

Van Every Family Chiropractic

Dr. Anna Saylor-Wither

Dr. Christie Prosper

248-616-0900

www.vaneverychiropractic.com



Healthy Living

newsletter



For greater health and wholeness for yourself and your family, explore chiropractic.

Would you like to do more than treat symptoms? Are you interested in making disease prevention and health enhancement part of your lifestyle? Looking for more than a drug approach?

Then welcome to a more natural world ~ welcome to the world of chiropractic.

TABLE OF CONTENTS

- Happy New Year from Van Every Family Chiropractic Center
- Massage Therapy at Van Every Chiropractic
- Chiropractic releases deep stress
- Water and high blood pressure
- Don't touch those tonsils!
- Do they know something you don't?
- Do flu shots work? Ask a vaccine manufacturer
- 98% say parents should have the right to say no to vaccination
- Breast tumors simply disappear
- Breast cancer increases with increased mammography
- Midwives increasing in popularity
- Chiropractic and Spinal Research
- Caring and loving
- Humor
- Van Every Chiropractic Contact Information
- References

Happy New Year from Van Every Family Chiropractic Center

A happy and healthy New Year wish to all! Our chiropractic team is looking forward to sharing 2009 with you, supporting your commitment to excellent health.



Along with looking forward, we would like to take a moment to reflect. We are celebrating our 10 year anniversary and have all of you to thank for our continued growth. Over 70% of our new clients come to our office after being referred by an existing patient. That's you!! Thank you for spreading the word, sharing your experiences and supporting friends and family in their health care goals.

Dr. Saylor-Wither, Melissa & Dr. Prosper at the 10 year anniversary party

With this growth in mind, the staff has a request. In order to accommodate everyone with the highest level of care possible we ask that walk-ins be kept to a minimum. Even a phone call from down the street helps the front desk prepare for your arrival and lets the doctors know that there is a change in the schedule. Thank you for that consideration

Massage Therapy at Van Every Chiropractic

Hopefully you know that we have massage therapy available at Van Every Family Chiropractic Center. Heather has been with us for 6 years, and we recently welcomed Rebecca to our staff. Massage therapy is highly individualized so we encourage you to give them both a try. Please be aware that your account will be charged if we do not receive 24 hours notice of cancellation for all massage therapy services.

One Hour Massage is \$60.
Half Hour Massage is \$40.

If you are a teacher in Michigan and have Messa Insurance, massage therapy is covered benefit of your insurance policy. Please contact our office for additional information.

To make an appointment with Heather or Rebecca, our massage therapists, please contact the office at 248-616-0900.

Dr. Prosper, Heather & Jane



Chiropractic releases deep stress

Chiropractic frees you from a deep stress caused by a distortion in your body structure – the subluxation. Subluxations hold you back by interfering with your energy and preventing you

from reaching your full potential.



Most people have subluxations in their bodies and don't know it. It can happen from a difficult birth, a fall or some other injury in infancy or childhood (or later in life), from pregnancy, emotional stress, chemical stress and even from sitting or working in the same position day after day (micro-trauma).

Chiropractors spend years learning how to free you from damaging subluxation stress. Chiropractic promotes improved nerve and energetic communication between your brain and spinal cord, and your organs, muscles, joints, glands and many body systems.

Chiropractic's purpose is to free you from nerve interference so you may live a healthier, happier life.

When your body is functioning at 100%, free of toxins and supplied with the nutrient dense foods it needs, the result is:

- A body making all the drugs and chemicals it needs.
- A healthy body – free of chronic illness and able to adapt to life's stresses.
- A healthy mind – able to adapt to life's ups and downs.
- A long life – may we all live to the Biblical ideal of 120 years. The Lord said...his days shall be a hundred and twenty years. (2)
- Living to your potential: a happy, healthy, rich, creative, successful, long life.

With a foundation of physical, mental and spiritual wellness and growth, 2009 may be a wonderful year for us as we rise up to face the many challenges the year brings.

Water and high blood pressure

(You need to know this especially if you drink alcohol – happy holidays)

Your blood is mostly water. When you are dehydrated your blood thickens a little, making it a little more difficult for your heart to pump it through your body. Your heart has to pump harder and that raises your blood pressure.

According to a study that appeared in the Journal of the American Medical Association, two million children have high blood pressure. Could this be due to dehydration? Are your children drinking water or sugary drinks? (4)

Alcohol is dehydrating. Much of hangover pain is the result of dehydration. That's why one of the best ways to get rid of a hangover is to drink lots of water.



Don't touch those tonsils!

A study was reported in Archives of Otolaryngology - Head and Neck Surgery of 300 children (ages 2-8) who were advised to have their tonsils out. Those who did not have them removed were ultimately healthier with fewer fevers, throat infections and respiratory illnesses. In all, they had fewer annual visits to doctors and lower resulting medical costs, and fewer fevers and throat infections.

The researchers concluded that removing the tonsils of children with mild or moderate throat infections is more expensive and has fewer health benefits than simply watching and waiting. (5)

Why would children who do not have tonsillectomies be healthier? It is because the tonsils (and adenoids) are part of the immune system that fights disease. It is normal for them to enlarge when a child is ill. Enlarged tonsils are generally a healthy sign that the child is fighting infection – and building a stronger immune system in the process.

All children with enlarged tonsils should have a chiropractic checkup so that their immune system and body are functioning without nerve interference.

Do they know something you don't?

ABC News: Sixty Percent of Doctors Refuse to Get Flu Shots

ABC News is reporting that only forty percent of health care professionals opted to be vaccinated against the flu last year. How can your MD not get a flu shot yet tell you to get one? Simple – state medical boards have made it illegal for doctors to speak their own minds. They must follow the “party line” or they can get in trouble and possibly lose their license. (6)

Do flu shots work? Ask a vaccine manufacturer

This short radio interview is priceless. Here's an excerpt from it:

"Do you personally get the flu shot?"

"No, I mean...why are you asking me that?"

<http://www.youtube.com/watch?v=az5aAwr4ugE&feature=related>

98% say parents should have the right to say no to vaccination

A public survey posted on **NaturalNews.com** reveals that 98% of survey participants (1919 out of 1954) believe that parents should have the right to refuse vaccinations for their children. The online survey was conducted from April 6 to April 8, 2008 and survey respondents were self-selected. The great thing about being in Michigan is you have the right as a parent to **NOT** have to vaccinated your children for any school or day care center. Bric has not had a single vaccine and we are not planning on having any.



Breast tumors simply disappear

In a recent research paper in the Archives of Internal Medicine, researchers found increased incidence of breast cancer in women who got mammograms every two years compared to women who got mammograms every six years. In fact the women who decided not to get bi-annual mammograms had 22% less breast cancer!

The scientists believe this study shows that some of the cancers detected by mammography would have spontaneously disappeared on their own (regressed) if they had never been discovered in the first place. Simply put, it appears that some invasive breast cancers simply go away on their own, healed by the body's own immune system. (7)

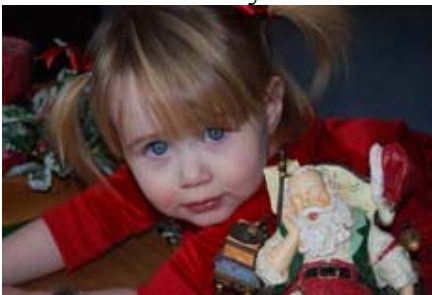
Breast cancer increases with increased mammography



An editorial in that same issue of The Archives of Internal Medicine reported a finding that breast cancer rates increased significantly in four Norwegian counties after women there began getting mammograms every two years. According to background information in the study, the start of screening mammography programs throughout Europe has been associated with increased incidence of breast cancer. (8)

Midwives increasing in popularity

Want to know why more and more educated women and men are turning to midwives? Watch an amazing documentary, "The Business of Being Born," produced by the actress and former talk show host Ricki Lake. It is becoming an underground hit among expectant parents since coming out on DVD. Go to www.nytimes.com/2008/11/13/garden/13birth.html?partner=rss&emc=rss&pagewanted=all



Chiropractic and Spinal Research



Did you know there are thousands of papers describing the wonders of chiropractic and spinal care in health and disease? Remember: a person with any kind of health problem needs chiropractic. Being free from subluxations could make a big difference. Feel free to send these studies to anyone you know. By the way, is there any disease or condition you'd like to know about? Write us.

The common cold. Getting chiropractic care may be one of the best things you can do to prevent colds and flu. In

this paper a link between subluxations and susceptibility to the common cold is discussed. (9)

Improved vision. Two 13-year-old girls with constricted visual fields and diminished visual acuities were given spinal adjustments. After seven spinal adjustments, the girls had regained normal vision. (10)

Vertigo. For over a hundred years chiropractic clinical success for vertigo has been reported. This is a report of 112 cervicogenic vertigo patients who had excellent results following chiropractic cervical subluxation correction. (11)

Caring and loving

Author and lecturer Leo Buscaglia once talked about a contest he was asked to judge. The purpose of the contest was to find the most caring child.

The winner was a four-year-old child whose next-door neighbor was an elderly gentleman who had recently lost his wife.

Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed onto his lap, and just sat there. When his Mother asked what he had said to the neighbor, the little boy said, 'Nothing, I just helped him cry.'



Humor

Love is...



A group of professionals asked a group of 4 to 8-year-olds, 'What does 'love' mean?' The answers they got were broader and deeper than anyone could have imagined.

'When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love.' Rebecca - age 8

'Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other.' Karl - age 5

'Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs.' Chrissie - age 6

'Love is what makes you smile when you're tired.' Terri - age 4

'Love is when my mummy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK.' Danny - age 7

'Love is when you kiss all the time. Then when you get tired of kissing, you still want to be together and you talk more. My Mummy and Daddy are like that. They look gross when they kiss.' Emily - age 8

'Love is what's in the room with you at Christmas if you stop opening presents and listen.' Bobby - age 7

'If you want to learn to love better, you should start with a friend who you hate.' Nikka - age 6

'Love is when you tell a guy you like his shirt, then he wears it everyday.' Noelle - age 7

'Love is like a little old woman and a little old man who are still friends even after they know each other so well.' Tommy - age 6

'During my piano recital, I was on a stage and I was scared. I looked at all the people watching me and saw my daddy waving and smiling. He was the only one doing that. I wasn't scared anymore.' Cindy - age 8

'My mummy loves me more than anybody. You don't see anyone else kissing me to sleep at night.' Clare - age 6

'Love is when Mummy gives Daddy the best piece of chicken.' Elaine - age 5

'Love is when Mummy sees Daddy smelly and sweaty and still says he is handsomer than Robert Redford.' Chris - age 7

'Love is when your puppy licks your face even after you left him alone all day.' Mary Ann - age 4

'I know my older sister loves me because she gives me all her old clothes and has to go out and buy new ones.' Lauren - age 4

'When you love somebody, your eyelashes go up and down and little stars come out of you.' (What an image!) Karen - age 7

'Love is when Mummy sees Daddy on the toilet and she doesn't think it's gross.' Mark - age 6

'You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot. People forget.' Jessica - age 8

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:

saylorc@aol.com or drprosper@hotmail.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.**



top: Jane, Denelle, Melissa
bottom: Amy, Dr. Prosper, Dr. Saylor-Wither, Lisa

"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."

References

1. Illich I. Medical Nemesis: the Expropriation of Health. New York: Bantam Books, 1977.
2. Genesis (6:3).
3. Moussaieff A et al. Incensole acetate, an incense component, elicits psychoactivity by activating TRPV3 channels in the brain. The Federation of American Societies for Experimental Biology Journal. 2008;22:3024-3034.
4. Hansen ML, Gunn PW, Kaelber D. Underdiagnosis of hypertension in children and adolescents. JAMA. 2007;298(8):874-879.
5. Buskens E. Adenotonsillectomy or watchful waiting in patients with mild to moderate symptoms of throat infections or adenotonsillar hypertrophy. Arch Otolaryngol Head Neck Surg. 2007;133:1083-1088.
6. <http://www.abcnews.go.com/Health/ColdandFluNews/story?id=6418974&page=1>
7. Zahl P-H et al. The natural history of invasive breast cancers detected by screening mammography. Arch Intern Med. 2008;168(21):2311-2316.
8. Kaplan RM, Porzsolt F. The natural history of breast cancer. Arch Intern Med. 2008;168(21):2302-2303.
9. Smith AP et al. The common cold, pattern sensitivity and contrast sensitivity. Psychological Medicine. 1992;22:487-494.
10. Stephens D et al. The step phenomenon in the recovery of vision with spinal manipulation: a report on two 13-year-olds treated together. JMPT. 1997;20(9),628-633.
11. Fitz-Ritson D. Assessment of cervicogenic vertigo. JMPT. 1991;14:193-198.

You are subscribed to as *e-mail address*. To be excluded from future releases, please visit our options page. We hope you enjoy receiving this and value your feedback. Please email us with your questions or comments. Brought to you by: Van Every Family Chiropractic, 4203 Rochester, Royal Oak, MI 48073.

The service provider responsible for sending this email does not tolerate unsolicited email. If necessary, please report the sender of this message as having sent unsolicited email and their account will be reviewed.