

Van Every Family Chiropractic

Dr. Anna Saylor-Wither

Dr. Christie Prosper

248-616-0900

www.vaneverychiropractic.com



Healthy Living

newsletter



**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.**

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Office Hours

Van Every Family Chiropractic Center Office Hours:

Monday - Friday 10:00 am - 12:30 & 3:00 - 6:00 pm
Saturdays 9:00 am - Noon

The Office will be Closed:

Monday, September 1st
Tuesday, September 2nd
Saturday, September 20th

Friday, September 19th Office hours are from 10:00 am - 12:30 ONLY

Office Events

Thank you for helping us help others, and referring your friends and family to our office!

Tuesday, September 23rd is BAFD - "Bring A Friend Day!"

Bring a friend or family member for a free scan and consultation and you will receive a FREE adjustment & scan for yourself. The scan is performed on our diagnostic instrument, the Subluxation Station. This technology features painless and non-invasive tests that will help us characterize abnormal activity surrounding your spine. We are very proud and excited about staying on the leading edge of chiropractic care by offering this service.



September 1st – October 25th ~ Your Key to Good Health

For every new patient you refer to Van Every Family Chiropractic Center you and the new patient will both receive a key to open up the Treasure chest at this years Fall Festival, October 25th. The more patients you refer the more keys you will receive. Each key is a winner!!! Prizes include a Grand Prize, Gift Certificates, Biofreeze, Chiropractic Adjustments, Massages, Lunches & Hydro-bed visits

Saturday, October 25th, 9:00 a.m. - Noon ~ The 10th Annual Fall Festival

Free Games, Prizes & Food. Free pumpkins for the 1st 100 patients! Have fun while watching our Pirate Magic Show, Bounce in the bouncy house, take a train ride and much more. Entertainment provided by www.jokersfunshop.com.

November 1st – December 31st

Bring in a pair of new gloves (Children or Adult sizes) to receive a FREE visit on our

Hydromassage Bed. All Gloves will be donated to the Boys & Girls Club of South Oakland

Friday, November 14th, 6:00 p.m. - 9:00 p.m. ~ 10 year Anniversary Celebration!

Help us celebrate 10 wonderful years of Chiropractic excellence at Dr. Anna Saylor-Wither's open house. 776 Apple Hill Ln, Rochester Hills.

Mary Tocco Speaking in Michigan

"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.

Saturday, September 6th, 2008

9:00am - 12:30 pm

46755 Hayes Rd

Shelby Township

(Shopping Center at 21 Mile Rd and Hayes Rd)

To Register call: 586-532-5433

\$20 per person

Continental Breakfast provided.

Sponsored by Touch of Life Chiropractic

Sunday, September 7th, 2008

5:00 p.m. - 7:00 p.m.

Good Foods Store

74 West Maple Rd, Troy MI 48084

[Free Event](#)

To Register call: 248-362-0886

Thursday, September 18th, 2008

6:00 p.m. - 9:00 p.m.

Ferndale Public Library, 9 Mile & Woodward

Advance Tickets \$10, At the door \$15

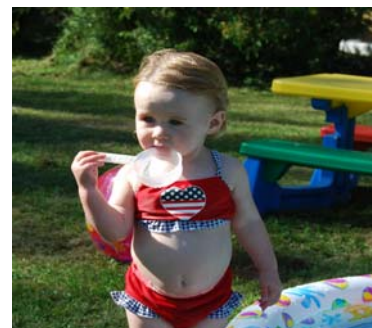
RSVP: 248-298-3100

Sponsored by Claddagh Chiropractic Clinic

Enjoy the rest of summer

Relax, have fun, get plenty of sun, take hikes, laugh, do something different, explore, search for wonder and enjoy life. That's what summer is for (every season actually)!

And remember to stop in for a chiropractic checkup so you can enjoy it all to the best of your abilities. Bring the family. Chiropractic wakes up your body, sends energy over your nerves



and brain and invigorates your senses.

Speaking of waking up, we think you'll find the article below very important:

Do not silence your inner voice

Your body is intelligent and filled with many wondrous mechanisms designed to keep you alive and healthy.

These mechanisms include symptoms such as pain, rash, fever, diarrhea, vomiting and others. Although unpleasant, these symptoms help your body heal, cleanse and restore itself to balance and harmony.

Symptoms tell us the body is struggling to regain balance and restore itself. If we suppress our symptoms (prevent them from doing their job) with medications and/or surgery the result can be harmful because illness may never leave but rather be driven deeper. John Upledger, DO tells this story:

“A friend and general surgeon with more than thirty years experience once confided to me that, in retrospect, he felt the majority of surgical procedures he had performed might be classified as excisions of the ‘vocal apparatuses’ of the inner selves of the patients.

He meant that by removing certain organs or tissues, he was eliminating the bodily voices that were attempting to communicate the presence of deeper emotional or spiritual problems in need of attention.” (1)

What's the best way to deal with uncomfortable symptoms? Work with them! Let them do their job. In their wake you'll be a healthier, stronger person. Chiropractors, by correcting subluxations, permit your body to function at its optimum so it may fully express its symptoms to burn off poisons, eliminate infection, cleanse, rest, rejuvenate and heal.

While medicine uses drugs to suppress symptoms, chiropractic promotes symptom expression. Chiropractic helps support your body's cleansing processes (symptoms), which are its self-healing mechanisms.

When we take drugs to suppress our aches, pains, fever and other uncomfortable symptoms we are silencing our inner voices. Rather, we each need to increase our sensitivity to it. It is constantly whispering to our every cell leading us toward greater wholeness, fulfillment and healing so we may enjoy a long, healthy, happy, loving life.

Wake up and pay attention to the small, subtle signs of physical or mental dis-ease now so your body and mind won't have to use serious illness to get your attention later. Listen to your heart. Observe your dreams. Often the best indicator of ill health or dis-ease is your own intuition.

Look for the subtle clues now. Practice health optimization now rather than disease treatment later. Don't wait – do it now while you still have the energy and the will to act.

Doctor of Cause

Chiropractors spend thousands of hours studying how to locate and correct a major cause of stress and body malfunction (or dis-ease): the subluxation complex. Subluxations are areas of stress inside your body that interfere with your internal communications causing body/mind disharmony. Subluxations lead to lowered resistance to disease, inefficient body function, altered chemistry, distorted posture and balance, accelerated aging and premature death.



Without subluxations your natural healing wisdom, your innate intelligence or inner doctor, can function more efficiently. The initials DC stand for Doctor of Chiropractic, but to many it also stands for “Doctor of Cause.”

The deadly influence of baby formula in America



Breastfeeding is growing in popularity and this groundbreaking analysis from noted author, health educator and advocate Dr. Linda Folden Palmer may be a rude awakening for the millions of Americans who still buy into the myth that infant formula is a safe breast milk substitute. Dr. Palmer compared the death rates of formula-fed and breast-fed babies and found that using formula **DOUBLES THE DEATH RATE** for American infants. (2) For both condensed and full, referenced versions of Dr. Palmer's report, see Natural Family

Online at:

<http://www.naturalfamilyonline.com/BF/200312-formula-report.htm>

<http://www.naturalfamilyonline.com/BF/200312-formula-report2.htm>

Even the government acknowledges mercury (silver) dental fillings damage health

WASHINGTON (Reuters) - Silver-colored metal dental fillings contain mercury that may cause health problems in pregnant women, children and fetuses, the Food and Drug Administration said on Wednesday after settling a related lawsuit.... Charles Brown, a lawyer for Consumers for Dental Choice, said the agency's move represented an about-face. "Gone, gone, gone are all of FDA's claims that no science exists that amalgam is unsafe," he said in a



statement. (3)

“Silver” amalgam (which is really about 50% mercury) is linked to MS, Parkinson’s, depression, dementia, Alzheimer’s, chronic fatigue, exhaustion, immune system weakness, infection, heart disease, cancer, arthritis and many other diseases. We recommend never having it put in your mouth and instead insist on your dentist using white composites which are readily available and much safer than mercury (silver) fillings.

Dentists especially trained in natural, non-toxic methods are referred to as biological or holistic dentists and can be located via an internet search.

Chiropractic and research



A 9-year-old female with diabetes mellitus, hypothyroidism and vertebral subluxations was experiencing hypoglycemic episodes and sleep disturbance. She received chiropractic care to correct her subluxations. Mother reported decreased need for insulin, decreased frequency of hypoglycemic episodes and improvement in sleeping pattern. Control of blood glucose levels was achieved and stabilization of the amount of insulin needed per day was reported. (4)

Nutrition do’s and don’ts

Do’s:



- Do drink plenty of good water.
- Do use sea salt.
- Do use good fats such as olive oil, coconut oil and butter.
- Do use raw milk and foods made with raw milk.
- Do eat a variety of different foods.
- Do eat organic food.
- Do eat meat from grass-fed pastured animals.
- Do eat eggs from free range, organic feed chickens.
- Do get sunlight – sunlight is a nutrient (just don’t burn).

Don’ts:



- Don’t drink water that is distilled or has chlorine or added fluoride.
- Don’t use NaCl (table salt).
- Don’t use oils that are unnatural or tend to rancidity. Especially stay away from canola, corn and vegetable oils and margarine.
- Don’t use meat from grain fed cows (cows are supposed to eat grass).
- Don’t use pasteurized milk or milk products (if possible).
- Don’t eat refined carbohydrates, soda (pop) or other refined foods.
- Don’t use aspartame (NutraSweet™) or other artificial sweeteners.
- Don’t use sunscreen (it’s linked to cancer and blocks the most healing of the sun’s

rays).

Humor



A woman drove me to drink and I didn't even have the decency to thank her. – W.C. Fields

Reasons why the English language is so hard to learn:

1. The bandage was wound around the wound.
2. The farm was used to produce produce.
3. The dump was so full that it had to refuse more refuse.
4. We must polish the Polish furniture.
5. He'd be able to lead if he would get the lead out.
6. The soldier decided to desert his dessert in the desert. [Triple whammy!]
7. Since there is no time like the present, he thought it was time to present the present.
8. A bass was painted on the head of the bass drum.
9. When shot at, the dove dove into the bushes.
10. I did not object to the object.
11. The insurance was invalid for the invalid.
12. There was a row among the oarsmen about how to row.
13. They were too close to the door to close it.
14. The buck does funny things when the does are present.
15. A seamstress and a sewer fell down into a sewer line.
16. To help with planting, the farmer taught his sow to sow.
17. The wind was too strong to wind the sail.
18. After a number of injections my jaw got number.
19. Upon seeing the tear in the painting I shed a tear.
20. I had to subject the subject to a series of tests.
21. How can I intimate this to my most intimate friend?

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, Denelle, Lisa, Amy, Melissa, Dr. Anna Saylor-Wither

References

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4. Echeveste E. Chiropractic care in a nine-year-old female with vertebral subluxations, diabetes & hypothyroidism. JVSR. June 9, 2008;1-5.

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