



Healthy Living

newsletter



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.

TABLE OF CONTENTS

- Calendar of Office Events
- Special Offer for February
- Baby News
- You are much healthier than you think....
- It's really a chiropractic perspective....
- How healthy are you?
- What do most asthmatics die from? Asthma drugs.
- Back surgery or waiting? No difference in outcome.
- Anti-bacterial soaps
- Ear and eye infections in kids don't need antibiotics, say researchers.
- Read this before saying yes to a bypass, angioplasty or stents
- Did you know....?
- Chiropractic Case Studies
- Humor
- Van Every Chiropractic Contact Information
- References

Calendar of Office Events

Saturday, May 19th, Noon – 3:00 p.m. Kids Day America: An Event dedicated to Children's Health & Safety. Featuring Free Child ID Cards, Dental Screenings and Spinal Screenings. There will be special appearances, face painting, magic acts, A bouncy house, train rides, and surprise guests. We will also provide free balloons, snacks, and giveaways. Prize drawings are held every half-hour!

Saturday, June 9th, 10:00 a.m. – 1:00 p.m. Meet the Babies! Welcome the newest additions to the Van Every Family – Meet the soon to be babies of Dr. Saylor-Wither & Melissa. Dr. Saylor-Wither's due date is April 10th & Melissa's due date is May 8th.

Saturday, June 23rd, 9:00 a.m. – Noon: The Van Every "Parking Lot" Sale - Feeling overwhelmed with clutter? Do you need to clean out your basement, garage or attic? Now you can! For a \$5 donation to the Boys & Girls Club of South Oakland, you can have space at our parking lot sale. Start decluttering now. Call 248-616-0900 to reserve your space.

Special Offer for February

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:

50% off of Skinners!

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

Q: How many muscles are in the human body?

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.

Baby News



As most of you know, Dr. Anna Saylor-Wither is expecting her first child in April. She is planning on being in the office until March 10th. During her upcoming maternity leave, Dr. Christie Prosper will be taking care of her patients. During this time, our office hours may change a bit, but the quality care you have come to know and expect will remain. If you haven't already done so, please introduce yourself to Dr. Prosper. She looks forward to getting to know all of you better during this

time!

You are much healthier than you think....

Most people are physically, mentally and spiritually healthier than they think they are.

For so much of their day-to-day existence, many people dwell on little concerns, stress themselves over trifles and ignore the world of immense beauty and potential in which they live.

Perhaps one of the most mystifying things is that while we are surrounded by beauty, divinity, happiness, energy, excitement and growth our worries blind us to it all.

But that doesn't mean we're immune to all this wonderfulness. Step back a minute. If we look at our lives from childhood to today we must admit that we always had problems, challenges and disappointments. Few things seem to go as planned. And yet all the while there was a silent hand guiding us, watching over us, directing us in ways that turned temporary adversity into necessary lessons.

Momentary upset often clouds the deeper, more significant benefits.



It's really a chiropractic perspective....



One of chiropractic's premises is that we are born with a wonderful healing potential. It is always with us. We must learn to respect it and work with it so it may permeate our beings and fill us with healing, strength, hope, growth and life.



We are never without this potential. Even cancer patients, for example, still have a healing ability. Cut a cancer patient and they will heal. The question is, if they can heal a cut, why can't they heal their cancer?

They can! There are numerous case histories of people with all kinds of terminal illnesses who undergo spontaneous remission – they heal. Somehow they were able to tap into their innate or inborn healing ability and defy all the doctors' grim predictions. Years later they may attend their doctors' funerals.

Chiropractic helps us tap into our potential by freeing us of subluxations – blockages to our flow of energy and information. Free of subluxations, your body and mind function more efficiently – in communication with your natural perfection.

Chiropractors are specially trained in the location and correction of subluxations – permitting you to function in tune with your natural state of perfection.

How healthy are you?

The short answer to the above question is: a lot healthier than you think. Sometimes the best thing we can do for healing is to get out of our own way. Ancient Vedantic philosophy teaches that infinity and eternity lie between your thoughts. In deep meditation and prayer, the spaces between our thoughts broaden and we can glimpse the overpowering universal potential for healing, love, growth, and perfection we are always so close to.

The goal of natural or wholistic healthcare systems is to cure the entire person, not merely to fight the “disease” they have. Often the disease symptoms are the body's way of fighting unnatural, toxic imbalances within us. Let's work with our body and learn to heal deeply, profoundly and completely.

What do most asthmatics die from? Asthma drugs.



The cause of most disease is in the poisonous drugs physicians superstitiously give in order to affect a cure.

– Charles E. Page, M.D.

Researchers from Stanford and Cornell Universities reviewed 19 studies involving nearly 34,000 patients and found that people using popular drug inhalers for asthma (Serevent™, Advair™, Foradil™) were 2.5 times more likely to be hospitalized for severe asthma attacks and 3.5 times more likely to die. Five thousand people die each year from asthma (US) and about 4,000 of those deaths are caused by these drugs – 80%! (1)

Back surgery or waiting? No difference in outcome.

For the first time ever (and it's about time!), large scale studies were done asking whether it's better to rush into back surgery for ruptured lumbar disks and sciatica or...just wait. The results found that surgery was no better than doing nothing. Patients in both the surgery and non-surgery groups improved substantially over a 2-year period.



Tell that to the 300,000 Americans that have spinal surgery each year.

Actually these findings are nothing new – other studies have demonstrated the same thing: people with ruptured disks in their lower backs or with sciatica usually recover without surgery and (very important) there is no harm in waiting. No one in either study developed cauda equina syndrome that can cause nerve damage, weakened leg or loss of bowel or bladder control.

Many surgeons were against doing the studies because they said that they knew that the operations worked and it was unethical for their patients to participate in the study. The study mentioned that a percentage of those who had back surgery needed repeat operations within the year. (2-3)

Anti-bacterial soaps

In 2004, Americans spent more than \$540 million on anti-bacterial hand cleaners, soaps and detergents that contain chemicals such as triclosan to kill germs, even though a Food and Drug Administration panel found that they are no better than soap and water.



Triclosan mimics thyroid hormone, is commonly added to soaps, toothpaste, deodorant, dog shampoo, cutting boards, clothing, toys and other anti-bacterial products, and is turning up in fish, breast milk and wastewater. A recent study has shown it's enough to disrupt thyroid function in frogs. Equivalent data on humans isn't yet available.

By the way, anti-bacterial soaps don't prevent colds or flu, which are associated with viruses, not bacteria. (4)

Ear and eye infections in kids don't need antibiotics, say researchers.

<http://www.abc.net.au/health/thepulse/s1748158.htm>

Read this before saying yes to a bypass, angioplasty or stents



There's no evidence that heart bypass surgery, angioplasty or stent procedures prolong life or prevent future heart attacks in the majority of patients.

The three-year survival rate for most patients who have had bypass surgery is almost exactly the same as it is for patients with heart disease who don't have surgery. Plus add a 3%-5% death rate from the surgery itself.

In fact, all these expensive and risky procedures can be replaced by natural foods, avoiding poisons in our diet and lifestyle changes. For wonderful heart healthy advice go to <http://www.westonaprice.org/index.html>.

Most heart attacks are caused by tiny blockages in small arteries – these arteries are not replaced during surgery.

Finally, the majority of bypass patients may suffer brain injury: cognitive difficulties, and memory problems. Bypass surgery patients are also nearly four times more likely to suffer a subsequent stroke. All this from a procedure that doesn't prolong life or make a patient healthier.

Did you know....?



Your body contains nine pints of blood that travel along 62,000 miles of blood vessels (they could go around the equator 2.5 times). The nerves from your spine control the size of many of the blood vessels that go to your internal organs. A subluxation that irritates your nerves can affect your blood vessels and cause internal organ malfunction – another reason to see your chiropractor.

Your body has 650 muscles. Subluxations may cause pain, muscle spasm, contraction, muscle weakness and muscular in-coordination (as in you just can't seem to get a good golf swing). Remember, it takes 17 muscles to smile and 42 to frown (and only three to extend your arm and smack the person on the head who was bothering you in the first place).

Chiropractic Case Studies

Infertility and Chiropractic

(From The Monterey County Herald)

Did you hear the one about the woman who went to the chiropractor and got pregnant? Really, all Karen Bulch wanted was a little neck-and-shoulders adjustment.

But a month after wandering into chiropractor Mark Kimes' Salina office, the 44-year-old Monterey woman was with child, something she had unsuccessfully been trying to accomplish for 4½ years.

Kimes told her it might happen. And if it did, he said it would be within the first few months.

Kimes noticed a subluxation – essentially, that's chiropractic for blockage – in Bulch's lower back. He wasn't sure, but Kimes thought he just might be able to tweak the subluxation to the point of reproduction. "I've been in practice for 12 years and I've seen it

happen with many women,” he said. (5)

Deafness, hearing loss and chiropractic

Patient: 68-year-old woman native of the Dutch East Indies. At age 7, she was struck in the head by a Japanese military officer after she spilled tea on him while serving him. This caused her left ear to bleed. At age 9, a grenade exploded about 30 feet from her and she lost all hearing in her left ear and most of the hearing in her right ear. She had been wearing a hearing aid in her left ear since she was a young lady.

At her daughter's urging she came in for chiropractic care. By her third visit she was able to hear sounds for the first time since she was 9. On her fourth visit she was able to hear sounds (phone ringing, etc.) without having her hearing aid in her ear. On her fifth visit she was able to hear more subtle sounds without her hearing aid. [From the records of Joseph A. La Barbera, DC]

Humor

Things you should know, but probably don't:

1. Money isn't made out of paper; it's made out of cotton.
2. The Declaration of Independence was written on hemp (marijuana) paper.
3. The dot over the letter i is called a "tittle".
4. A raisin dropped in a glass of fresh champagne will bounce up and down continuously from the bottom of the glass to the top.
5. 40% of McDonald's profits come from the sales of Happy Meals.
6. 315 entries in Webster's 1996 Dictionary were misspelled.
7. The 'spot' on 7UP comes from its inventor, who had red eyes. He was an albino.
8. On average, 12 newborns will be given to the wrong parents, daily.
9. Warren Beatty and Shirley MacLaine are brother and sister.
10. Chocolate affects a dog's heart and nervous system; a few ounces will kill a small sized dog.
11. Orcas (killer whales) kill sharks by torpedoing up into the shark's stomach from underneath, causing the shark to explode.
12. Most lipstick contains fish scales (eww).
13. Donald Duck comics were banned from Finland because he doesn't wear pants.
14. Ketchup was sold in the 1830's as medicine.
15. Upper and lower case letters are named 'upper' and 'lower' because in the time when all original print had to be set in individual letters, the upper case' letters were stored in the case on top of the case that stored the smaller, 'lower case' letters.
16. Leonardo DaVinci could write with one hand and draw with the other at the same time.
17. Because metal was scarce, the Oscars given out during World War II were made of wood.
18. There are no clocks in Las Vegas gambling casinos.
19. The name Wendy was made up for the book Peter Pan; there was never a recorded Wendy before!
20. There are no words in the dictionary that rhyme with: orange, purple, and silver!
21. Leonardo DaVinci invented scissors. Also, it took him 10 years to paint Mona Lisa's lips.

22. A tiny amount of liquor on a scorpion will make it instantly go mad and sting itself to death.
23. The mask used by Michael Myers in the original "Halloween" was a Captain Kirk's mask painted white.
24. If you have three quarters, four dimes, and four pennies, you have \$1.19 You also have the largest amount of money in coins without being able to make change for a dollar (good to know).
25. By raising your legs slowly and lying on your back, you can't sink in quicksand (and you thought this list was completely useless).
26. The phrase "rule of thumb" is derived from an old English law, which stated that you couldn't beat your wife with anything wider than your thumb.
27. The first product Motorola started to develop was a record player for automobiles. At that time, the most well known record player on the market was the Victrola, so they called themselves Motorola.
28. Celery has negative calories! It takes more calories to eat a piece of celery than the celery has in it to begin with. The same thing holds true with apples!
29. Chewing gum while peeling onions will keep you from crying!
30. The glue on Israeli postage stamps is certified kosher.
31. Guinness Book of Records holds the record for being the book most often stolen from Public Libraries.
32. Astronauts are not allowed to eat beans before they go into space because passing wind in a space suit damages it.

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. 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.**



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

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