



Healthy Living

newsletter



May you have all the happiness
and luck that life can hold -
And at the end of all your rainbows
may you find a pot of gold.
May your pockets be heavy—
Your heart be light,
And may good luck pursue you
Each morning and night.

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

- New Office Hours Starting March 12th

- Calendar of Office Events
- Special Offer for March
- You're never too big or small or old or young
- Wherever you go, there you are
- Keep your prostate (even if it's cancerous?)
- Ritalin may hinder growth
- Chiropractic and spinal research
- Read this before saying yes to a bypass, angioplasty or stents
- Common coffee additive may cause diabetes
- Humor
- Van Every Chiropractic Contact Information
- References

New Office Hours Starting March 12th

Monday: 3:00 - 6:00 pm

Tuesday: 10:00 - 12:30 and 3:00 - 6:00

Wednesday: CLOSED

Thursday: 10-12:30 and 3:00 - 6:00

Friday: 10:00 - 12:30 and 3:00 - 6:00

Saturday: We will be open 2 Saturdays per month. Please call for dates.

Calendar of Office Events

Enter Today: [Dr. Anna Saylor-Wither's Baby Predictions Contest](#). Enter to win great prizes from Van Every Chiropractic Center! Entry slips are available at the front desk. Dr. Saylor-Wither's due date is April 10th so enter now!!!

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 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.

New Date! Saturday, July 14th, 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.

Special Offer for March

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:

A Free Visit on Hydro-therapy bed!

The hydro-bed is a heated massaging table with 5 jets working to relax muscles and increase circulation, which helps with healing.... and feels great! Especially on cold winter days.

Q: True or False? Research reveals that people who have a history of infectious diseases, including colds and flu, suffer from less cancer and heart disease.

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.

You're never too big or small or old or young



For what? For love, of course. Love makes life worth living. The more love in your life, the happier and healthier you are, and the longer you live. The science of psycho-neuro-immunology is devoted to exploring how love and other emotions affect your health. The studies so impressed Dr. Bernie Siegel, author of *Love, Medicine and Miracles*, that he once commented, "It's scientific to love." And you thought science was dry?

Wherever you go, there you are

In modern times researchers have developed the habit of describing the human body in terms of the latest scientific discoveries.

For example, as machines became more complicated, scientists started to describe the body as an incredibly complicated machine with levers and pulleys and interconnecting parts.



When electricity was discovered and harnessed we began to describe the body as filled with this amazing "vital" life energy that animates all the "mechanical" parts.

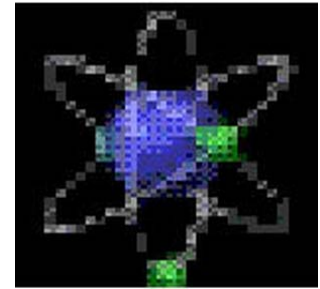
After computers were invented, we likened the body to a vast computer that is able to run thousands of programs simultaneously.



The list goes on and on: holograms, artificial intelligence, atomic and

quantum physics (and more).

Rest assured, however, that whatever we invent/discover next, whatever mystery of the universe is revealed by science, we will find it “old news” as we rediscover that the wondrous wisdom that created our wondrous bodies has been incorporating it for millennia.



We must respect the body as incredibly wise. The body creates symptoms (fever, headache, aches, pains, chills, nausea, vomiting, diarrhea) for a reason. Symptoms help clean the body, ridding it of poisons and burning off infections, to bring us back to balance.

So rather than fight the symptoms your body has created – by using drugs to artificially lower fever, dry up mucous membranes, suppress cough and other discharges – we should understand that these symptoms have a purpose.

For example, research reveals that people who have a history of infectious diseases, including colds and flu, suffer from less cancer and heart disease. Childhood diseases are associated with a lower cancer risk in adulthood. (1-2)

A sick person should be comforted and cared for as the body does its job of healing, cleansing and repair. Natural health providers recommend cleansing diets, herbs, enemas, homeopathic remedies and other means to keep the body comfortable and promote natural discharge and elimination. Chiropractic care is essential to ensure the body is free of subluxations so it will function more efficiently to expel poisons and heal.

No human doctor can match the wisdom of the body. We can only hope to work with the body as best as we can. Sickness and disease should be seen as opportunities to create deeper, more lasting health.

Keep your prostate (even if it's cancerous?)



Do you know anyone who's been told they need to have their prostate removed? Before they make their decision they should look at two research papers that confirmed what has been mentioned in other medical journals (but forgotten): that men with prostate cancer who have surgery don't live any longer than men who have prostate cancer who choose not to have surgery.

In these studies 695 men with prostate cancer were divided into two groups: one had their prostates removed (radical prostatectomy) and the other didn't. “Watchful waiting,” the MDs called it. The men were watched for 6.2 years. The result? No difference in death rates. But there's more – 80% of the men in the surgery group became impotent, compared to 45% in the non-surgical group. About 50% of the surgical group were incontinent compared with 21% in the no-surgery group. My advice – go natural. Get chiropractic care; explore alternatives. (3-4)

Ritalin may hinder growth

According to Stephen R. Hinshaw, Ph.D., professor and Chair of the Department of Psychology at the University of California, Berkeley, children taking Ritalin grow one inch less in a two-year period than children not taking the drug. (5)

Chiropractic and spinal research

Remember: everyone, no matter what condition they may have, needs chiropractic care to ensure their body is working without subluxations. If you have any specific questions please feel free to contact us.

Hyperactivity. This is the case of an 8-year-old child with many learning and behavioral disorders associated with ADHD. Symptoms began shortly after the child experienced a fall (18 months earlier). Physical examination revealed the child to have cervical (neck) subluxations. Following two months of care, his mother noted positive changes in behavior and reduction in his complaints of headaches and neck pain symptoms...reports from his teachers at school remarked on the positive changes in his behavior and improvements in academic performance. (6)

Angina pectoris. Angina pectoris, commonly known as chest pain, affects more than 6 million Americans every year. The painful and sometimes suffocating attacks can be brought on by a lack of oxygen in the blood due to the heart working overtime. In this study positive results were shown for weekly chiropractic adjustments in patients with a specific type of angina.

Fifty patients diagnosed with cervicothoracic angina (CTA), chest discomfort originating from the cervical spine and the thorax, were given chiropractic care. There were 225 patients in the control group. Approximately 75% of the chiropractic group reported an improvement in pain and general health. The control group recorded a 22 to 25% improvement. (7)

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

“About 1.6 million Americans undergo heart bypass surgery, angioplasty or stent procedures annually – even though there’s no evidence that these 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.

“The vast majority of patients with heart disease can reduce the risk of a future heart attack by up to 80% - without undergoing expensive and risky procedures.

“Most bypass and stent procedures are the equivalent of cosmetic cardiology. They make blood vessels appear healthy but do little to reduce heart attack risk. In fact, most heart attacks are caused by tiny blockages that can be hard to detect – and these blockages often are not in the blood vessels that triggered all the concern in the first place. The mortality from bypass surgery ranges from 3%-5%. More than 50% of patients may experience cognitive difficulties, and patients who have bypass surgery are nearly four times more

likely to suffer a subsequent stroke. These are poor odds for procedures that don't necessarily prolong life or make patients healthier." (8)

Common coffee additive may cause diabetes

There is something added to our coffee that makes it extremely unhealthy. We're not talking about all the sugar or fat-laden cream – its the chlorinated water! Chlorine and coffee don't mix. When chlorine combines with any organic compound it creates a dangerous class of chemicals called dioxins: specifically alloxan, a poison that destroys the beta cells of the pancreas (the ones that produce insulin). (9) In fact, researchers use it to induce diabetes in laboratory animals.



Coffee has been implicated as a cause of pancreatic cancer. (10)

Chlorine also combines with organic materials to form trihalomethanes, which increase the risk of bladder and rectal cancers. The risk increases as the exposure to chlorinated water increases. (11)

If you must drink coffee at least avoid it if it's made with chlorinated water. When buying a cup of coffee, ask if they use filtered water. If they don't know, assume the water is chlorinated.

Humor

Ed Was In Trouble

He forgot his wedding anniversary. His wife was really angry. She told him, "Tomorrow morning, I expect to find a gift in the driveway that goes from 0 to 200 in 5 seconds AND IT BETTER BE THERE!!"

The next morning Ed got up early and left for work. When his wife woke up, she looked out the window and sure enough there was a box gift-wrapped in the middle of the driveway. Confused, the wife put on her robe and ran out to the driveway, brought the box back in the house. She opened it and found a brand new bathroom scale.

Ed has been missing since Friday.

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.**



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

References

1. Albonico HU, Braker HU, Husler J. Febrile infectious childhood diseases in the history of cancer patients and matched controls. *Medical Hypotheses*. 1998;51(4):315-320.
2. http://today.reuters.com/news/newsArticle.aspx?type=healthNews&storyID=2005-09-23T181259Z_01_YUE365556_RTRUKOC_0_US-DISEASE-HEART.xml&archived=False
3. Steineck G et al. Quality of life after radical prostatectomy or watchful waiting. *New England Journal of Medicine*. 2002;347(11):790-796.
4. Holmberg L et al. A randomized trial comparing radical prostatectomy with watchful waiting in early prostate cancer. *New England Journal of Medicine*. 2005;352(19):1977-1984.
5. Bottom Line Personal. July 1, 2006:16.
6. Lovett L and Blum C. Behavioral and learning changes secondary to chiropractic care to reduce subluxations in a child with attention deficit hyperactivity disorder: a case study. *JVSR*. [October 4, 2006:1-6] www.jvsr.com/abstracts/index.asp?id=273
7. Christensen H, Vach W, Gichangi A et al. Manual therapy for patients with stable angina pectoris: a nonrandomized open prospective trial. *Journal of Manipulative and Physiological Therapeutics*. 2005;28(9):654-661. <http://www.chiropracticresearchreview.com/crr/article.php?id=1425>
8. Michael D. Ozner, MD. Bottom Line Personal. August 1, 2006:p.1.
9. Robert Jay Rowen, MD. www.secondopinionnewsletter.com
10. MacMahon B et al. Coffee and cancer of the pancreas. *NEJM*. 1981;304:630-633.
11. Colbert D. Curbing the toxic onslaught. *Nutri News*. Autumn 2005;7(4).

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.