

Van Every Family Chiropractic

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Healthy Living

newsletter



**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.



Looking for a drug-free lifestyle? Health and wholeness for yourself and your family? Are you interested in disease prevention and health

enhancement?

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

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Events

Saturday, May 17th ~ 10:00 a.m. - 1:00 p.m. Kid's Day America:



This Annual Event is 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!

The Month of May ~ Get your Kids scanned for FREE!

Nervous system disturbances can lead to all sorts of health problems. Since we would rather catch problems before obvious symptoms appear, we encourage parents to have a nervous system scan of their infant or child.

Our scanning technology is safe, accurate, noninvasive and takes just minutes. Should the scans reveal that chiropractic care could be beneficial, we'll make recommendations. If not, we'll tell you that, too.



Either way, you'll see the results.

Detecting pre-symptomatic health problems makes sense. It gives your child the best chance to grow up healthy and strong, free from vertebral subluxation.

Call to schedule your FREE, NO-OBLIGATION scan for your child today!!

April 12th 10:00 a.m. - 2:00 p.m. ~ "Vaccines & Immunity"

Presented by Mary Tocco at The Troy Community Center 3179 Livernois Troy, MI 48038

To Register, Go to: <http://www.mcpakids.org/index.php?file=registration.html>

Late breaking news: Blind man suddenly sees again



A Dubuque man can see clearly after being blind in one eye for more than a decade. It happened after a trip to his chiropractor. After a routine visit to Chiropractor Tim Stackis, Doug Harkey says a miracle happened.

"My blind eye starting watering after I left there and it watered for 45 minutes straight. It started making my good eye water. I went to wipe my right eye and I could see out my left again."

Doctor Stackis said the bones in Harkey's neck were out of alignment. "That interferes with the messages and energy the brain sends down to the rest of the body."

Harkey now has the depth perception he'd been missing, just what he needs as he's about to walk down the aisle with his fiancée next month. Harkey's fiancée, Gina Connolly said, "I'm not used to him not running into things or stepping on our feet." See the entire story at

<http://www.kcrg.com/news/local/13718517.html?corder=regular>

Fibromyalgia and chiropractic



Imagine being tired all the time with burning pain, muscle spasms and tender "trigger" points. Add to that increased sensitivity to pain, heat, cold, bright lights, plus bowel/bladder problems, headaches, sleeplessness and/or anxiety. These are the symptoms of fibromyalgia.

Anti-inflammatory drugs, painkillers, antidepressants and other prescriptions, physical therapy, counseling and support groups all have poor records helping fibromyalgia sufferers. However, acupuncture, relaxation techniques, meditation and nutritional therapy offer more encouraging results. (1-3) What about chiropractic?

The Chiropractic Approach

An unhealthy spine has long been associated with fibromyalgia. (4) In one study neck injury increased the occurrence of fibromyalgia by ten times! (5) Chiropractic adjustments to correct subluxations of the spine have shown powerful results. In one study all 23 fibromyalgia sufferers (ages 11-76) showed 92-100% improvement and maintained their improvements after one-year follow-up with chiropractic care (6). In another study of 15 women, 60% reported at least a 50% reduction in their pain, less fatigue and improved sleep quality with chiropractic. (7)



Chiropractic for fibromyalgia sufferers

Anyone suffering from fibromyalgia should see a chiropractor for a spinal checkup. It may make the difference between recovery and continued illness, between a life of pain and a life of ease.

What can chiropractic do for you?

For a healthier, happier life, for healthier children – try chiropractic. Too many lives are wracked by illness (both physical and mental). Is there a way to help ensure greater health?

Chiropractic is a natural approach to healthcare. Our goal is to work with nature by ensuring that your body structure and your internal communications system – your brain and nerve system – function in harmony. Disharmony ultimately ends in lowered resistance to disease, sickness, unhappiness, less ability to deal with stress and an early death.

The safest healing art?

How safe is chiropractic? Very safe! A study was done to determine the strain on the arteries of the neck during spinal care. Chiropractic caused an average strain on the arteries of about 2-6% over resting, similar to strains moving the head during range-of-motion.

Research reveals that spinal arteries could be stretched to 39-62% over resting length before causing problems, approximately nine times greater than strain of chiropractic care. One study estimated the occurrence of stroke following chiropractic at approximately one per 6 million, and even in those cases chiropractic isn't necessarily the cause. By comparison, a person's odds of getting struck by lightning in his or her lifetime are about one in 3,000. (8)

Two additional months of breast-feeding



Two additional months of full breast-feeding may make a big difference in the number of infections a child suffers. In a study from Pediatrics (February 2006) it was found that stopping full breast-feeding at 4 months increased the risk of infection even more than day

care or exposure to smoke. The benefits extended at least to the end of the study at age two. (9)

Watchful waiting preferred over antibiotics

Antibiotics are not justified to reduce the risk of complications after upper respiratory tract infection, sore throat or ear infection according to a study in the British Medical Journal. Is it not good medicine to prescribe antibiotics if a patient has upper respiratory tract infection, sore throat or ear infection? Guidelines advise against the routine use of antibiotics in patients with these conditions. Antibiotic prescribing for acute respiratory infections in UK general practice declined by 45% between 1994 and 2000. The authors conclude that general practitioners should not base their prescribing for sore throat, ear infection or upper respiratory tract infections on a fear of serious complications; most infections can be managed by watchful waiting. (10)

Comment: For better health, replace watchful waiting with a chiropractic adjustment.



What caused the MRSA superbug?

The Washington Post article "Superbug's death toll outdoes the AIDS virus" revealed that the superbug (MRSA), which has killed thousands in the US, mostly kids, apparently was the result of vaccination. The researchers attributed the emergence of the strain to a combination of the overuse of antibiotics and the introduction of a vaccine that protects against the infection. They quote a researcher as saying: "The use of the vaccine created an ecological vacuum, and that combined with excessive use of antibiotics to create this new superbug." (11)

Artificial sweetener causes weight gain



Many people drink artificial sweeteners because they think it's healthier for them when in fact the opposite is true. Worse than that, these dangerous

chemicals are addicting! Now a new study shows rats that ate food sweetened with saccharin ate more, gained more weight and stored more fat over time than rats that ate regular sugar. The researchers say the artificial sweetener caused a biological change in the rats, slowing down their metabolism. The study seems to explain why some of the heaviest consumers of artificial sweeteners are some of the heaviest Americans. (12)

Nutrition myths (from westonaprice.org)



Myth: For good health, serum cholesterol should be less than 180 mg/dl.
Truth: The all-cause death rate is higher in individuals with cholesterol levels lower than 180 mg/dl. [Circulation. 1992; 86(3):1026-1029.]

Myth: Animal fats cause cancer and heart disease.
Truth: Animal fats contain many nutrients that protect against cancer and heart disease; elevated rates of cancer and heart disease are associated with consumption of large amounts of vegetable oils. [Fed Proc. 978;37:2215.]

Myth: Children benefit from a low-fat diet.

Truth: Children on low-fat diets suffer from growth problems, failure to thrive & learning disabilities. [Food Chem News. 10/3/94.]

Myth: A low-fat diet will make you "feel better . . . and increase your joy of living."

Truth: Low-fat diets are associated with increased rates of depression, psychological problems, fatigue, violence and suicide. [Lancet. 3/21/92 v339]



More women die after receiving Gardasil™

The death of two young women who received the cervical cancer vaccination is causing some in the U.K. to question a strategy that calls for hundreds of thousands of schoolgirls to receive the shot next fall, the Daily Mail reports.

The young women who died received the vaccination, marketed under the name Gardasil. The two deaths follow the deaths of three U.S. females, ages 12, 19 and 22, who were reported to have died days after receiving Gardasil. The U.S. Food and Drug Administration recently reported that 28 women miscarried after receiving the vaccine. The FDA has said there is no reason to reexamine approval of the drug. (13)



Chiropractic and Spinal Research

Attention deficit hyperactivity disorder and chiropractic.

A 6-year-old boy struck his head in a fall from a playground slide and was knocked unconscious. Unable to alleviate her son's headaches and neck pain with painkillers, the mother brought the boy to a doctor of chiropractic eighteen months later. The boy also suffered from stomach pains and bloodshot eyes, was unable to sit still, had poor grades in school, and his teacher complained of disruptive and inattentive behavior in class. All of these symptoms appeared after the fall from the slide. After three weeks of chiropractic care his grades improved dramatically and his other symptoms were much reduced or disappeared. (14)

No matter what the cause, every child (and adult) with learning disorders such as ADD/ADHD or dyslexia should be checked by a chiropractor for subluxations. Chiropractic care may make a big difference. (15-16)

Humor

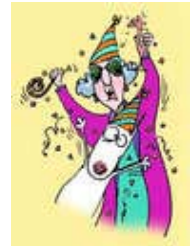
Martha's Way



Stuff a miniature marshmallow in the bottom of a sugar cone to prevent ice cream drips.

***Maxine's Way ***

Just suck the ice cream out of the bottom of the cone, for Pete's sake! You are probably lying on the couch with your feet up eating it, anyway!



To keep potatoes from budding, place an apple in the bag with the potatoes.

Buy Hungry Jack mashed potato mix, keep it in the pantry for up to a year.

When a cake recipe calls for flouring the baking pan, use a bit of the dry cake mix instead and there won't be any white mess on the outside of the cake.

Go to the bakery! They'll even decorate it for you.

If you accidentally oversalt a dish while it's still cooking, drop in a peeled potato and it will absorb the excess salt for an instant 'fix-me-up.'

If you oversalt a dish while you are cooking, that's too bad. Please recite with me the real woman's motto: 'I made it and you will eat it and I don't care how bad it tastes!'

Wrap celery in aluminum foil when putting in the refrigerator and it will keep for weeks.

Celery? Never heard of it!

Brush some beaten egg white over pie crust before baking to yield a beautiful glossy finish.

The Mrs. Smith frozen pie directions do not include brushing egg whites over the crust so I don't.

Cure for headaches: take a lime, cut it in half and rub it on your forehead. The throbbing will go away.

Take a lime, mix it with tequila, chill and drink!

If you have a problem opening jars, try using latex dishwashing gloves. They give a non-slip grip that makes opening jars easy.

Go ask that very cute neighbor if he can open it for you.

Don't throw out all that leftover wine. Freeze into ice cubes for future use in casseroles and sauces.

Leftover wine?????????????
HELLO !!!!!!!

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

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