



Healthy Living

newsletter

Happy Summer!

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.



This is a photo of our garden arch at the office.

*You can complain because roses have thorns or you can rejoice because thorns have roses.
– Ziggy*

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Calendar of Office Events

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!

50% off any Biofreeze! Find out how.

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% of any one Biofreeze item.**

Which dog will be the "Office Dog of the month" in August?

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 household.

Your Body Structure and Health – are all of your parts in the proper place?

For you to be healthy your body must be balanced, aligned and free of structural stress. Unfortunately many people are unbalanced, misaligned and full of structural stress. The result is a lack of energy, chronic fatigue, dis-ease, physical and mental illness and a reduced ability to grow and enjoy life.

Chiropractors have a special name for structural stress: subluxation. A subluxation is a structural distortion in your body that, among other things, results in a weakened spine, body imbalance and a poor relationship with gravity. Your muscles, discs, ligaments, organs, bones and joints will prematurely age and deteriorate as a consequence.





But there's more. Imbalance causes lack of energy and vitality, chronic fatigue, and irritation to your brain, spinal cord and nerves. It also causes dis-ease or lack of wholeness resulting in overall weakened physical and mental functioning. Dis-ease sets the stage for disease.

Chiropractic care releases deep stress

Chiropractic spinal care balances your body structure, relieves deep stress from your spine and nervous system, and gives your body greater harmony, resistance to disease and improved function.

That's why so many millions of people visit chiropractors each year. Nearly every disease and condition responds to a healthier body – a body functioning with a stronger immune system, a body with less stress, a body with more energy.



No matter what the disease, everyone needs to be free from subluxations. **Why wait?**

Chiropractors are trained to locate subluxations years before serious symptoms appear. Remember, there wouldn't be any major health problems if we paid attention to minor ones. Why wait until you have a health problem to see a chiropractor? Why not practice preventive health maintenance by having your spinal column checked for spinal nerve stress before you get sick?

Please bring your family in for a chiropractic checkup. Make sure you enjoy the summer in good health.

Antibiotics not effective for ear infections

Stop with all the antibiotics already! Ear infections usually clear up without drugs and they respond **faster** under **chiropractic care**. Scientific studies repeatedly show that antibiotics are not indicated for otitis media with effusion (middle ear infection). In fact, two-thirds of children with middle ear infection recover from pain and fever within 24 hours of diagnosis without antibiotics, and over 80% recover within 1-7 days. Antibiotics actually slow healing. This analysis was sponsored by the Agency for Healthcare Research and Quality (AHRQ). (1)



How Many Americans Did Vioxx Kill?

Let's face it – drugs are dangerous and should only be used rarely, after safer, more conservative methods have been tried. Thousands of people die from properly prescribed medication. Medicine can be a dangerous healing art. That's **one of the reasons** millions of people



visit **chiropractors. It's safer.** See special report on death by Vioxx at:
<http://www.lewrockwell.com/sardi/sardi53.html>

Chiropractic and Spinal Research



Did you know there are thousands of papers on the wonders of chiropractic and spinal care in health and disease? Anyone who has any kind of health problem needs chiropractic care.

Hot Flashes: This is a report of a 55-year-old woman with a four year history of hot flashes related to natural menopause. A distinct downward trend in the frequency of hot flashes is noted following intervention with cervical and upper thoracic adjusting. The patient's improvement was based on entries from the patient's diary and clinical records. (2)

Ear Infection: An upset father brought his 9-year-old son to a chiropractor. He had been

having chronic ear infections since he was 3 that had been getting 'progressively worse' and he had been on and off antibiotics at least every six weeks for the past six years. Five years prior, tubes were put in his ears. The child was scheduled for another ear surgery and to have his swollen tonsils and adenoids removed. **After the first chiropractic adjustment**, the boy stopped complaining about his ears. At a six-week evaluation, there was no ear effusion in either ear and his tonsils and adenoids were normal size. The ENT doctor cancelled surgery. After 5 months the child had no ear infections, no sore throats, no colds, no flu and has been on no medications. (3)

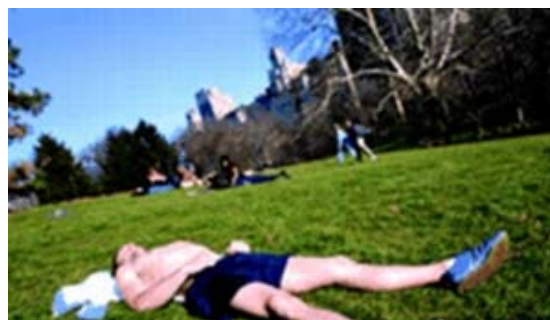
Headache: 28 of a group of 53 headache sufferers received spinal care twice a week for three weeks. The remaining 25 served as controls. The use of analgesics decreased by 36% in the spinal care group, but was unchanged in the control group. The number of headache hours per day decreased by 69% and the headache intensity per episode decreased by 36%. (4)

Sunlight prevents cancer

Insufficient sunlight may increase your chances of getting cancer.

Natural sunlight is necessary for good health. It contains ultraviolet rays that our body needs to create the vitamin D we need. Milk and most supplements contain synthetic vitamin D2 (ergocalciferol) that is not nearly as good as natural vitamin D from sunlight or cod liver oil.

Because darker skinned people require 10 to 20 times the sun exposure than lighter skinned people



to build up the same amount of vitamin D, African Americans have a much higher rate of cancer than other ethnic groups. More and more research reveals that insufficient exposure to ultraviolet radiation may be an important risk factor for cancer.

There are 13 cancers that appear related to sunlight. These include breast, colon and ovarian cancer and tumors of the bladder, uterus, esophagus, rectum and stomach. A moderate amount of sunlight is very good for you – avoid the UV- blocking sunscreen but be judicious so you don't burn. (5)

Vitamin K shots – dangerous and unnecessary



Hospitals like to administer a synthetic, fat-soluble vitamin K injection to all newborns that is 100 times the daily requirement! If a mother is not malnourished, however, there is no proof that there is a vitamin K deficiency.

The vitamin K shot includes chemicals such as phenol (carbolic acid—a poisonous substance distilled from coal tar), propylene glycol (derived from petroleum and used as an antifreeze and in hydraulic brake fluid) and acetic acid (an astringent antimicrobial agent that may drastically reduce the amount of natural vitamin K that would have otherwise been produced in the digestive tract), formaldehyde (a cancer-causing agent

used to embalm bodies), mercury (the most poisonous naturally occurring element) and benzyl alcohol.

Large doses of vitamin K are linked to childhood cancers, leukemia, jaundice and other severe reactions, including death. Animal studies link vitamin K to liver damage, kidney damage and death. Additionally, synthetic vitamin K has never been studied to see if it causes cancer or impairment of fertility.

A *Lancet* study reports, "We conclude that healthy babies, contrary to current beliefs, are not likely to have a vitamin K deficiency...the administration of vitamin K is not supported by our findings..." (6)

Another reason to avoid statin drugs

Contrary to initial reports, statins do not lower cancer risk. In fact there is research indicating that lower cholesterol levels increase cancer, suicide and death from all causes. There is also no research showing that statins such as Lipitor™, Zocor™, Mevacor™, Crestor™, Pravachol™ and Lescol™ have any effect on mortality from heart disease. (7)



Unnecessary surgery



Charles Inlander, president of People's Medical Society, writes: "Every year millions of Americans have operations they do not need. In fact, the Congressional Committee on Energy and Commerce reports

that 20% of all surgeries performed in the US are unnecessary. These include prostate removal, cataract removal, gallbladder removal and wisdom tooth extraction (the granddaddy of all unnecessary surgeries, as about half of all wisdom tooth extractions are unnecessary)." (8)

If a Dog were your teacher

If A Dog Were Your Teacher

If a dog were your teacher, you would learn stuff like:
 When loved ones come home, always run to greet them.
 Never pass up the opportunity to go for a joyride.
 Allow the experience of fresh air and the wind in your face to be pure ecstasy.



When it's in your best interest, practice obedience.
 Let others know when they've invaded your territory.
 Take naps and stretch before rising.



Run, romp, and play daily.

Thrive on attention and let people touch you.

Avoid biting when a simple growl will do.

On warm days, stop to lie on your back on the grass.

On hot days, drink lots of water and lie under a shady tree.



When you're happy, dance around and wag your entire body.

No matter how often you're scolded, don't buy into the guilt thing and pout... run right back and make friends.

Delight in the simple joy of a long walk.

Eat with gusto and enthusiasm. Stop when you have had enough.

Be loyal.

Never pretend to be something you're not.

If what you want lies buried, dig until you find it.

Last and not least, when someone is having a bad day, be silent, sit close by and nuzzle them gently.

Office Dog of the Month



Hi. My name is Starr, I'm Dr. Prosper's puppy!?! Well, I'm only a year and an half old so I still behave like a puppy when it comes to play time. My full name is Starr Lemone, because most of the time my parents are sure they bought a "lemon." Please ignore my scars and occasional limping, I'm a well loved and spoiled dog who's kind of a klutz. I love kids and especially babies, they just smell so good! My new best friend is Ottis, you'll meet him next month (hint! hint!). See ya soon. XXOO Starr

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.

**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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