



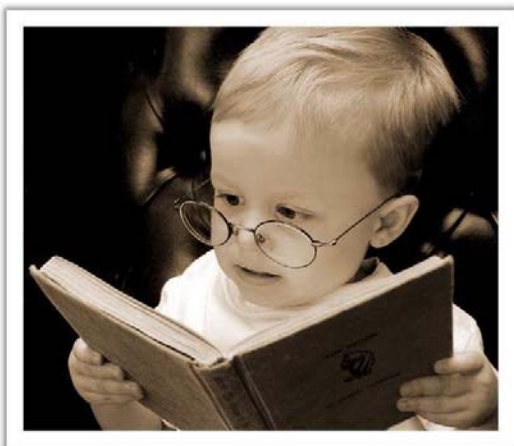
Our Family Newsletter:

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!

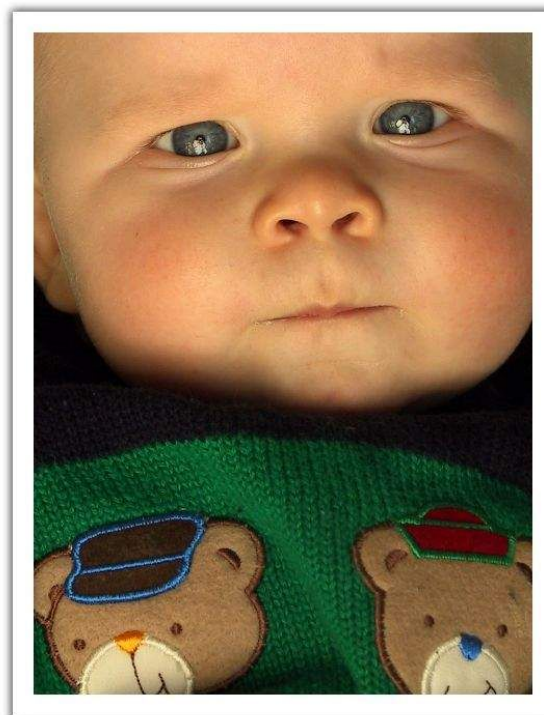
Wellness: What is it really?

This "Germ Theory" I talked about last month is no longer the standard of health by which everything is measured. It is now being replaced by a new theory that is beginning to grow at an exponential rate. It is called . . . **"Wellness."** I am sure you have come across this word, but do not necessarily understand what it means. Let me state emphatically that you are not alone.



Most people really have no idea what Wellness is all about. Most people's concept of health includes getting up in the morning and feeling good. That is not health. It is not Wellness. Wellness means taking responsibility for your health and your destiny. This new movement has spawned a new industry, which includes natural health products, herbs, remedies, spas, fitness centers, etc. All of these methods are presently being used in increasing quantities

to capture and maintain this elusive thing called "Wellness."
There has been a drastic shift, or paradigm, in peoples' thinking.



The public began to feel, and be taught, that the suppression of symptoms equaled good health. In other words, people have been taught that when they no longer feel bad, then they must be healthy. Right? Wrong! This is dangerous thinking. It is an attitude that has created the multi-billion dollar pharmaceutical cartel. This present concept of health care rests on the idea of profiting

from your illness and your symptoms. It has nothing to do with health care and has everything to do with profit.

This present concept of health has also generated the idea of arriving at a correct diagnosis for which to prescribe a drug, or a series of drugs to deal with the illness. As a society, we have become obsessed with the idea of treating disease instead of regaining health. We have become a nation on medication - not OK!

The pharmaceutical industry has been a leader in defining the role Medicine plays in your health. Physicians have been indoctrinated to believe that the more pharmaceutical agents and drugs they use, the healthier the population will become. "Better health through better chemistry" has become a motto of Today. This thinking has been supported wholeheartedly by medical associations of both Canada and the United States.



As a result, more and more people are turning to herbs and natural remedies to relieve their symptoms and combat their illnesses." In this manner, people are eliminating the dangerous side effects of drugs, but haven't really changed their way of thinking about health. We have been taught since we were children to think of instant health care. This essentially translates into "feeling better." The old "take-a-pill-and-make-it-better" mentality is the biggest health care problem we face in North America."

Many people think that as long as they take some sort of a potion or natural remedy that stops their nose running, they are healthy. They believe that if gulping down laxatives keeps them regular, they are improving the condition of their body. The public thinks that

since these remedies are "natural", they must be good for them. This is absolutely insane thinking. The basic idea, you see, is still the same. We are searching for a natural **cure** for our symptoms rather than dealing with the fact that they are present in the first place. As a population, we need to stop thinking in terms of treating illness and start thinking in terms of creating Health and Wellness.



Health (not just the absence of symptoms) is something that we create from the inside of our body. It is not something we can achieve from taking a pill, an herb, or having the latest and newest surgical procedure. If we want to achieve Health for ourselves and our children, our goal needs to be: make certain that our bodies are functioning the way they were meant to, normally, with nothing, and I mean absolutely nothing, interfering with that process. That is the key.

Here is the problem: Many people don't realize that Health is more than just the period between illnesses. It is also not the absence of symptoms. In other words, just because you feel OK, doesn't mean you are healthy. It just means you feel



OK and have no symptoms. That's all it means. It does not imply your body is working any better. Health is judged, for example, by how your body is able to adapt to its own internal and external environment. If your body is exposed to some kind of germ

or virus, for instance, and if it is working normally, it should be able to neutralize the effect of that bug, without you even being aware that this is taking place. This is called health. If your body cannot adapt to such a situation, and handle it on its own, you may begin to get sick. The most amazing thing is that when your body is no longer able to handle a situation, it will actually "talk" to you in a language you can easily understand; *symptoms*.

To me, Health is like a candle that is lit when you are born and burns brightly throughout



life. At the end, it flickers once, goes out, and that's it. However, I have found that most people do not present with such an idealistic picture. This is what I would typically see: The candle is lit brightly at birth, it then has an ear infection, pneumonia, strep

throat, tonsillitis, blows out a kidney here, has a heart attack there, liver failure, kidney stones, gall bladder, etc., - often it needs to be rekindled and restarted. That's not health.

The medical approach has always been, to prescribe antibiotics, pain remedies and all sorts of drugs to do the job your body was designed to do. People do not realize and understand that those drugs do nothing to help your body regain its ability to perform its functions in the future. In fact, relying on these drugs will actually hinder your body's recovery. (Not to mention all the side effects that are associated with taking them.) There is no pill, potion or lotion on the face of this planet, which can possibly oversee the power of your own body to achieve Health! Most people do not realize that our normal state is to be healthy. Our aim then, as parents, should be to allow our children's bodies' to function with absolutely nothing interfering with that process. It's that simple!

This is why "Alternative Medicine" is becoming mainstream. It appears that Western medicine is now beginning to be considered as "alternative." Interesting concept!

Why is that?

Well...the answer is simple. Many people are very dissatisfied with



traditional health care.

They are concerned about the side-effects of drugs and surgery, and are uncomfortable about changing their body chemistry with the use of drugs. They

are also beginning to realize that drugs are big business, like everything else, and are having some difficulties entirely trusting their family doctor.

On the other hand, Chiropractic is appealing because it is a very simple concept, does not put anything into the body and does not take anything out. The public likes our philosophy: It is clean and easy to understand. But the most appealing aspect is that Chiropractic has no side-effects, except radiant health.

It is that combination which makes Chiropractic so popular...and so effective!

Yikes....It's Blueberry mania!

Ok...They make your tongue blue, taste great in yogurt, on cereal, in muffins and most people enjoy their taste.

And...they are absolutely great for you at the same time.



Here are some of their benefits:

Antioxidant activity – Blueberries protect the body against free radicals and chronic diseases often associated with aging. According to the USDA Human Nutrition

Research Center in Boston, blueberries provide more antioxidant activity than most fruits and vegetables and have anti-cancer properties.

Anti-aging - Blueberries reduce oxidative stress and increase learning and memory. This is important because as our population ages, there will be more difficulties with motor skills.

Dr. Jim Joseph, Director of the Center, found that a cup of blueberries per day will help alleviate difficulties often associated with aging. So...the moral of the story is that you should go out there and get some!
Well? What are you waiting for?

Mice Vaccine?

Ok....you heard it here first!

According to *USA Today*, scientists have been able to produce a new vaccine which has protected mice against the deadly H5N1 strain of bird flu. According to the medical



journal, *The Lancet*, this new vaccine can be made much more quickly than conventional vaccines.

Now, I know that you're just bursting at the seams with anticipation and I do need to mention that it is for mice only. Yes, mice.

Just in case there is a pandemic outbreak, we want your common house mouse to be well protected. Just another example of your dollars at work!

Folks, this is real...I couldn't possibly make this up.....

Lighten Up! - Stories from friends and Family

Ok....let's lighten the mood and talk about Idiots. Yes, Idiots.....There everywhere!

I was at the airport, checking in at the gate when an airport employee asked, "Has anyone put anything in your baggage without your knowledge?" I replied, "If it was without

my knowledge, how would I know?" He smiled knowingly and nodded, "That's why we ask."

I live in a semi rural area. We recently had a neighbor call the local township office to request the removal of the Deer Crossing sign on our road. The reason: "Too many deer are being hit by cars out here. I don't think this is a good place for them to be crossing anymore."

- Only in Kansas

My daughter went to a local Taco Bell and ordered a taco. She asked the person behind the counter for "minimal lettuce." He said he was sorry but they only had iceberg. He was the chef.

- Kansas City

I work with an individual who plugged her power strip back into itself and simply couldn't understand why her computer wouldn't turn on.

- Dallas County Sheriff's Office

I was walking with a friend of mine who is a probation officer in Wichita, Kansas, no less. The stoplight at a corner buzzes when the light is red for those who are blind, I explained when she asked. Appalled, she responded, "What on earth are blind people doing driving?"

When my husband and I arrived at an automobile dealership to pick up our car, we were told the keys had been locked in it. We went to the service

department and found the mechanic working feverishly to unlock the driver's side door. As I watched from the passenger side, I instinctively tried the door handle and discovered that it was unlocked.

"Hey" I announced to the technician, "it's open." His reply, "I know - I already got that side."

- Ford dealership, Canton, Mississippi



**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.....**