

Van Every Family Chiropractic

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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, for health and wholeness for yourself and your family? Interested in disease prevention and health enhancement?

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

TABLE OF CONTENTS

- Teach your children well
- Common questions and answers regarding chiropractic and pregnancy
- Half of Americans on meds, study says
- Chiropractic research
- Japanese data proves vaccines cause autism

- Ice cream – buy the best or make your own
- Sunlight is healing
- Fascinating Facts about Fruit
- Humor
- Van Every Chiropractic Contact Information

Teach your children well



Are you popping pills, smoking, reaching for “something” every time you have an ache or a pain? Are you living on drugs? I bet you aren’t but so many people are – and they have kids who watch and learn from them. I’m reminded of a true news article, the title is: [Dog Removed from Abusive Home](#). This really happened in Kentucky. The Society for the Prevention of Cruelty to Animals (SPCA) and the local government removed a dog from a family’s home because the couple that owned it fed the animal a diet of potato chips and

Coca-Cola! The couple’s four children remained.

Yes, shocking but true. The lack of health education is one of the main reasons people are in poor health. Your body is the world’s greatest drugstore (making all the drugs and chemicals you need) IF (BIG if) you give it the raw materials it needs: good food, water (no chlorine or fluoride please), sunlight, sleep, love, laughter – AND avoid poisons, recreational and prescribed.

Common questions and answers regarding chiropractic and pregnancy

Is chiropractic care safe in pregnancy?

Yes. It's very safe and very sensible for both mother and baby. Chiropractors are trained in adjusting the spines of pregnant women.



How late in pregnancy is it possible to get an adjustment?

Patients have received adjustments even during labor. There are reported cases of a chiropractor called in to perform a spinal adjustment when labor had stopped. Immediately after the adjustment, labor resumed normally.

Can spinal care help postpartum depression?

Yes. Chiropractic's beneficial effects on emotional stress and personality have been observed for over one hundred years.

Do I have to have a problem in pregnancy to see a chiropractor?

Not at all, chiropractic should be used as health maintenance or wellness care. Periodic spinal checkups during pregnancy should be as common as periodic weight checkups.

Can my baby receive chiropractic care?

Infants only a few hours old have been given spinal checkups and adjustments.

Half of Americans on meds, study says



This above headline is tragic – but we shouldn't be too surprised. Now that prescription drugs are advertised on TV (not including so-called evening news stories that are little more than ads) more and more of us are being transformed into drug takers. Why is this so bad?

It's bad because these drugs, for the most part, suppress symptoms and do not create health. Suppressing symptoms drives illness deeper and turns temporary acute illness into chronic (long-standing) disease. The traditional way to health (which includes chiropractic) is expressive – get the poisons, the toxins, the sickness OUT. Don't keep them in.

It's cheaper to eat nutrient dense organic foods, receive chiropractic care, exercise, get some sun, relax and avoid dangerous unnecessary drugs and procedures. You'll live longer and healthier. For great nutrition information go to www.westonaprice.org.

Here is what followed the rest of the (above) headline:

TRENTON, N.J. (May 14, 2008) - For the first time, it appears that more than half of all insured Americans are taking prescription medicines regularly for chronic health problems, a study shows. The rest of this disturbing article can be found at:

http://www.usatoday.com/news/health/2008-05-14-medication-nation_N.htm

Chiropractic research



Chiropractic Helps New Mothers Produce Milk

The Journal of Clinical Chiropractic Pediatrics [March 2007; Vol. 8 (No.1&2)] presented 3 case studies of chiropractic care helping mothers who had been unable to produce adequate milk, a condition known as "hypolactation."

First case: A new mother was referred by a midwife. She had given birth 10 days earlier to her 2nd child and unlike with her first birth, she was unable to establish a milk supply. Chiropractic care was initiated and by the third visit she noticed visible changes in her breast and milk production with a positive weight gain for the

infant who was able to stop formula.

Second case: The patient had upper back pain and was also unable to produce sufficient milk to feed her one-month-old infant. By the fourth visit she noticed breast enlargement and increased production of milk (the upper back pain resolved as well).

Third case: Referral from hospital lactation consultant. The patient had given birth 6 days prior. As in the above cases, subluxations were found and care was initiated to correct them. In this case within 24 hours the mother was able to feed her infant naturally.

Japanese data proves vaccines cause autism

As vaccination increased autism increased; as vaccination decreased autism decreased. It doesn't get much more obvious than that. Please see: **Japanese Autism Numbers Rose & Fell With Vaccinations**



Ice cream – buy the best or make your own



Making your own ice cream is fun and you can use organic and natural ingredients. Unless you buy the most expensive ice creams beware of chemical additives. The cheaper brands contain some pretty weird chemicals such as:

Benzyl acetate - artificial strawberry flavoring...also a nitrate solvent
Amyl acetate - artificial banana flavoring...also a powerful paint solvent
Ethyl acetate - artificial pineapple flavoring...also a heavy-duty leather cleaner

Butyraldehyde - artificial nut flavoring...also found in rubber cement

Pepernial - artificial vanilla flavoring...also used to kill lice

Acetiel C17 - artificial cherry flavoring...also used in plastic manufacturing

Diethylglycol - artificial egg substitute...used as an emulsifier instead of eggs

Sunlight is healing



Vitamin D has been studied for its ability to prevent cardiovascular disease, breast cancer and colon cancer – and new research shows it might fight pancreatic cancer, the 4th leading cause of cancer deaths in the US. Just a few minutes of natural sunlight helps your body

synthesize vitamin D. Other sources of Vitamin D are eggs (buy organic from free range chickens), liver, fatty fish such as salmon, sardines and herring and raw milk. We don't recommend pasteurized, low fat or skim milk as good sources since artificially added Vitamin D is not used well by your body. The natural sources are the best.

Facinating Facts about Fruit

The fascinating observation that the external form or color of a substance reveals its medicinal use is known as the Doctrine of Signatures. It has been around for thousands of years. Here are some examples:



A Carrot slice looks like the human eye. The pupil, iris and radiating lines look just like the human eye...and YES, science now shows that carrots greatly enhance blood flow to and function of the eyes.



A Tomato has four chambers and is red. The heart is red and has four chambers. All of the research shows tomatoes are indeed pure heart and blood food.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows that grapes are also profound heart and blood vitalizing food.



A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds are on the nut just like the neo-cortex. We now know that walnuts help develop over three dozen neurotransmitters for brain function.



Kidney beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



Celery, Bok choy and Rhubarb look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet the body pulls it from the bones, making them weak. These foods replenish the skeletal needs of the body.



Avocados and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats 1 avocado a week, it balances hormones, sheds unwanted birth weight and prevents cervical cancers. And how profound is this? It takes exactly 9 months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).



Figs are full of seeds and hang in two's when they grow. Figs increase the motility of male sperm and increase the number of sperm to overcome male sterility.



Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.



Olives promote the health and function of the ovaries.



Grapefruits, Oranges, and other citrus fruits look just like the mammary glands of the female and actually promote the health of the breasts and the movement of lymph in and out of the breasts.



Onions look like body cells. Today's research shows that onions help clear waste materials from all of the body cells. They even produce tears, which wash the epithelial layers of the eyes.

Humor

Why Parents Drink:

A boss wondered why one of his most valued employees had not phoned in sick one day. Having an urgent problem with one of the main computers, he dialed the employee's home phone number and was greeted with a child's whisper. " Hello ? "

"Is your daddy home?" he asked.
"Yes," whispered the small voice.

May I talk with him?"
The child whispered, "No."

Surprised and wanting to talk with an adult, the boss asked, "Is your Mommy there?"
"Yes."

"May I talk with her?"
Again the small voice whispered, "No."

Hoping there was somebody with whom he could leave a message, the boss asked,
"Is anybody else there?"
"Yes," whispered the child, "a policeman."

Wondering what a cop would be doing at his employee's home, the boss asked, "May I speak with the policeman?"
"No, he's busy," whispered the child.

"Busy doing what?"
"Talking to Daddy and Mommy and the Fireman," came the whispered answer.

Growing more worried as he heard a loud noise in the background through the earpiece on the phone, the boss asked, "What is that noise?"
"A helicopter" answered the whispering voice.

"What is going on there?" demanded the boss, now truly apprehensive.
Again, whispering, the child answered, "The search team just landed a helicopter."

Alarmed, concerned and a little frustrated the boss asked, "What are they searching for?"

Still whispering, the young voice replied with a muffled giggle... " ME ."

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.**



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