



**Wishing you a Happy  
New Year and  
the best in 2007!!**

**Welcome to our office's Chiropractic newsletter.  
Our mission is to work as a dedicated team  
supporting and educating our community.  
We encourage better health through  
Chiropractic with integrity and compassion  
in a fun, friendly atmosphere.**

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## Special Offer for January

The answer to the following question can be found somewhere in this newsletter. Bring in the page of the newsletter where the correct answer is found and you will receive one

**50% off of Skinners!**

Skinner's is a vaporizing salve. Works great for colds, coughs, sore throat, sinus trouble, sore muscles and joints.

### Q: What percentage of flavenoids are lost when you microwave broccoli?

This contest is open to your friends and family, so pass this newsletter along for them to win as well. Remember to print the page where you found the answer and bring it in with you. One winner per person per month.

## Your vital connection



You are like a large, movable three-dimensional jigsaw puzzle made up of millions of parts. Each of your parts has its own job, knows what to do and works in harmony with all the other pieces – and not necessarily pieces that are nearby.

Your bones, muscles, eyes, brain, lungs, kidneys, intestines, heart, liver, arms, legs, blood, cells and everything else would collapse into a large heap of disorganized flesh were it not for your amazing connections.

How this collection of biological parts work together to create something as amazing as a complete body is a great mystery. It is magic.

One important part of this magic is your internal communications system consisting of billions of nerve “wires” that send information and energy to and from the brain to all the body parts to help organize and coordinate everything so they work together.



Your spinal cord has billions of these nerve “wires.” It extends down your back, protected by your spinal column, from where it branches into numerous nerves that travel to your billion body parts.

If your spinal column is out of position or misaligned the nerve impulses can be partially blocked or altered. The result can be malfunction, suffering, sickness, disease, and a gradual,

slow disorganization would continue until death.

To be fully alive you need to be fully connected. Chiropractors locate and correct subluxations, small internal distortions that create “disconnections” in your body that interfere with your nervous system communications.

### Why do babies need chiropractic care?



Why, to stay healthy, of course. There are many times in a young life when an infant or child may be more vulnerable to subluxations: pregnancy, birth, when first holding its head up, when beginning to crawl and when learning to walk. Of course then comes childhood with all its opportunities to run, fall, crash and then get up to do it all over again. Make sure your child has every chance to live a healthy life. Bring your child in to make sure they are free from subluxations.

Dr. Prosper will be in the delivery room when Dr. Saylor-Wither's baby is born in April to give the baby his or her very first adjustment the minute after the baby is delivered! Studies have shown that women who get adjusted throughout their pregnancies on average reduce labor time by 2 hours. Dr. Saylor-Wither and Melissa have enjoyed comfortable, pain-free pregnancies and look forward to healthy births.

### 325,000 spinal fusion operations/year and each costs \$50,000.00 (average)



“Evidence says surgery does not fix the problem over the long term any better than time, physical therapy, and exercise. Indeed, says U. of North Carolina’s Nortin M. Hadler, MD, pain clinics are full of people who have had back surgery and now are worse off.” (1)

**Our comment:** This surgery has a high rate of failure, plus the risk of death during the operation. **Chiropractic gets you better faster, costs a lot less than spinal fusion surgery and is so much safer.**

### Three arguments against pasteurization

1. Pasteurization alters the quality and structure of milk. When pasteurized and homogenized, lactose sugar is converted to beta-lactose – a form of lactose that can cause milk allergy. It also destroys the creaming ability of milk causing it to putrefy if kept long enough instead of souring normally.
2. Pasteurization sucks the nutritional life out of raw milk. It destroys vitamin C, B6 and B12, enzymes, antibodies and hormones.
3. Infants do not develop well on pasteurized milk. Pasteurized milk is more likely than raw milk to lead to tooth decay, constipation, allergies, arthritis, cancer and osteoporosis. It may diminish resistance to disease (especially in the young). (2)

## Study: Cough medicines don't work



Consumers spend billions of dollars each year on over-the-counter cough medications that don't work. Two active ingredients in many over-the-counter cough syrups work no better than a placebo syrup, a study has found. 100 children (average age 4.5 years) with upper respiratory infections were divided into 3 groups. Two groups received a syrup with cough medicine while the 3rd group got a syrup with no medicine. The frequency, severity and bothersome

nature of the cough as well as sleep quality were a little better in the syrup-only group. Plus they didn't get any drug side effects as the children in the other groups did. (3-4)

## The best flu shot satire of all time, eh?

From our friends at the Royal Canadian Air Farce:

[http://www.cbc.ca/airfarce/vidplayer/AF\\_single\\_player.html?/season13/051202m&playerType=wmp](http://www.cbc.ca/airfarce/vidplayer/AF_single_player.html?/season13/051202m&playerType=wmp)

And as if that weren't enough... Enjoy this satire on drugs: [Click here: Progenitorivox](#)

## Chiropractic and Spinal Research



- A woman who had left-sided facial and nose numbness had complete resolution after one visit.
- A young man who came in for back pain noticed after two weeks of care that the swollen glands he'd had for 10 years under his jaw and in his left arm pit began to significantly go down. An MD had said it was "normal" and he would have to live with it.

- A woman with severe debilitating low back pain was almost pain free after 3 weeks of care. Again, she had been told she would have to live with it.
- A 4-year-old autistic boy is reported as having more attention and some other improvements per his mother.
- An eight-year-old boy, diagnosed with mild autism/ADD, had 4 weeks of care involving specific adjusting and cranial work. His mother reports that he is much calmer, "does tasks more organized and is less stressed."
- A 61-year-old male suffered from daily bouts of waves of head pain and headaches for over 5 years. After 2 weeks of chiropractic care nearly all symptoms had abated.
- A 69-year-old male had constant ringing in his ears for 49 years. Within 3 weeks, the ringing had shifted to only his left ear, and by the next visit, it was completely gone! (5)

## Is this why they call it nuking?

Spanish researchers studying the effects of different cooking methods on the content of flavonoids in broccoli found that steaming caused minimal loss, boiling 66% loss, and microwaving 97% loss! Hmm, maybe saying we nuke our food is more accurate than we think.

## Humor

### Dog's New Year Resolution

1. I will not play tug-of-war with Dad's underwear when he's on the toilet.
2. I'll remember that the garbage collector is NOT stealing our stuff.
3. I do not need to suddenly stand straight up when I'm lying under the coffee table.
4. I will not roll my toys behind the fridge.
5. I must shake the rainwater out of my fur BEFORE entering the house.
6. I will not eat the cats' food, before or after they eat it.
7. I will stop trying to find the few remaining pieces of clean carpet in the house when I am about to throw up.
8. I will not throw up in the car.
9. I will not roll on dead seagulls, fish, crabs, etc.
10. I will not lick my human's face after eating animal poop.
11. "Kitty box crunchies" are not food.
12. I will not eat any more socks and then redeposit them in the backyard after processing.
13. The diaper pail is not a cookie jar.
14. I will not wake Mommy up by sticking my cold, wet nose up her bottom end.
15. I will not chew my human's toothbrush and not tell them.
16. I will not chew crayons or pens, especially not the red ones, or my people will think I am hemorrhaging.
17. When in the car, I will not insist on having the window rolled down when it's raining outside.
18. We do not have a doorbell. I will not bark each time I hear one on TV.
19. I will not steal my Mom's underwear and dance all over the back yard with it.
20. The sofa is not a face towel. Neither are Mom and Dad's laps.
21. My head does not belong in the refrigerator.

22. I will not bite the officer's hand when he reaches in for Mom's driver's license and car registration.

### Van Every Chiropractic Contact Information

See you next month. Want hard copies of this newsletter to give to your friends, co-workers and relatives? Perhaps you'd like us to include other e-mail addresses. Call us at 248-616-0900, stop by, or email the office at: [info@vaneverychiropractic.com](mailto:info@vaneverychiropractic.com). Please remember that everyone needs to be free from subluxations so bring your friends and loved ones for a spinal checkup.

**For additional information about  
Dr. Anna Saylor-Wither, Dr. Christie Prosper, and our office.  
Please visit us on the web at: [www.vaneverychiropractic.com](http://www.vaneverychiropractic.com).**



Dr. Christie Prosper~Kim~Jane~Melissa~Dr. Anna Saylor-Wither

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