



Healthy Living

newsletter

Welcome to our office's Chiropractic newsletter.

The Van Every Family Chiropractic Center's Mission Statement:

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.



Dr. Christie Prosper, Kim, Jane, Melissa & Dr. Anna Saylor-Wither

TABLE OF CONTENTS

- Calendar of Office Events
- Kid's Day America! A Huge Success!
- Tips for the Gardener
- Special report: If your neck is subluxated (continued)
- Cartoon – The Town of Allopath
- Do You Know That Miracles are Happening to You?
- Chiropractic and Spinal Research

- Early Antibiotics May Increase Asthma Risk
- Antibiotics Increase Chances of Getting Breast Cancer
- Home Birth as Safe as Hospital Birth
- Words of Wisdom
- Office Dog of the Month
- Meet our new Massage Therapist - Jennifer Smith
- References

Calendar of Office Events

Saturday, June 24th, 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 to RSVP your space or join us on that day to shop.

Thursday, September 21st, "Are Vaccines Safe?" Presented by Mary Tocco, Director of *Vaccine Research and Education* on the board of Michigan Opposing Mandatory Vaccines, since 1995 and President of The Autism Autoimmunity Project of Michigan (TAAP). For more information go to www.marytocco.com. Lecture sponsored by Van Every Chiropractic Center. Advance Tickets \$5, Call 248-616-0900 for more information and reservations.

Saturday, October 14th, 9:00 a.m. - Noon - Fall Festival. Mark your calendars for our fun filled Fall Festival. Free Games, Prizes & Food. Free pumpkins for the 1st 100 patients!

Kid's Day America! A Huge Success!



Thank you Costco for the delicious cakes!

Van Every Chiropractic Center held their Fifth Annual Kid's Day America on Saturday, May 20th. The weather was beautiful, and a good time was had by all. *Youth Under Construction* provided live

entertainment along with Sponge Bob, train rides, and great prize give-aways. Don't miss next years Kid's Day America! Mark your calendar: **May 19th, 2007.**



Tips for the Gardener



"Wisty" the wisteria in full blown on the garden gate at our office.

Nothing flatters a home more than a well-kept yard, well-trimmed shrubs, and tended flower beds. Likewise, a vegetable garden that produces bumper crops of tomatoes, turnips and green beans, is most flattering to its owner -- and a good pastime -- sometimes. Unfortunately, all too often, it is painful for participants. Many health disorders are a result of *awkward posture, use of unconditional muscles, and overindulgence -- not necessarily accidents.*

Doctors of Chiropractic, whose health-care services emphasize the structural integrity of the body and concern for the health disorders related to the spine and nervous system, are well-aware of the "Golden Rules" of gardening.



The Do's and Dont's:

1. Warm up your muscles to a task a few minutes before starting a tough project.
2. Don't bend over for long periods of time without taking breaks to stand.
3. Don't lift more than you can handle.
4. Wear clothes that don't restrict or confine movement.
5. Wear flat, comfortable shoes that offer firm support.
6. Use proper tools for each job.
7. Avoid becoming over-heated or chilled.
8. Avoid doing work in an awkward position. Instead of bending forward at the waist, get down on you hands and knees, keeping your spine in a position as close to normal as possible. Getting your hands and knees muddy beats getting subluxated!
9. If you injure yourself, or have aches and pains, see your chiropractor immediately.
10. Have periodic spinal evaluations to prevent health disorders which result form a subluxated spine.

Our Office Blooms Because of You.....Sow the Seed of Good Health.

We would like to thank you for your many referrals. By referring new patients to our practice, you have paid us the nicest compliment possible. To show our appreciation for your confidence and trust in us, for each new patient that you refer you will receive a free gift: **a visit on our hydro-therapy table!** Thanks for helping us to help others.

Special report: If your neck is subluxated (continued)

Last month we discussed the top two bones of your neck, your atlas (C1) and your axis (C2). You have seven neck (cervical) vertebrae in all. What are the names of the others? Simple: C3, C4, C5, C6 and C7.



When you have a subluxation of your neck vertebrae, certain nerves and areas are affected. Below are some of the more



common findings.

C3: Nerves from C3 go to your cheeks, outer ear, face, teeth and lungs. Neuralgia, neuritis, acne, pimples, dry skin and other conditions are noted in C3 subluxations.

C4: Nerves from C4 go to your nose, lips, mouth, eustachian tube, mucus membranes and lung. Hay fever, hearing problems, tonsillitis and other conditions are noted in C4 subluxations.

C5: Nerves from C5 go to your vocal cords, neck glands, and pharynx. Laryngitis, hoarseness, throat conditions and other conditions are noted in C5 subluxations.

C6: Nerves from C6 go to your neck muscles, shoulders and tonsils. Stiff neck, pain in the upper arm, weakness in the arm, loss of grip strength and other conditions have been noted in C6 subluxations.

C7: Nerves from C7 go to your thyroid gland, shoulder bursa and elbows. Bursitis, thyroid, shoulder and other conditions have been noted in C7 subluxations.

Make sure you see your chiropractor to ensure that your cervical spine (neck) is in proper alignment.

Cartoon – The Town of Allopath

View this great little animated cartoon about the differences between the medical and the natural approach to life and health. It's called Welcome to the Town of Allopath. Go to: www.mercola.com/townofallopath/index.htm

Do You Know That Miracles are Happening to You?

You are surrounded by miracles.

Last night you went to sleep, lost consciousness and without thinking about it you kept breathing all night. While this was going on, your mind slipped through different levels of consciousness, each with its own mysterious function to keep you healthy. Eventually your brain brought you to consciousness. You woke up! In a sense you came back to life! You never worry about waking up when you go to sleep but it's a miracle just the same.



You opened your eyes and saw light, colors and objects. Your ears heard sounds, perhaps your nose smelled breakfast – all these events are coordinated by thousands and millions of nerves and chemical reactions in your brain and sense organs.



You probably went to the bathroom. Why? Because a prior meal was digested and assimilated to give you energy and raw materials for repair and regeneration. While you slept your liver, kidneys, bladder and bowels worked to cleanse your blood, collect waste and ready it for elimination. Elimination of wastes is a wonderful thing; without it you'd quickly become toxic and die. All your internal pipes and tubes are incredibly complex and yet they work in a smooth coordinated manner.

Then you noticed that you're hungry for breakfast! Wow, your body told your conscious mind that you needed nourishment. Hunger is wonderful – it lets you know your digestion is working properly. All this and more happened before you opened the door to your bedroom! What's next?

A day of more miracles of course.

Please don't take life for granted. So much magic is inside you so that you may fulfill your life's purpose.

Chiropractic and Spinal Research

Do you know anyone ill, living on drugs or suffering? They may have years of uncorrected subluxations in their body. Please tell them about chiropractic.

Bed-wetting (two case studies). Case #0991 is of a five-year-old female who had been wetting her bed for 6 months; she was prescribed antibiotics for what MDs diagnosed as a bladder infection. After the second chiropractic adjustment, she stopped wetting her bed for 3 weeks. She had a bad fall and began to wet her bed again. Following her next adjustment, she remained dry.

Case #0419 is of a nine-year-old male who wet his bed almost every day of his life. During his first 6 months of chiropractic he'd remain dry for 1 or 2 days after his adjustments. A change in adjustments to the sacrum resulted in greater improvement. He is now dry for one-half to two-thirds of the nights between adjustments. (1)

Urinary incontinence. A 12-year-old girl had left lower back and flank pain and involuntary urine loss after she fell backwards and landed on her coccyx (tailbone). After her first adjustment her lower back pain decreased 50% and urine "leakage" improved. After a few months all back pain and all urinary incontinence disappeared. At follow-up 16 months later there was no return of symptoms. (2)

Heart disease. "Upper thoracic subluxations are common in heart patients; the subluxations appeared months or years before the cardiac symptoms. Koch reports that many heart patients reported heart disease following thoracic trauma with marked subjective and objective improvement following spinal care. Out of 150 cases, no cardiac deaths occurred during the spinal corrective program." (3)



Early Antibiotics May Increase Asthma Risk



Chiropractors and other natural healers recommend no antibiotics except under extreme conditions (i.e. life or death situation). That is because antibiotics have many side effects, do not address the cause of lowered resistance, suppress illness and drive the condition deeper to create chronic disease.

There are numerous reports showing antibiotics (and vaccinations)

cause asthma. In fact, asthma has increased dramatically over the last three decades while antibiotic and vaccine use have also increased.

In a study appearing in the medical journal Chest of 12,082 children, the likelihood of developing asthma doubled if they received antibiotics before age one. Every additional course of antibiotics during the first year of life increased asthma by 16%. (4)

Antibiotics Increase Chances of Getting Breast Cancer

Greater dangers of antibiotics were powerfully revealed in a study of more than 2,000 women with breast cancer. It was found that the risk of breast cancer increased with the amount of antibiotics used. Those who took the most antibiotics had the most, and most deadly, breast cancer. It didn't matter what the antibiotics were prescribed for.



Happily, more people are pursuing alternatives to antibiotics. If you are prone to infection the problem is not with the germs (they are always there). The problem is you are out of balance or toxic. Healthcare providers such as chiropractors, naturopaths, nutritionists, homeopaths, herbalists and others work to rebalance your system and get to the cause of body malfunction. (5)

Home Birth as Safe as Hospital Birth

The June 18, 2005 issue of the British Medical Journal found that women who chose home deliveries with the help of a certified midwife had no difference in number of problems from those who gave birth in a hospital. The study involved data on more than 5,400 women who planned midwife-assisted deliveries at home.

In addition to home birth being just as safe, there is often greater bonding between mother and baby when birth is at home. There is less stress due to unfamiliar surroundings and, very importantly, the mother is able to give antibodies and other infection protections to the baby that are perfectly suited for her home environment.



Mothers and babies in hospitals don't have that level of protection against the antibiotic-resistant hospital germs. (6)

Words of Wisdom

Life is merely a matter of perspective. For example...

Like most young boys, Timmy always dreamed of being a professional baseball player,

playing in the World Series. One day, he was in his backyard practicing. One could hear him announcing: "World Series, game 7, two outs, bases loaded, bottom of the ninth, series tied...the home town fans are going wild".

Timmy throws the ball up in the air, quickly grabs the bat with both hands and takes a mighty cut, only to miss. "Strike one," he says out loud, somewhat dejected. He again throws the ball up in the air, takes another home run cut at the ball, only to miss again. "Strike two," he announces, feeling the weight of the world on his shoulders. Again he launches the ball up in the air, grabs his bat, swings with all of his might and misses...strike three. He hangs his head low, slowly walking away. Suddenly he breaks into a dance, hands held high in the air and announces to the crowd, "I am the greatest pitcher that ever lived".



Office Dog of the Month



I'm Kim's 4 year old dog **Snickers**. I got my name when I was little, my colors were just like a snickers bar. (Or maybe my mom was just hungry) I am what you call a Teddy Bear, which is a mix between a Bischon and a Shit-zhu. I am a little shy, so it may take me a while to warm up to you. My favorite hobby is sitting on the back of the couch in the window. But I do blend in with the couch, so please don't sit on me!

Meet our new Massage Therapist - Jennifer Smith

Jennifer Smith joins Van Every Family Chiropractic Center.



To schedule an appointment with Jennifer, please call our office: 248-616-0900.
An 1 hour massage is \$50.00. A 1/2 hour massage is \$30.00.

****Through the month of June, for all new clients,
a 1 hour massage is only \$40.00. ****

**For additional information about
Dr. Anna Saylor-Wither, Dr. Christie Prosper, and our office.
Please visit us on the web at: www.vaneverychiropractic.com.**

References

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, stop by, or email the office at: info@vaneverychiropractic.com. Please remember that everyone needs to be free from subluxations so bring your friends and loved ones for a spinal checkup.

1. Marko RB. Bed-wetting; two case studies. *Chiropractic Pediatrics*. April 1994;1(1).
2. Stude DE, Bergmann TF, Finer BA. A conservative approach for a patient with traumatically induced urinary incontinence. *J Manipulative Physiol Ther*. 1998;21:363-367.
3. Koch RS. A somatic component to heart disease. *Journal of the American Osteopathic Association*. 1961;60:735-739.
4. Marra F, Lynd L, Coombes M et al. Does antibiotic exposure during infancy lead to development of asthma?: A systematic review and meta-analysis. *Chest*. 2006;129:610-618.
5. Velicer CM et al. Antibiotic use in relation to the risk of breast cancer. *JAMA*. 2004;291(7):880-881.
http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=14970061
6. Johnson KC, Daviss BA. Outcomes of planned home births with certified professional midwives: Large prospective study in North America. *British Medical Journal*. 2005;330:1416.
7. Fawzy FI et al. Malignant melanoma: Effects of an early structured psychiatric intervention, coping and affective state on recurrence and survival 6 years later. *Archives of General Psychiatry*. 1993;50:681-689.

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.