

Van Every Family Chiropractic

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Healthy Living

newsletter



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



Bric & Aiden want to wish you a happy St. Patty's Day!

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?

Are you looking for a drug-free alternative?

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

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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Events

Wednesday, March 12th from 1:00 - 6:00 pm ~

Come visit Van Every Family Chiropractic Center at the South Oakland Business Expo at the Royal Oak Farmer's Market.

What can chiropractic do for you?

Chiropractic care re-establishes harmony and balance between your brain, spinal cord, nerves and body structure. This improves the health of your bones, nerves, muscles, glands, brain, organs and tissues, releasing energy for healing.

Chiropractic increases resistance to disease and helps your body cleanse and detoxify. It may make the difference between a life of suffering and illness and a life of ease and health.



Menstrual problems, hysterectomy and chiropractic

Chiropractic can help the entire urogenital system, which includes the ovaries, oviducts (tubes), uterus, cervix, vagina and related structures.



Menstrual and premenstrual problems

Many women spend a portion of every month suffering from menstrual and premenstrual pain and discomfort. Many studies confirm that chiropractic's drug-free approach should be considered by any person dealing with menstrual discomfort. Chiropractic is a safe and effective non-pharmacological

alternative for women with menstrual, bowel, bladder or other pelvic problems.

Hysterectomy

Hysterectomy – the amputation of the uterus (which sometimes includes the fallopian tubes and ovaries) – is, in the overwhelming majority of cases, an unnecessary operation. Over 650,000 women receive hysterectomies each year in the U.S. Many of these operations are completely unnecessary. Many of these women experience depression, loss of stamina, loss of sex drive and decreased sexual response, urinary incontinence, bowel problems, icy feet and toes, diminished sensation from the waist down, bone and joint pain, memory loss and other problems. Few doctors warn their patients about these too common after-effects. Before any woman submits to this potentially damaging operation, she should explore nonsurgical alternatives.



Chiropractic care is also necessary for any woman who has had a hysterectomy to ensure that her remaining internal organs function without nerve interference to better compensate for the organs that were removed.

Menopause

Menopause is a normal physiological state. Some doctors consider it a disease and subject women to drug therapies – such as dangerous hormone replacement therapy (HRT) – that increase the risk of breast cancer and heart problems. It is thus far better to first explore safer, more natural healing approaches when dealing with the symptoms of menopause.



Many women who initially visit a chiropractor for back and neck pain are pleased to discover relief from menstrual and other gynecological problems. The attitude “If I don't have a backache, I don't need a chiropractor” is a serious misconception that keeps many people from getting the chiropractic help they need.

A healthy spinal column is essential for the health of the female reproductive system. Women with gynecological problems should have a spinal checkup by a doctor of chiropractic.

Are you fit?



Before you answer that question, first think a minute on what exactly fitness means. It may surprise you to learn that fitness is not about bulging muscles or the endurance to climb a mountain. Fitness is about being healthy: looking healthy, feeling good about yourself, sharing life's joys with those you love, friendship and having the energy to enjoy life. The reward will be longevity so you can keep doing the

things you love. Never ignore exercise and proper eating – when was the last time you made your heart beat strongly and got out of breath? When was the last time you felt inspired? Use your body, mind and heart to their fullest. Stretch yourself to your limits. Face fear, face flab and overcome.

Staying active, physically and mentally, keeps you young and healthy no matter what your age. It isn't easy to overcome years of inactivity and poor eating habits. But the alternative is poor health, emotional dullness, unhappiness and a shortened life span. The choice is yours – you must choose. Remember, not choosing is a choice.

Cervical cancer shots painful (as well as dangerous and useless)

So far at least 11 girls and young women have died after receiving the Gardasil™ “cervical cancer vaccine.” This useless, dangerous vaccine is also gaining a reputation as the most painful of childhood shots, health experts say. Officials at Merck attribute it partly to the virus-like particles in the shot. Pre-marketing studies showed more reports of pain from Gardasil than from dummy shots, and patients reported more pain when given shots with more of the particles.

http://news.yahoo.com/s/ap/20080104/ap_on_he_me/painful_shot



Chiropractic questions and answers

Can I tell if I have a subluxation without consulting a chiropractor?



Not always. A subluxation or nerve pressure is like a dental cavity – you may have it for a long time before symptoms appear. That's why periodic checkups are so important. One common symptom of nerve stress is fatigue. Unbalanced body structure causes you to lose energy – you may feel like you don't get enough sleep or you wake up tired. Although it may be possible to know you have spinal nerve stress, it is rarely possible to be sure you don't. An occasional spinal checkup is always a good idea.

At what age should chiropractic begin?

Apart from pregnancy (which is an especially important time for chiropractic care for mothers-to-be) newborns may need care after a difficult or traumatic birth. There are case histories of seriously ill infants adjusted in hospitals with miraculous recoveries.

When should one begin chiropractic care? Right now! Chiropractic has saved many, from infants to the elderly, from a life of drugs and surgery.



Is chiropractic care addictive?

If only it were (just a little!), there would be a lot fewer sick people around, and chiropractors wouldn't get patients who last saw a chiropractor “a few years ago when my

back went out." It is possible to get used to feeling more balanced, less stressed and more energetic as a result of periodic chiropractic care. You may become more sensitive and know when you've "lost" your adjustment.



Can I go for care only once?

Of course – we'd love to see you and many miracles have been reported from a single chiropractic adjustment. Once is better than never. You can go to a dentist only once as well. But chiropractic can help in so many ways. Why not ask us about your specific needs?

Robitussin™, Vicks 44™, Benadryl™ no better than placebo



Another reason to avoid drugging yourself and your children: For the treatment of night-time cough and insomnia associated with upper respiratory infections a study revealed: "neither Benadryl nor dextromethorphan [Robitussin, Vicks 44] produced a superior benefit" than placebo. In fact insomnia was reported more frequently in those who were given dextromethorphan [Robitussin, Vicks 44], and drowsiness was reported more commonly in those who were given diphenhydramine [Benadryl]. None were found to be superior to placebo. (1)

Chiropractic and Spinal Research



Spinal bifida. A 31-year-old female with spina bifida had multiple symptoms such as muscle spasms, poor bladder control, recurrent bladder infection, swollen cervical lymph nodes, and possible immunosuppression.

After 5 years of chiropractic care, her bladder has been infection free for more than a year; bladder control has improved and leg spasms have decreased in frequency and severity. Menstrual cramping is reduced. (2)

Frozen shoulder. A 43-year-old woman suffered from neck pain radiating into the left shoulder, and pain and muscle weakness of the left arm. The problem began 20 years ago with the birth of her first child. She also suffered from headaches for the past 8-

10 years. Immediately after the first adjustment her left hand doubled in grip strength. After one month of care she was "much better" with full range of motion of the left shoulder regained. Within 6 weeks the shoulder and arm pain had completely resolved with a 400% increase in left hand grip strength and a 100% increase in right hand grip strength. A one-year follow-up showed continued resolution. (3)

Nutrition

Organic is healthier

A new study in *The Journal of Agriculture and Food Chemistry* found that organic tomatoes are twice as high in flavonoids as conventional tomatoes. Flavonoids protect against heart disease and other chronic ailments. Researchers analyzed and compared organic to conventional tomatoes over a ten-year period. The organic tomatoes not only scored better, but their flavonoid levels actually increased over time. Prior similar studies have found organic foods to have higher levels of a variety of vitamins and minerals. Scientists attribute the higher quality of organic foods to the healthier soil on organic farms. (4)
http://www.organicconsumers.org/articles/article_6181.cfm



High cholesterol protects from cancer

The medical obsession with lowering cholesterol is causing more harm than good. In *The Journal of the American College of Cardiology* researchers revealed that low cholesterol levels actually increase the risk of cancer, especially among those taking “statin” drugs like Lipitor™ and Zocor™. (5)

For good nutrition do this...

Consume healthy fats from free-range or grass-fed animals (eggs, meat, milk, butter, cheese, yogurt), nuts, and olive and coconut oils. These are some of the healthiest foods you can eat. (As with all foods, look for organic or minimally processed options whenever possible.) Also, avoid processed or fast foods and canola oil, margarine, vegetable oil, soy oil, soy “milk,” low fat or skim milk – these man-made substances were never meant for consumption – your body doesn’t know what to do with them. They wind up clogging your arteries and putting you on the fast track to heart disease and cancer. (6)

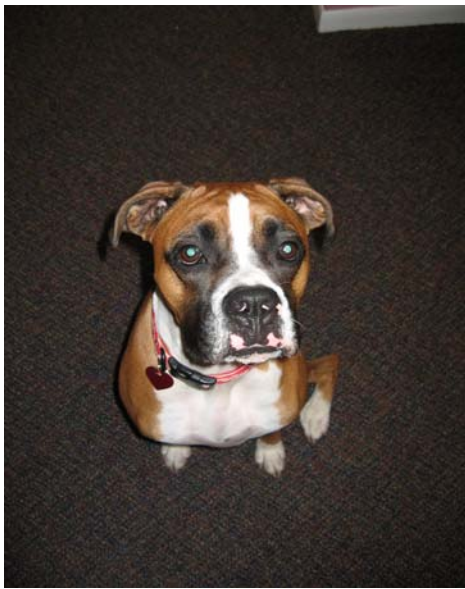
Humor

To be posted VERY LOW on the refrigerator door - nose height.

Dear Dogs and Cats:

The dishes with the paw print are yours and contain your food. The other dishes are mine and contain my food. Please note, placing a paw print in the middle of my plate and food does not stake a claim for it becoming your food and dish, nor do I find that aesthetically pleasing in the slightest.

Dr. Prosper's dog - Starr



The stairway was not designed by NASCAR and is not a racetrack. Beating me to the bottom is not the object. Tripping me doesn't help because I fall faster than you can run.

I cannot buy anything bigger than a king sized bed. I am very sorry about this. Do

not think I will continue sleeping on the couch to ensure your comfort. Dogs and cats can actually curl up in a ball when they sleep. It is not necessary to sleep perpendicular to each other stretched out to the fullest extent possible. I also know that sticking tails straight out and having tongues hanging out the other end to maximize space is nothing but sarcasm.

For the last time, there is not a secret exit from the bathroom. If by some miracle I beat you there and manage to get the door shut, it is not necessary to claw, whine, meow, and try to turn the knob or get your paw under the edge and try to pull the door open. I must exit through the same door I entered. Also, I have been using the bathroom for years -- canine or feline attendance is not required.

The proper order is kiss me, then go smell the other dog or cat's butt. I cannot stress this enough!

To pacify you, my dear pets, I have posted the following message on our front door:

To All Non-Pet Owners Who Visit & Like to Complain About Our Pets:

- 1 They live here. You don't.
2. If you don't want their hair on your clothes, stay off the furniture. (That's why they call it 'fur'niture.)
3. I like my pets a lot better than I like most people.
4. To you, it's an animal. To me, he/she is an adopted son/daughter who is short, hairy, walks on all fours and doesn't speak clearly.

Remember: In many ways, dogs and cats are better than kids because they:

1. Eat less
Mij

Dr. Saylor-Wither's Cat -



2. Don't ask for money all the time
3. Are easier to train
4. Normally come when called
5. Never ask to drive the car
6. Don't hang out with drug-using friends
7. Don't smoke or drink
8. Don't have to buy the latest fashions
9. Don't want to wear your clothes
10. Don't need a 'gazillion' dollars for college.

And finally,

11. If they get pregnant, you can sell their children.

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

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6. www.westonaprice.org

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