



Healthy Living

newsletter



Happy Fall!

**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**

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Calendar of Events

"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 14th. The more patients you refer the more keys you will receive. Each key is a winner!!! Prizes include a Grand Prize of a portable DVD player, Gift Certificates, Biofreeze, Chiropractic Adjustments, & Hydro-bed visits.

Saturday, October 14th, 9:00 a.m. - Noon - The 8th 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. Call 248-616-0900 for more information.

Patient Event: Sunday, October 22nd, 10am to 4pm. - Leeper Photo presents "Click or Treat". Enjoy cider, doughnuts, and other Halloween treats and have your child/children's picture taken in their adorable Halloween costume. A 4x6 color photo will be mailed to your home within a few weeks of the event. A \$20.00 donation per photograph will go towards playground equipment for Beverly Elementry. Leeper Photo, 18280 Devonshire, Beverly Hills, MI 48025. For more information, go to www.Leeperphoto.com or call 248-819-6822.

Special Offer for October

How can you receive a key to our Fall Festival's Treasure Chest!?! Every key is winner!!!

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 **a key that opens our treasure chest.**

Q: 9 out 10 autistic children had a reaction to which vaccine?

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. The key that will open the treasure chest can be used at our Fall Festival on Saturday, October 14th, 2006.

Chiropractic Patients Spend Less on Healthcare

From the journal Archives of Internal Medicine comes a study showing that individuals with “Chiropractic insurance coverage, compared with those without coverage, had lower annual total health care expenditures.... “

The study concluded the reasons for the lowered cost included:

- Substitution of chiropractic for traditional medical care, particularly for spine conditions
- More conservative, less invasive treatment
- Lower health service costs (1)

Massage Therapist - Heather Cecil returns!

It's great to be back at Van Every! Let me introduce myself. I'm Heather Cecil, the Massage Therapist. I have been working with the wonderful family at Van Every Family Chiropractic Center since September 2002. I recently returned after taking a 4 month leave to have a little girl. My husband Joe and I have been married for six years and are so happy to make this first addition to our family. Her name is Kaitlyn Jane Cecil and she was born on Mother's Day weighing 9lbs 7oz and 22 inches. Talk about a wonderful gift! She is really growing like a weed and is currently 4 1/2 months old and 16lbs 27inches. Not to mention tons of fun!

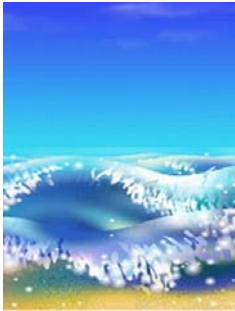
In celebration to my return to the office I am offering a special good thru the month of November to all first time clients only. **Mention this ad and receive a full hour of massage therapy for \$40 (regularly \$50). By appointment only, please call 248-616-0900.**



Heather & Kaitlyn

Important information to all **BCBS - Messa** insurance holders. Did you know that your insurance covers 38 massage visits a year? Ask the front desk for more information. It is good to be a teacher in Michigan! ☺

Did you know?



Your body is mostly water.

You need to be properly hydrated to live and be healthy. Sadly, a large proportion of the population is dehydrated – and they are suffering for it.

Research shows that dehydration makes you age faster, weakens your joints, contributes to disc and spinal problems and can cause depression (our brain is mostly water).

Other conditions linked to dehydration are high blood pressure (your blood is thicker so your heart has to work harder to pump it), constipation, asthma, allergies and obesity. These (and many other) problems have cleared up by rehydration. It usually takes about two weeks to rehydrate yourself.



How do you become dehydrated? It's easy if you drink coffee, tea, soda and juices instead of water when you are thirsty. Those drinks may quench your thirst, but they do not rehydrate you.

It's best to drink water at room temperature or warmer. (Avoid distilled and ice water.)

Chiropractic and Spinal Research



Remember, all people can benefit from chiropractic care no matter what condition they may have. If you have any specific questions please feel free to contact us.

Neck Pain. Patients were evaluated at least three months after stopping care at which time disability and pain intensity was measured. Seventeen patients (49%) reported their improvement as "excellent" and another 14 (40%) did so as "good." The mean patient-rated improvement was 88.2%. (2)

Vision. This paper describes 17 consecutive patients from 9-52 years of age who had concentric narrowing of the visual fields. Some of their symptoms included headaches, dizziness, blurred vision, photophobia and fatigue. Complete recovery

of the visual fields and many accompanying symptoms occurred in 11 patients who completed the course of chiropractic treatments.

Example: A 21-year-old male suffered from severe headaches, blurred vision, memory disturbance and postural hypotension for 7 months shortly after being knocked unconscious by a blow to the head. A narrowing of the visual fields was found and the patient received spinal care. After the first visit the headaches stopped, memory improved and dizziness decreased. Visual fields returned to normal by the second visit. (3)

Headache, depression & poor appetite. 13-year-old male. Upon presentation, patient was in considerable pain, wearing dark glasses and earplugs to compensate for increased sensitivity to sound and light. One week beforehand he had been injured in a football game collision. Medical doctors had given the child painkillers and he was hospitalized in traction for two weeks with no improvement. Following his initial adjustment the patient could ride home without wearing his sunglasses and for the first time in two weeks expressed an interest in food. He reported feeling “the best I’ve felt in six weeks.” (4)

Unnecessary Surgery is Rampant

Three hundred thousand (300,000) ear tube operations/year (\$2,000-\$4,000 each) and no proof they work

Jack L. Paradise, MD, U. of Pittsburgh School of Medicine, did a study of 6,000 babies. By age three, 429 had persistent fluid in their ears. Half got ear tubes, the other half didn’t – and there was no difference in outcomes between the two groups. Paradise’s advice for parents of such kids: “Don’t just do something. Sit there.” (5)

Our comment: They should all try chiropractic adjustments.



Bypass that bypass

Each year doctors perform 400,000 bypass surgeries and 1 million angioplasties (mesh tubes are placed in diseased arteries to hold them open). Most people believe that such surgery is life saving but the data says otherwise.... ”Cardiologists like to open up arteries,” says David D. Waters, MD, Chief of Cardiology at SF General Hospital, “but there is no evidence that opening up chronically narrowed arteries reduces the risk of heart attack.” (6)

Our comment: Natural approaches are a lot safer, cheaper and effective.

Autism and MMR

Protect your children from autism – avoid vaccinations. New research has shown that the incidence of autism has increased 10-fold in the past 10 years. Although autism has been noticed to occur as a result of many different shots, the MMR seems to elicit the most reports of autism. Dr. Vijendra Singh found that nine out of 10 autistic children had experienced a reaction to the MMR vaccine. Richard Holverson, a London doctor said,

"This research gives further weight to a number of different studies that show a link between MMR and autism."

Reactions to MMR also include convulsions, arthritis and a host of other problems.

Fluoride Linked to Bone Cancer (again)

Newly available research out of Harvard University links fluoride in tap water, at levels most Americans drink, to osteosarcoma, a rare form of bone cancer. (7)

The environmental working group EWG, a highly regarded Washington, DC- based organization, urges that fluoride in tap water be declared a known or probable cancer cause, based on this and previous animal and human studies. (8)

Our comment: If you live in an area where the water is fluoridated, use a filter for drinking and cooking water that'll remove the fluoride and chlorine (which is also dangerous to your health). Many people now have filters over or under the sink in their kitchen. For more information on the best water purifier on the market, please visit <http://cprosper.qhealthzone.com>

For Kids' Earaches, Patience Can Count as Much as Antibiotics

For Kids' Earaches, Patience Can Count as Much as Antibiotics By SIRI NILSSON, ABC News Medical Unit



Sept. 12, 2006 — The top reason doctors prescribe antibiotics for children is to cure an ailment that might not even require antibiotics, according to new research published in the Journal of the American Medical Association. Every year, doctors write nearly 15 million prescriptions for antibiotics to treat earaches. But most of those earaches would clear up just fine without a prescription, studies indicate. The overprescribing of antibiotics has been discussed for years, but today's study looks at a "wait-and-see prescribing" practice, or WASP. With WASP, doctors write a prescription and tell parents not to fill it unless the child fails to improve or gets worse 48 hours after the appointment. The United Kingdom, like many northern European countries, recommends the WASP approach. Roughly two-thirds of parents in the wait-and-see group actually waited and did not fill their prescriptions. Those kids recovered just as quickly from their earaches as kids who got antibiotics right away.

For the complete article go to: <http://abcnews.go.com/Health/story?id=2425130&page=1.....>

Why dogs bite



Cowboy Otis



Vampire Snickers

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: 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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www.ewg.org/issues/fluoride/20050606/petition.php

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