



Healthy Living

newsletter



Happy Valentine's Day from the Van Every Family Chiropractic Center. We hope you have a wonderful month filled with love!

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[Are you a Fan yet?](#)

Become a fan of Van Every Family Chiropractic Center on

Facebook.



Get the inside scoop on what's happening at Van Every Chiropractic. Check out the photos of our staff, and office events. You can even share your experience with our chiropractic family. Visit the official Van Every Family Chiropractic Center fan page. We can't wait to see you online!

Special Massage Therapy Offer



Congratulations Rebecca on graduating from Massage Therapy School and Welcome to the Van Every Chiropractic family.

Get \$10 off an One Hour Massage with Rebecca. Offer is for all NEW massage clients during the month of February 2009.

Your incredible neck

Your neck is made up of seven bones, referred to as cervical vertebrae, with discs between them.

There are a lot of structures in your neck. Your bones are strapped together with ligaments; tendons attach your bones to muscles and your neck is full of muscles that attach from your head and vertebrae to your ribs, shoulder blade (scapula), collar bone (clavicle), breastbone (sternum) and other structures in your chest. You've also got millions of nerves, blood and lymphatic vessels all over the place. In addition, there's a food tube (esophagus), an air tube (trachea), a voice box (larynx) and so many more things it would take many pages to discuss them all. Your neck is a very busy place.



Your neck vertebrae are numbered from top down, C-1, C-2, C-3 all the way to C-7. Two neck vertebrae have special names: C-1 is also called the atlas (because it holds the globe of the skull) and C-2 is referred to as the axis (because it is involved in the turning of your head).

Chiropractors pay particular attention to the neck because inside your neck, inside your vertebrae, is a special canal: the spinal canal. Your spinal cord passes through your spinal canal. If the neck vertebrae are not properly aligned, the billions of nerves making up your spinal cord may be affected.

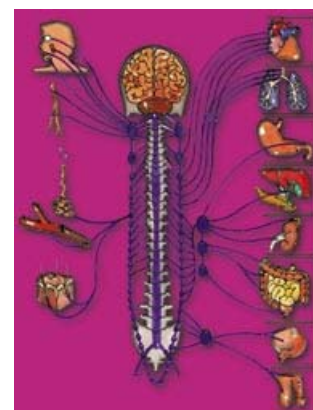
The result? A misalignment (subluxation) of a cervical (neck) vertebra can cause almost any health problem. Your resistance to disease, your immune system, your brain, your internal organs – all can be adversely affected by an unhealthy neck.

The spinal cord



The illustration to the left is a cross section through one of your vertebra looking down. In the center lies the spinal cord – a tight bundle of billions of nerves that starts in the brain and travels down the spine. Nerves exit from your spinal cord and go to every part of your body.

The illustration shows your nerves (in pale yellow) exiting from the spinal cord. The illustration to the right shows the connections between your nerves and your organs.



What chiropractors do



Chiropractors are highly trained professionals that analyze your body structure for distortions known as subluxations. Subluxations put stress on your nerves and can affect the function of your discs, muscles, joints, internal organs, and your immune, digestive, eliminative and other body systems.

Using the art of the chiropractic adjustment, Doctors of Chiropractic correct your subluxations, restore your body structure and release stress from your nerves. The result is a healthier, happier you.

This is a photo of one kind of spinal adjustment to the atlas vertebra that sits just under your

skull. There are many ways chiropractors can adjust the atlas (C-1). An atlas subluxation can affect your entire spinal column and therefore the health of your entire body. Chiropractic has developed over 100 different safe, gentle and effective ways of analyzing and adjusting your spine so you'll be free of health-damaging subluxations.

Chiropractic and spinal research (from our archives)

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 in any disease. 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.



Bipolar disorder. A 52-year-old man diagnosed with bipolar disorder sought chiropractic care for lower back pain. The man had symptoms of depression, anxiety and jerky, uncontrolled movements on one side of his body. He was adjusted using Thompson Technique protocol and advised on the benefits of omega-3 fatty acids. After 4 visits, the jerky movements associated with his anxiety attacks had subsided and his depressed state had improved. (2)

Headache, neck pain, arm pain. An analysis of forty-seven random controlled trials reviewed chiropractic care for headaches, neck pain, cervico-brachial pain and/or upper back pain. It took a mean of 17 visits to resolve headaches, neck pain and upper back pain. (3)

High blood pressure. Atlas vertebra subluxations were found associated with decreased blood to the brainstem and increased blood pressure. Fifty patients with Stage 1 hypertension received either an upper cervical adjustment or a sham procedure. Patients received no drugs during the 8-week study. At week 8, there were significant reductions in systolic and diastolic BP for the group receiving adjustments. The authors wrote “restoration of Atlas alignment is associated with marked and sustained reductions in BP similar to the use of two-drug combination therapy.” (4)

Do flu shots work? Ask a vaccine manufacturer.

Listen to this short but powerful interview.

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

Do you personally get the flu shot?

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

Some of the ingredients in the flu shot:

Egg or chicken protein

Influenza viruses – (most (!) are inactivated)

Neomycin, polymyxin and gentamycin – antibiotics

Thimerosal [mercury] – a harmful (poisonous to the brain) preservative

Betapropiolactone – a disinfectant

Nonoxynol – used to kill or stop growth of STDs

Octoxinol 9 – a vaginal spermicide

Formaldehyde – embalming fluid used to kill viruses

Do you really want that concoction injected into your body?

Rainfall causes autism?

<http://news.bbc.co.uk/2/hi/health/7703072.stm>

Increased rainfall, or something linked to it, may be connected to the development of autism, scientists say.

Comment: we should look back to the Great Flood. Autism must have skyrocketed!

Seriously, does anyone really believe this article? It seems as though researchers will look at anything but the real cause of most autism – childhood vaccinations.

If you want a baby (and a sex life) avoid soy



Men who ate even a little soy-based foods had dramatically lower sperm counts than men who didn't.

The men in the study were patients at a male fertility clinic who couldn't get their partners pregnant. Scientists tracked their eating habits for six years and found that eating as little as four ounces of tofu or drinking a single cup of soy milk every other day caused men's sperm counts to plummet.



Why? Soy contains plant chemicals that mimic female hormones (estrogens) that can lower sex drive and sperm counts, increase chest fat (male breasts) and cause prostate problems. For example, Buddhist monks would eat soy to curb their libido.

Soy products that do this include tofu, natto, tempeh, soy milk, soybean oil, soy flour and various soy products (isolate, isoflavones, soy protein, textured vegetable protein [TVP], and xanthan gum). (5)

The town of allopath

You'll love this. It's perfect for today's over-drugged world.

<http://www.mercola.com/townofallopath/index.htm>

Humor

WHAT IS A GRANDPARENT?

(taken from papers written by a class of 8-year-olds)

Grandparents are a lady and a man who have no little children of her own. They like other peoples'.

A grandfather is a man & a grandmother is a lady!

Grandparents don't have to do anything except be there when we come to see them. They are so old they shouldn't play hard or run. It is good if they drive us to the shops and give us money.

When they take us for walks, they slow down past things like pretty leaves and caterpillars. They show us and talk to us about the color of the flowers and also why we shouldn't step on 'cracks.'

They don't say, 'Hurry up.'

Usually grandmothers are fat but not too fat to tie your shoes.

They wear glasses and funny underwear.

They can take their teeth and gums out.

Grandparents don't have to be smart.

They have to answer questions like 'why isn't God married?' and 'How come dogs chase cats?'

When they read to us, they don't skip. They don't mind if we ask for the same story over again.

Everybody should try to have a grandmother, especially if you don't have television because they are the only grown ups who like to spend time with us.

They know we should have snack-time before bedtime and they say prayers with us every time and kiss us even when we've acted bad.

A 6-year-old was asked where his grandma lived. "Oh," he said, "she lives at the airport and when we want her we just go get her. Then when we're done having her visit, we take her back to the airport."

Grandpa is the smartest man on earth! He teaches me good things but I don't get to see him enough to get as smart as him!

It's funny when they bend over, you hear gas leaks and they blame their dog.



References

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2. Kennamer A. Chiropractic management of a man with bipolar disorder, depression, hemichorea & subluxation. *JVSR*. October 20, 2008;1-4.
3. Maltby JK, Harrison DD, Harrison D et al. Frequency & duration of chiropractic care for headaches, neck and upper back pain. *JVSR*. August 21, 2008;1-12.
4. Bakris G, Dickholtz M, Meyer PM et al. Atlas vertebra realignment and achievement of arterial pressure goal in hypertensive patients: a pilot study. *Journal of Human Hypertension*. 2007;21: 347-352.
5. Chavarro JE et al. Soy food and soy isoflavone intake in relation to semen quality parameters. *Fertility and Sterility*. 2007;88(Supplement 1):S22.

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 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."

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