



Healthy Living

newsletter



**Melissa, Aiden & Otis**

**We're happy to welcome  
Bric Ashley Wither &  
Aiden James Pierce  
to our Van Every  
Chiropractic Family!**

Meet them both on July 14th.

**Welcome to Van Every Family 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.**

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### Office Hours Through June 30th

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 date

### Calendar of Office Events



**Bric Wither -**  
**To see more pictures of Bric**  
**at 1 month old, go to**  
**[www.collages.net](http://www.collages.net),**  
**username: Bric W,**  
**Password: 10453**

**Saturday, June 23<sup>rd</sup>, 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.

**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 babies of Dr. Saylor-Wither & Melissa. Bric Ashley Wither was born on April 13th & Aiden James Pierce was born on May 9th.

## Special Offer for June

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:

**\*\*\*\*\* 50% OFF Biofreeze! \*\*\*\*\***

One offer per person.

## Q: The use of which OTC pain reliever far exceeds any other cause of acute liver failure?

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

## Why visit a chiropractor?



Each year millions of people enjoy the most popular natural, drug-free health care system in the world –chiropractic! Chiropractic helps people function closer to their physical and emotional best; recover from sickness, disease and disability faster and minimize the use of drugs and surgery in their lives! Many chiropractic users report less stress, more vitality and more enjoyment in life!

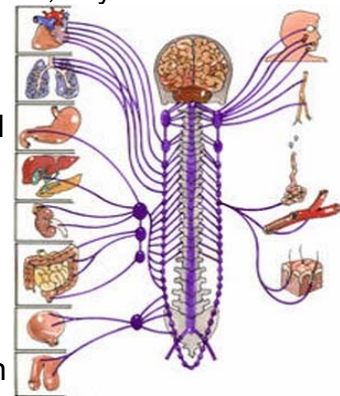
Chiropractic is a system of health care that releases a serious stress from your body: the subluxation, an often painless, tiny distortion in your spine and structural system that can

affect your nerves, muscles, internal organs, discs, bones, brain, posture and overall health.

Of course, if you presently are ill and suffering, you need your natural healing ability enhanced so you can better fight disease and return yourself to a state of balance and health. That is a fact no matter what disease or condition you may have. By correcting your subluxations, chiropractors help awaken your natural healing ability to function at its optimum; to awaken your “inner doctor.”

For millions chiropractic has made the difference between living with pain and living without pain, between living with sickness and living in health, between a fast recovery and a slow recovery and even between life and death.

Why live with health problems when you can live without them? Discover chiropractic – discover how natural healing can be.



## Babies and chiropractic

You do so many things to ensure your baby's health: during pregnancy you eat right; you avoid cigarettes, alcohol and all drugs



(even aspirin, cold, flu and other over-the-counter medications can damage your unborn child or cause problems in pregnancy). You educate yourself so you may have a natural, drug-free birth. After the baby arrives you breast-feed knowing that is the superior form of nutrition; in short, you do everything you can to make sure your baby is healthy.

But have you had your baby's spine checked? How do you know if your child's spine is healthy? An unhealthy spine can affect your child's health for his/her entire life. Your doctor of chiropractic is specially trained to check your child's spine for areas of distortion causing nerve damage – the vertebral subluxation complex (subluxations).

*With the birth process becoming more and more an intervening procedure, the chiropractic adjustment becomes even more important to the child's future.* – Larry Webster, D.C.

### For Over a hundred years...

For over a hundred years doctors of chiropractic have observed the often dramatic responses of infants after chiropractic care. In fact, there seems to be no limit to the conditions that can respond to chiropractic care: colic <sup>1</sup>, difficulty breast-feeding <sup>2</sup>, Erb's palsy (an arm is limp and undeveloped) <sup>3</sup>, torticollis (twisted neck) <sup>4</sup>, unbalanced face and skull development <sup>5</sup>, foot inversion <sup>6</sup>,



"nervousness" and ear, nose and throat infections <sup>7</sup>, allergies and sleep disorders <sup>8</sup>, projectile vomiting <sup>9</sup> and many, many other conditions.

Give your baby the best possible chance to have a healthy life. You have your baby's eyes checked, heart checked, hearing checked – bring all your children in for a chiropractic spinal checkup. A simple checkup now might make a BIG difference for your children for the rest of their lives.

Photo of Dr. Wither & Bric courtesy of [www.Leeperphoto.com](http://www.Leeperphoto.com)

### Protect yourself from cancer with food

Since ancient times the once rare disease (until the last 100 years) we call cancer was considered a deficiency disease. A major reason why cancer rates are increasing is because many people are living on dead foods such as sugar, high fructose corn syrup, white flour, processed oils, denatured (pasteurized/processed) dairy products, bizarre chemicals added to our foods, and fruits and vegetables that are low in essential minerals. In addition, many nutritionists say that people overeat because they are starving for essential nutrients that are lacking in modern packaged foods.



At

[http://www.westonaprice.org/moderndiseases/cancer\\_broch.html](http://www.westonaprice.org/moderndiseases/cancer_broch.html)

(The Weston Price Foundation) you'll learn which foods may protect us from cancer and which substances in our diet are linked to cancer. This is lifesaving information, please share it with others.

## Did you know...? Cholesterol myths

Did you know that cholesterol is not a deadly poison, but a substance vital to the cells of all mammals? That your body produces three to four times more cholesterol than you eat? That this production increases when you eat only small amounts of cholesterol and decreases when you eat large amounts? That many of the cholesterol-lowering drugs are dangerous to your health and may shorten your life? <sup>10</sup>

## Beware of back surgery



Back surgery has such a high failure rate it should be outlawed. In a University of Cincinnati study of Ohio workers' compensation claimants with low back pain, 725 workers opted for lumbar spinal fusion surgery as treatment for back pain. A full 64% were still off work more than a year later! Only 6% had gone back to work and stayed for a full year. Approximately 20% had significant complications and 27% were in such pain that they needed another operation. Some 90% were in such pain they were still taking narcotics at follow-up.<sup>11</sup> A similar 1994 study of Washington State workers also found high rates of postoperative disability, high re-operation rates, and inadequate relief of back pain.<sup>12</sup> A study by Nicholas Ahn, MD, et al found that after single-level fusion, the total disability rate approaches 25% while for those who had two- and

three-level fusions, the postoperative disability was 70% and 100%, respectively.<sup>13</sup> Before anyone ever considers spinal surgery they should check out the non-medical, non-surgical chiropractic alternative.<sup>14</sup>

## Tylenol™ and liver failure

Why are so many people dependent on painkillers to relieve their symptoms when there is chiropractic, acupuncture, homeopathy, naturopathy and so many other safer alternatives? No one should be living on synthetic pharmaceutical drugs, many of which are very dangerous.



In one study of 662 cases of acute liver failure the researchers discovered that poisoning with acetaminophen (Tylenol) far exceeded any other cause of acute liver failure. Of those cases resulting from acetaminophen poisoning, 29% died.<sup>15</sup>

## Chiropractic and spinal research



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.

## High blood pressure and chiropractic

Chiropractic has recently gotten some very positive press. A Chicago-area study of 50 people with a misaligned atlas vertebra and high blood pressure showed that after one chiropractic adjustment, blood pressure decreased significantly. The study's lead author is George Bakris, M.D., director of the Hypertension Center at the University of Chicago Medical Center.

To read a few of the articles reporting on the study results, go to:

<http://www.torontodailynews.com/index.php/HealthNews/2007031704high-blood-pressure>,  
<http://www.sciencedaily.com/releases/2007/03/070315161129.htm> .

ADHD and chiropractic. This is the case of an 8-year-old child with many learning and behavioral disorders associated with ADHD that began after he had a fall 18 months prior to the visit. Following two months of care his mother noted positive changes in behavior and reduction in his complaints of headaches and neck pain symptoms. His schoolteachers remarked on the positive changes in his behavior and improvements in academic performance.<sup>16</sup>

## What do most asthmatics die from?



Asthma drugs. Researchers from Stanford and Cornell Universities reviewed 19 studies involving nearly 34,000 patients and found that people using popular drug inhalers for asthma (Serevent™, Advair™, Foradil™) were 2.5 times more likely to be hospitalized for severe asthma attacks and 3.5 times more likely to die than those using different inhalers. Five thousand people die each year from asthma (US) and about 4,000 are caused by these drugs.<sup>17</sup>

## The placebo (a true story)

A man brings his asthmatic child to the chiropractor.

The child's breathing improves and the number and severity of attacks begins to diminish almost immediately. The father goes back to his MD.

"Why didn't you tell me chiropractic could help my child's asthma?"

"It's just placebo," his MD responded.

"Why didn't you tell me chiropractic was such a good placebo for asthma?" the father said.

(Note: Placebo is just another word for our ability to tap the natural healing ability or our inner doctor.)

## Humor

Medieval tech support: go to <http://www.flixy.com/medieval-tech-support.htm>

## A Day in the Life of Your Pet...

### Excerpts from a Dog's Diary

8:00 am - Dog Food! My favorite thing!

9:30 am - A car ride! My Favorite thing!

9:40 am - A walk in the park! My favorite thing!

10:30 am - Got rubbed and petted! My favorite thing!

12:00 pm - Lunch! My favorite thing!

1:00 pm - Played in the yard! My favorite thing!

3:00 pm - Wagged my tail! My favorite thing!



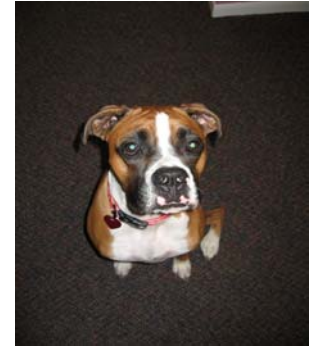
5:00 pm - Milk bones! My favorite thing!

7:00 pm - Got to play ball! My favorite thing!

8:00 pm - WOW! Watched TV with the people! My favorite thing!

11:00 pm - Sleeping on my bed! My favorite thing!

[Luschka Saylor-Wither](#)



[Starr Prosper](#)

### \*Excerpts from a Cat's Diary\*

Day 983 of my captivity.

My captors continue to taunt me with bizarre little dangling objects. They dine lavishly on fresh meat, while the other inmates and I are fed hash or some sort of dry nuggets. Although, I make my contempt for the rations perfectly clear, I nevertheless must eat something in order to keep up my strength.

The only thing that keeps me going is my dream of escape. In an attempt to disgust them, I once again vomit on the carpet. Today I decapitated a mouse and dropped its headless body at their feet. I had hoped this would strike fear into their hearts, since it clearly demonstrates what I am capable of. However, they merely made condescending comments about what a "good little hunter" I am...

There was some sort of assembly of their accomplices tonight. I was placed in solitary confinement for the duration of the event. However, I could hear the noises and smell the food. I overheard that my confinement was due to the power of "allergies." I must learn what this means, and how to use it to my advantage.

Today I was almost successful in an attempt to assassinate one of my tormentors by weaving around his feet as he was walking. I must try this again tomorrow -- but at the top of the stairs. I am convinced that the other prisoners here are flunkies and snitches. The dog receives special privileges. He is regularly released - and seems to be more than willing to return. He is obviously retarded. The bird has got to be an informant. I observe him communicating with the guards regularly. I am certain that he reports my every move. My captors have arranged protective custody for him in an elevated cell, so he is safe. For now...

[Mij Saylor-Wither](#)



## 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](mailto:saylordc@aol.com) or [drprosper@hotmail.com](mailto: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](http://www.vaneverychiropractic.com).**



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

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