

Van Every Family Chiropractic  
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Healthy Living

newsletter

## Happy Valentine's Day!



**Welcome to the  
Van Every Family  
Chiropractic's Healthy  
Living 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.

Are you searching for greater health and wholeness for yourself and your family? 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.

**Aiden & Bric LOVE Valentine's Day!**

### TABLE OF CONTENTS

- Events



- A visit to the chiropractor
- Why become a chiropractor?
- Accidents, injuries and chiropractic
- Baby's infections prevent allergies
- Chiropractic and spinal research
- Breastfeeding creates emotionally healthier children
- Nourishing nutrition
- General rule – avoid bizarre operations
- Who are you? Take this personality test
- Tips for an Exceptional, Superb & Powerful Life in 2008
- Van Every Chiropractic Contact Information
- References

## Events

### Superbowl Winners!

We would like to thank our valued practice members who paid us a very nice compliment and referred their friends and family to us. We're delighted that you're using what you've learned in our office to share the chiropractic message with others.

#### Congratulations to our Superbowl Winners!

1st Quarter Winner, Cameron H. wins a one hour massage!

Half Time Winner, Barb C. wins a DVD player!

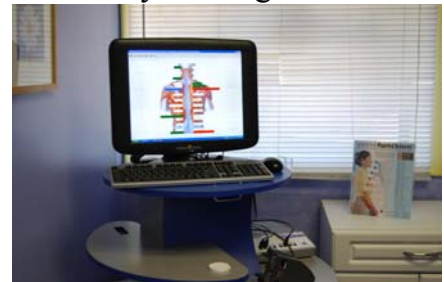
3rd Quarter Winner, Barb C. wins a one hour massage!

Final Score Winner, Jackie L. wins a flat screen TV!

**Thank you for helping us help others, and referring your friends and family to our office!**

### Thursday, February 21st is BAFD - "Bring A Friend Day!" Bring a friend

or family member for a free scan and consultation and you will receive a **FREE** adjustment & scan for yourself. The scan is performed on our **NEW** diagnostic instrument, The Subluxation Station . This technology features painless and non-invasive tests that will help us characterize abnormal activity surrounding your spine. We are very proud and excited about staying on the leading edge of chiropractic care by offering this service.



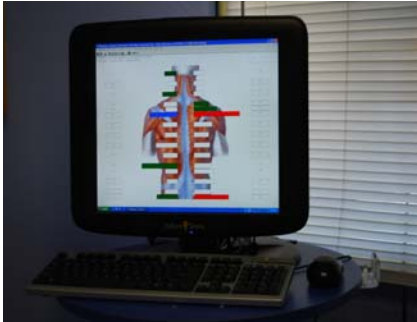
## A visit to the chiropractor

People sometimes ask us to review some of the basics of what a visit to a chiropractor entails. Actually a visit has two broad components: analysis and adjustment.

During the analysis we determine where your nerve pressure, your vertebral subluxation complex (VSC), is located. Based on over a century of research, the chiropractic profession has



developed many unique procedures for this purpose: muscle, bone and motion studies; X-ray and imaging studies; leg and posture measurements and in our office, a state-of-the-art diagnostic tool; the Subluxation Station.



Next we perform an adjustment to eliminate your VSC. An adjustment introduces force/energy/information into your body, which helps to release pressure from your nerves, muscles, joints and discs and to realign or balance your body structure. The force must be introduced at the proper angle or direction, at the right time, and with the right pressure. The chiropractic profession has developed a sophisticated array of adjustment techniques. Ask us about the ones we use.

## Why become a chiropractor?

Chiropractors help individuals and families get healthy and stay healthy naturally, without drugs and surgery.

Chiropractors have a wonderful, unique perspective on healthcare that is growing dramatically in popularity.

You can even have fun speaking and lecturing to people of all ages and presenting information they generally can't get anywhere else.

As a chiropractor you have the freedom to “set up shop” nearly anywhere in the world and the excitement of knowing that you are in a unique profession that goes back thousands of years but is still new to millions of people.



For more information on chiropractic as a profession, please call our office.

## Accidents, injuries and chiropractic

Too many people who have been in an accident or suffered trauma don't receive chiropractic care. That's a big reason why over half of all accident victims never completely recover from their injuries and may live on painkillers, muscle relaxants and physical therapy or even endure repeated surgeries over the years. Sometimes they're told that they'll have to live in pain for the rest of their lives. In fact, even a “minor” trip or fall from childhood may cause severe health problems later in life.



Why? Because nearly any physical force radiates to your skeletal system and can cause subluxations. For that reason a chiropractic spinal checkup is essential after an accident. Chiropractic care may make the difference between true recovery, healing and strength or lingering pain, sickness and disability.

### Baby's infections prevent allergies



Yet another study has verified that the fevers and infections of infancy have a protective effect against allergies and asthma later in life.

In this study, children who developed fevers during the first year of life tended to have a lower risk of allergies by age seven. Half of the children who experienced no fever during their first year had allergic sensitivities by age seven compared to only a 31% incidence of allergies among children who experienced two or more fevers during infancy. It appears that children exposed to more germs develop stronger immune systems. (1)

Comment: Children need to develop their immune systems by fighting infections. Aspirin, Tylenol™ and other anti-pyretics interfere with fever development and may keep a child sick longer. Childhood vaccinations prevent the immune system from developing properly. Working with nature, not against nature, helps create healthier children (and adults).

### Chiropractic and spinal research



Chiropractic care frees you from a severe form of dis-ease known as the vertebral subluxation complex (VSC). This is a distortion in your structural system that can affect the health of your bones, nerves, muscles, glands, brain, organs – and lots more.

Chiropractic is needed no matter what condition a person may have – it may make the difference between a life of suffering and illness and a life of ease and health.

**Disabling low back pain.** This is a study of 171 patients who had been totally disabled by chronic low-back pain ("constant severe pain") for an average of

7.6 years. They were not helped by medical care and were considering back surgery. They were referred for chiropractic care. After 2-3 weeks of chiropractic, 87% returned to full



function with no restrictions for work or other activities. One year later they were still doing fine.(2)

**Learning disabilities and dyslexia.** Eight studies were reviewed containing 25 case reports. All studies showed beneficial effects of chiropractic care in individuals suffering from learning disabilities and dyslexia.(3)

**Neck pain.** Seventy patients with neck pain (25 males and 45 females, ages 20-55 years) were randomly divided into either a chiropractic group or a control group. The chiropractic group showed a significant improvement in neck pain after only one adjustment.(4)



## Breastfeeding creates emotionally healthier children



Babies have an intense need to be held and one of the most comforting things for a newborn is the physical act of nursing. Leaving a baby alone with a bottle is not emotionally satisfying to the child and does not make them feel safe or secure.

Breastfeeding also promotes bonding between mother and baby in a way that bottle-feeding cannot. Most women naturally feel a strong desire to hold their baby and there are physical and emotional reasons for this. Breastfeeding ensures that mother and baby have some intimate time together and actually stimulates the mother's release of the oxytocin hormone, which is known to promote maternal behavior.

## Nourishing nutrition



“The key to a good salad is vegetables at the peak of freshness, cut up into small pieces, then dressed with a high enzyme dressing composed of raw ingredients – high-quality oils, vinegar, lemon juice, whey, avocado and raw or cultured cream. Chopping or grating vegetables is the first step in the process of thorough digestion, leaving less for the teeth and digestive juices to do, and allowing more surface area of the vegetables to be coated with healthful dressing.”(5)

## General rule – avoid bizarre operations

**Hysterectomies have serious after effects.** The surgical removal of the female reproductive sex organs is a primitive practice, yet an average of 622,000 per year have taken place over the last decade. Doctors tell women sex will be the same, or better than ever. Women say their sex lives are over - they're "dead in bed." Find out more at <http://hersfoundation.org/effects.html>.



## **Vasectomy and brain damage**

The damaging effects of vasectomy on immune and nervous systems have been observed for four decades. Primary progressive aphasia (PPA), a form of dementia due to brain cell degeneration, has been observed after vasectomy. It can occur in individuals under the age of 65 (and sometimes as early as in the 40's), and involves a decline in one or more language functions.(6)

## **Removing tonsils? Try chiropractic first.**

Removing the tonsils of children with mild or moderate throat infections is more expensive and has fewer health benefits than simply watching and waiting, say researchers. In a study of 300 children aged 2 to 8 who had been advised to have their tonsils out, those who avoided surgery had fewer annual visits to doctors and lower resulting medical costs. The children who avoided surgery also had fewer fevers, throat infections and respiratory illnesses.(7)

## **Who are you? Take this personality test**

Here is an online personality test that some say is uncanny in its accuracy. Find out for yourself. Take it at [www.41q.com](http://www.41q.com).

## **Tips for an Exceptional, Superb & Powerful Life in 2008**

- 1.) Take a 10-30 minute walk every day. And while you walk, smile. It is the ultimate antidepressant.
- 2.) Sit in silence for at least 10 minutes each day. Buy a lock if you have to.
- 3.) Buy a Tivo (DVR), tape your late night shows and get more sleep.
- 4.) When you wake up in the morning complete the following statement, 'My purpose is to \_\_\_\_\_ today.'
- 5.) Live with the 3 E's -- Energy, Enthusiasm, and Empathy.
- 6.) Watch more movies, play more games and read more books than you did last year.
- 7.) Always pray and make time to exercise.
- 8.) Spend more time with people over the age of 70 and under the age of Six.
- 9.) Dream more while you are awake.
- 10.) Eat more foods that grow on trees and plants and eat less foods that are manufactured in plants.
- 11.) Drink green tea and plenty of water. Eat blueberries, wild Alaskan salmon, broccoli, almonds & walnuts.
- 12.) Try to make at least three people smile each day.
- 13.) Clear your clutter from your house, your car, your desk and let new and flowing energy into your life.
- 14.) Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control. Instead, invest your energy in the positive present moment.
- 15.) Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class ... but the lessons you learn will last

a lifetime.

- 16.) Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
- 17.) Smile and laugh more. It will keep the energy vampires away.
- 18.) Life isn't fair, but it's still good.
- 19.) Life is too short to waste time hating anyone.
- 20.) Don't take yourself so seriously. No one else does.
- 21.) You don't have to win every argument. Agree to disagree.
- 22.) Make peace with your past so it won't screw up the present.
- 23.) Don't compare your life to others'. You have no idea what their journey is all about.
- 24.) Ladies - Go on and burn those 'special' scented candles, use the 600 thread count sheets, the good china and wear your fancy lingerie now. Stop waiting for a special occasion. Everyday is special.
- 25.) No one is in charge of your happiness except you.
- 26.) Frame every so-called disaster with these words: 'In five years, will this matter?'
- 27.) Forgive everyone for everything.
- 28.) What other people think of you is none of your business.
- 29.) Time heals almost everything. Give time, time!
- 30.) However good or bad a situation is, it will change.
- 31.) Your job won't take care of you when you are sick. Your friends will. Stay in touch with them.
- 32.) Get rid of anything that isn't useful, beautiful or joyful.
- 33.) Envy is a waste of time. You already have all you need. God provides, remember?
- 34.) The best is yet to come.
- 35.) No matter how you feel, get up, dress up and show up.
- 36.) Do the right thing!
- 37.) Call your family often.
- 38.) Each night before you go to bed complete the following statements: 'I am thankful for \_\_\_\_\_.' Today I accomplished \_\_\_\_\_.
- 39.) Remember that you are too blessed to be stressed.
- 40.) Enjoy the ride. Remember that this is not Disney World and you certainly don't want a fast pass. You only have one ride through life so make the most of it and enjoy the ride.

### 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:

[saylordc@aol.com](mailto:saylordc@aol.com) or [drprosper@hotmail.com](mailto: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](http://www.vaneverychiropractic.com)



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

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