?

One of the greatest quests in the history of the human race has been towards this intangible thing called “Health”....and one of the biggest obstacles I have found is that most people view health as something they strive for, attain, and once reached, consider it theirs forever. Consider the average Earthling getting out of bed in the morning: All



toes working, able to place one foot in front of the other, ready to jump tall buildings in a single bound! – This individual is ready to conquer the world! Right! I hate to burst your bubble here, but Health is not a destination. It is a continuous journey

and Man has always attempted to capture it. And although Health has been very elusive, sickness and disease have been very prevalent – and History reveals a number of theories to explain why people become sick....and money, profit, and power have played a most intriguing part in this. I just know that you are really shocked to learn this.

### **a. Bad Vapors:**

Hundreds of years ago, people believed that “bad vapors” invaded their bodies and made

them sick, so a purging was needed...and this was the height of science! To stay healthy, people would resort to burning lands and forests, trees and fields to magically rid themselves of any bad vapors – and hence sickness.

### **b. Demons:**

People also believed that to be healthy, one had to rid one’s body of demon(s).



Therefore, in order to rid people of demons, several “treatments” were employed. The most popular, consisted of having one’s head drilled to

let the demon(s) escape.

The Demon theory was plagued with complications – most people died. Very low on the popularity scale!

### **c. Bad Blood**

Medical science eventually discovered veins and arteries running throughout our bodies. New thinking involved the fact that it was “bad blood” which made people sick – and the Demon theory was replaced. In order for one to become healthy, one needed to get rid of “bad blood.” I’m sure that most of you

c Are familiar with bloodletting - great party conversation!

#### d. Germ Theory

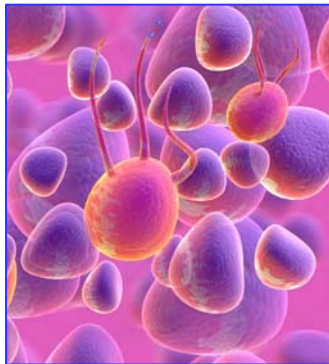
The “Bad Blood theory” like the Demon theory, was plagued with public dislike and was replaced with a new and contemporary theory. With the discovery of the microscope, scientists of the time, discovered new life forms called germs, bacteria, viruses, and so forth, and so the “**Germ Theory**” of disease was created.



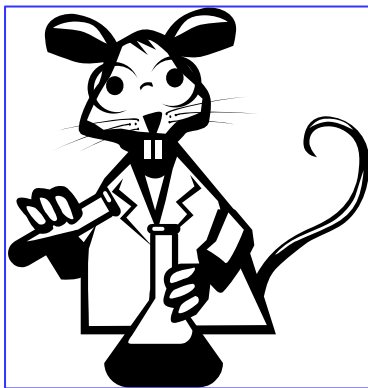
It was now known for certain what caused

people to become ill — the invisible germ. Yikes!!!! This thinking was brought about by a

number of assumptions, including the belief that germs were foreign to our body and caused illness. So we have been taught that they should be wiped out, killed, and shown no mercy. They should be obliterated in order for Man to survive - no prisoners to be taken! Nothing could be further from the truth.



Let's assume for a moment that you are the proud owner of the filthiest garbage dump on the planet - I know, I know, but stay with me for a moment. What would be the first rodent



getting rid of rats almost instantaneously?

that would appear in your dump? If your answer is rats, then you are absolutely correct. Now let me ask you another question. What would be the fastest way of

If your answer is rat poison then you are absolutely correct. Rat poison will definitely eliminate the rat population in your dump instantaneously. How many of you have guessed that I am actually describing the advent of “rat poison” for the elimination of germs? The discovery and use of antibiotics is a truly amazing discovery and very beneficial to mankind. But wait, is it? Let's look at the rat



population in your dump for a moment. You had successfully wiped them out overnight but a month later they are back. You then decide that if the rat poison worked the first time then it should again. And it does! The process is repeated month after month and they still are back. You continue to repeat this procedure but eventually, with time, the rats begin to look at the rat poison as “lunch.” Yes. Antibiotics are becoming ineffective and we are now beginning to create a whole new breed of bacteria named “super bugs.” There is little recourse against these “bugs” at the moment. In pursuing this “Germ theory,” Medicine has adopted an adversarial and combative attitude - “*Let's forge ahead and wipe out everything in our way.*”

Let's think about this for a moment.

How many of you think there are more germs and bacteria on the face of this planet than there are people?

If we enter into battle on those grounds alone, we will be wiped out in no time. This is why many scientists and researchers are quite concerned that we are creating our very own demise.

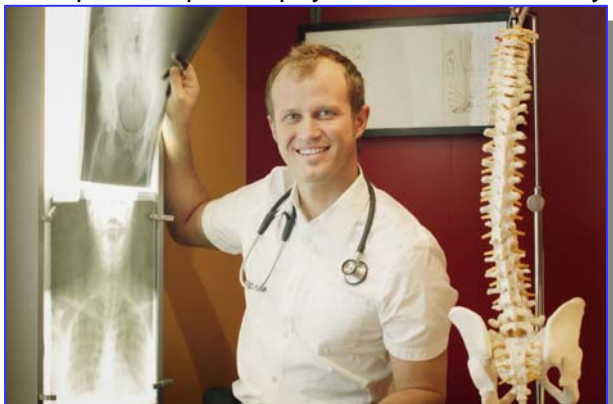
A really interesting book entitled: *The Coming Plague*, suggested that antibiotics have advanced the evolution of bacteria by four billion years.

Many patients don't realize that there are a number of bacteria in our own bodies and in our environment that are very beneficial and necessary to our survival. For instance, there are bacteria in your intestines right now that help you digest your food – without them, you would become sick.

One thing that I would like to add is that most of the time we are able to co-exist with the germs that live inside us, and in our environment, in perfect harmony. Pasteur had great difficulties with this type of thinking. He belonged to the outdated model where all germs are “bad” and should be wiped out – makes me think of the Flat Earth Society!

The prevailing thought of today why people become sick is that germs multiply and take over because our body biochemistry and function has been disturbed and changed, and there is now increased nutrition available for their growth – so they multiply.

This thinking fits perfectly with the Chiropractic philosophy of disturbed body



function - the whole idea is not to allow that to take place. So...does that mean that Chiropractic care can kill bugs which have invaded your body? Of course not! It simply means that Chiropractic will make your body function as it was programmed and designed....and it should be able to handle any “invasion.” There’s a concept!

### Surprise Developments:

Ok....I am going to write about a topic which has most parents concerned, puzzled, and even alarmed: Let’s look at Jessica, age 8,



who started to develop some chest discomfort – first on one side and then the other. Her concerned mother sought the advice of the family physician only to be told that Jessica was starting puberty – her breasts were developing. And it wasn’t long before

Jessica was kissing her parents goodbye and skipping off to Grade 3 with her new



pink training bra under her T-shirt.

Most parents are shocked that this is happening so early - they are totally caught off guard when their 7 years old starts some breast development....And at age 10, more than half of a classroom of girls is in training bras already.

Studies show that girls are physically blossoming much earlier – 2-3 years earlier than 30 years ago....And they are



being socialized to flaunt it – scantily clad Bratz dolls, celebrities such as Britney and Paris, retailers selling 5-6X thongs, and tight tees with messages like “Hottie” scrawled across the chest.

The age of menstruation has not changed – only the physical manifestations – and this has not been noticed in boys.

One of the problems is that these girls are not emotionally ready to deal with their new look.



This often results in feelings of self-consciousness and embarrassment especially if a girl is the first one in her class to begin to change - they attract attention from older boys. Often girls find that they may attract less attention by hanging out with an older crowd – something they are often not emotionally prepared to handle.

According to North Carolina researcher Marcia Herman-Giddens, the changing onset of puberty is an important public health indicator. In her 2004 article in the journal *Pediatrics*, she feels that it can act like a “canary in the mine” for environmental problems ranging from endocrine-disrupting chemicals (check our last month’s newsletter), to the epidemic of obesity and other factors affecting our health.

Although inconclusive, these are the causes presently under investigation:

1. Improved prenatal and infant nutrition which results in bigger, healthier babies.

2. Exposure to chemical agents - pesticides, industrial chemicals, beauty products containing estrogen, and phthalates found in children’s toys and plastics, as well as possible steroids in meat.
3. Childhood obesity which has doubled in the past 30 years.

Many girls see their new budding nature as something to be happy about – some wear bras when they really don’t need them. It adorns their new social status.

Here is what parents need to realize though: Even though her body is maturing, a 9 year old is still a 9 year old and should be treated as such.

### Questions that haunt me.....

Why do you have to “put your two cents in”...but it’s only a “penny for your thoughts?” Where does that extra penny go?

How important does a person have to be before they are considered “assassinated” instead of just “murdered?”

Why is it that people say they “slept like a baby” when babies wake up every two hours?

If the professor on *Gilligan’s Island* can make a radio out of a coconut, why can’t he fix a hole in the boat?

If corn oil is made from corn, and vegetable oil is made from vegetables, what is baby oil made from????

If electricity comes from electrons, where does morality come from?

Why does a round pizza always come in a square box?

If a deaf person has to go to court, do they still call it a “hearing?”

Alright....that’s enough!

**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.....**