



**Healthy Living**

## We're ready for Van Every's Fall Festival, 2009!



### TABLE OF CONTENTS

- Upcoming events!
- Meet our new Massage Therapist, Alison!
- Special report – myths and facts about the 1918/1919 swine flu
- Swine flu will not be terrible this winter, say virologists
- MDs and nurses refusing the flu shot
- What should we do about the flu?
- Bric Ashley with Elmo at Fall Festival 2008
- Got milk? (with bovine growth hormone?)
- Chiropractic research
- Keep all your parts connected – get a chiropractic checkup
- Van Every contact info
- References

### Upcoming events!

#### **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 24th, 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](http://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.

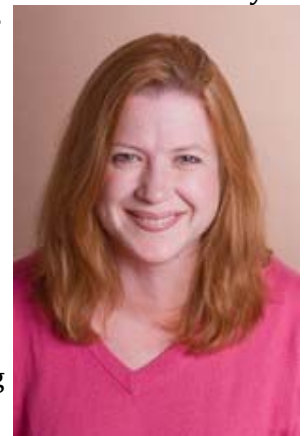
### Saturday, December 12th, 9:00 a.m. - Noon ~ Santa visits Van Every

**Please join us at Van Every Family Chiropractic Center for goodies, photos and fun as we welcome Santa for a visit on** After Santa gets adjusted, his lap will be available. So bring your holiday wish list and your smiles because we will be taking souvenir pictures for you to remember your visit. *Receive a Free 5X7 Photo!*

### Meet our new Massage Therapist, Alison!

Hello, my name is Alison and I have been a practicing massage therapist for 12 years. I have recently returned to my hometown of Royal Oak, MI with my husband, Christopher, after living and working in Los Angeles, CA for many years.

I graduated from Roeper City and Country School in 1987, Eastern Michigan University in 1991 and California Institute of the Arts in 1994. My massage career began in California in 1997 with the completion of my first degree in Swedish Massage from The Massage School of Santa Monica. I was hooked! I went back in 1998 for additional training in a Pro Skills Intensive focusing on Deep Tissue. Then in 1999 I went on to do another degree, this time in Shiatsu from the Shiatsu Massage School of California. I have been a member of IMA (International Massage Association) since 1999. Then, in 2000 I started working towards an O.M.D. in Chinese Medicine (acupuncture and herbology). I attended Dongguk Royal University from 2000-2003, and though I never finished the degree (my massage practice was too busy!) I learned many new techniques that I incorporate today.



I can't say exactly when I began specializing in Pre and Post Natal Massage, except to say that some of my clients got pregnant and I wanted to accommodate them ☺ I returned to school once again for continuing education in pregnancy massage. Then, in 2003, two of my clients wrote a book called *City Baby L.A.* and gave me a stellar review. Since that time I have worked on hundreds of pregnant women, from those who have relatively easy pregnancies (no pregnancy is really "easy"! ) to those who are high risk or are experiencing complications. I have been a part of many amazing birthing teams, working with Doulas and Midwives. I have induced labor, worked with women on bed rest and those recovering from difficult deliveries. I also contributed to 2006 book *The Modern Girls Guide to Motherhood* by writing a section on infant massage.

I have recently added Aromatherapy as a part of my practice. Essential Oils not only smell delicious, but when applied to the skin these plant extracts contain many different healing properties. For instance, did you know that Lemon is a natural antidepressant? Or that Clary Sage is wonderful for PMS and hot flashes? Or that Lavender is not only relaxing, but it is a natural antiviral and antifungal, as well? I can choose a blend of oils just for you and by applying these oils to your skin during a massage you can enhance the healing benefits as the oils are absorbed into you blood stream. The results are healing as

well as pleasing to the nose 😊

Because of my diverse background, my practice has always included a wide range of clients, including men, women and children of all ages. As the newest member of Van Every Chiropractic, let me say how excited I am for the opportunity to meet all of you and I look forward to working with you soon!

## Special report – myths and facts about the 1918/1919 swine flu



State, local and national governments are on high alert for a killer flu. The fear is that this will be a repeat of the 1918/1919 swine flu pandemic that is said to have caused many millions of deaths. That fear is not based on history or science. Let's actually look at the past and we will learn some things about how to deal with the flu in the present.

**MYTH:** Millions died from the flu in the 1918-1919 pandemic.

**FACT:** Bacterial infections were responsible for many of those deaths, not the flu.

Researchers studying the deaths from the 1918-1919 world flu pandemic have discovered that almost all of those deaths were caused by secondary bacterial pneumonia, which swept in after people's bodies had been weakened by the flu virus. Today, due to a better understanding of the disease, bacterial pneumonia is not a big killer. The major bacterial pathogen associated with influenza-related pneumonia in 1918 was *Streptococcus pneumoniae*. (3)

**MYTH:** In the 1918-1919 pandemic, medical care saved millions from death.

**FACT:** In the 1918-1919 pandemic, medical care *caused* millions of deaths.

Under medical care the flu mortality rate was horrific. For example, the mortality rate in US military hospitals averaged 36%, the mortality rate in US medical hospitals was reported at 30%- 40% and a rate of 68% was reported in medical hospitals in New York City. (4)

However, the mortality rate under chiropractic, osteopathic and homeopathic care was zero to 1%. A death rate as low as one in 8000 was reported by some practitioners. (5-7)

Why the difference? Regular MDs suppressed the patient's fever with aspirin while osteopathic, chiropractic and homeopathic practitioners, in addition to their techniques to promote body health, permitted fevers and symptoms to express themselves.

This was noted by Frank L. Newton, MD of Somerville, Massachusetts who treated patients during the 1918 flu epidemic. He wrote: "There is one drug which directly or indirectly was the cause of the loss of more lives than was influenza itself: aspirin. Aspirin was taken until prostration resulted and the patient developed pneumonia." (8)

Why was aspirin considered so dangerous? Aspirin lowers fever, which is the body's mechanism of fighting infection. An artificially lowered fever due to aspirin use prevented the body from properly fighting the infection thus permitting the infection to overwhelm the patient.

This begs the question – did these people die in spite of or because of medical care? Would they have survived if they had not been given drugs that suppressed their immune systems? As the following paper reveals:

"There is overwhelming evidence in favor of fever being an adaptive host response to infection ... as such, it is probable that the use of antipyretic/anti-inflammatory/analgesic drugs, when they lead to suppression of the fever, result in increased morbidity and mortality during most infections." (9)

**MYTH:** Taking aspirin and Tylenol™ gets a person better faster.

**FACT:** Taking aspirin and Tylenol™ keeps a person sicker longer.

The traditional observation on the healing effects of fever and the danger of its suppression

occasionally surfaces in medical journals. A paper in the journal *Pharmacotherapy* observed that taking aspirin or Tylenol™ for the flu could prolong your illness by up to 3½ days. (10)

Today as in yesteryear we should care for the sick but not interfere with their natural healing ability which is far safer, stronger and more effective than drugs that interfere with healing.

### Swine flu will not be terrible this winter, say virologists

With all the hysteria about a terrible flu that will be affecting half the nation and killing “90,000 Americans” (from a White House report), we have an announcement to make: we can all calm down.

Researchers from the University of Maryland have carried out tests on three different viruses, including the H1N1 responsible for swine flu. Virologist Daniel Perez reporting on the research says, “The H1N1 virus doesn’t interact with other viruses and won’t cause a superbug” (despite what health officials and the World Health Organization tell us). (11)

Reports from the Southern Hemisphere (where winter is winding down), Mexico and countries where H1N1 has been reported reveal that the flu is relatively mild and in the vast majority of cases will only be a bit of a nuisance – as occurs whenever people come down with a cold or a flu.

### MDs and nurses refusing the flu shot

The August 26, 2009 UK newspaper *Telegraph* reported that up to half of MDs and one in three nurses will not get the vaccine. Vivienne Parry, a member of the Joint Committee on Vaccination and Immunization, said 75% of deaths from swine flu were in those with serious underlying medical conditions. (12)

### What should we do about the flu?

First of all, follow the example of so many MDs and nurses and refuse to be injected (and infected) with the dangerous, useless flu vaccine. It is filled with toxic chemicals, and is poorly tested. In fact it is uninsurable – that’s how dangerous it is.

Use chiropractic, homeopathic, naturopathy, herbs, essential oils, nutrition and other natural tried and true approaches to enhance health. Avoid refined and junk foods, and instead eat nutrient dense foods. Get enough rest, do traditional detoxification and respect your body’s wisdom. Above all, remember this ancient wisdom, as timely today as it was thousands of years ago:

Bric Ashley with Elmo at Fall Festival 2008  
*Bric Ashley with Elmo at last years' Fall Festival*



## Got milk? (with bovine growth hormone?)

Want to know what's really in the milk you give your children? There are better quality products but first you need to know why that's important. Check this out: <http://www.youtube.com/watch?v=JL1pKlnhvg0>

## Chiropractic research



**Still more reasons to show that all children, no matter what their health – need chiropractic care.**

**Developmental delay.** This is the case of fraternal twins. One twin's developmental and emotional growth was notably delayed compared to her twin. That child was brought in for chiropractic care.

Chiropractic care helped this child in many ways.

Learning disabilities, dyslexia, dyspraxia, and ADHD can be related to cranial and structural distortions (subluxations) that chiropractors are specially trained to correct.

Regarding developmental delay syndromes, chiropractic care to the cranium, cervical spine and even the pelvis has been shown to help. There is a growing body of research showing how chiropractic care can help patients with developmental delay syndromes. (14)

**Breast-feeding difficulties.** Two infants 2 days and 4 months of age were brought to the chiropractor. They each had an inability to breast-feed successfully, which was partially caused by a mandible misalignment. Chiropractic analysis revealed an upper cervical and cranial subluxation causing the temporomandibular joint (TMJ) to be restricted. Correction of subluxation helped restore natural suckling patterns for these infants. (15)

## Keep all your parts connected – get a chiropractic checkup

It's all very simple – for you to feel, digest, eliminate, breathe, walk, talk, see, hear and be truly alive – you need nerves. You need healthy nerves. If your spine and structural system has tiny distortions your nerves will not function properly – your energy, your balance, your ability to function properly and your ability to enjoy life will be affected. These tiny distortions are called subluxations and chiropractors spend years in specialized training learning how to analyze, locate and correct subluxations.



Due to physical and emotional stress most people have numerous subluxations in their body and they need to see a chiropractor to get them fixed.

There are numerous cases of chiropractic care improving the lives of infants, babies and men and women of all ages no matter what the disease or the condition.

No matter what health issues may be present, everyone needs a healthy spine and structural system. Everyone needs to see a doctor of chiropractic. After all, you get your eyes, heart, teeth and hearing checked, why not your spine and structural system?

Van Every contact info

**Van Every Contact information**



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[www.vaneverychiropractic.com](http://www.vaneverychiropractic.com)**

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**"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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