



Healthy Living

newsletter



Dr. Anna Saylor-Wither is celebrating 10 years of Chiropractic excellence!

Brent, Bric Ashley & Dr. Anna Saylor-Wither

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Fall Festival 2008



This year's Fall Festival was fun for all! We had great prizes in our treasure chest. Elmo stopped in for a visit, and everyone received a pumpkin and treats.

Melissa, Denelle, Dr. Prosper, Jane, Lisa, Dr. Saylor-Wither are ready for another great Fall Festival.



Fall Festival 2008 Grand Prize Winner!!



Office Events.

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, 5:30 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.

Office Hours

Friday, November 14th: 10:00 am - 12:30 pm

Saturday, November 15th: Office CLOSED

Dr. Saylor-Wither will be out of the office Friday, November 14th.

Dr. Prosper will be out of the office Friday, November 21st.

Thursday, November 27th / Thanksgiving: Office CLOSED

Friday, November 28th: Office CLOSED



Chiropractic care for the entire family

How do infants benefit from chiropractic care?



Chiropractic for infants? They have low back pain? Hardly – yet infants need chiropractic care to ensure that the stress of labor and delivery hasn't damaged their spine and delicate structural system. Other stresses can involve falls – statistics tell us that nearly half of all babies have had a fall from a height (off the changing table, off the bed, etc.). Chiropractic care will help ensure a healthy baby. Also, correcting subluxations may help a baby who is ill return

to health quicker and more comfortably.

How do children benefit from chiropractic care?

Childhood is a rough time, full of falls, trips and stumbles. Chiropractic helps keep children naturally healthy. Just like babies and infants every child needs periodic chiropractic checkups.



How do students benefit from chiropractic care?

Chiropractic care, by releasing stress from the brain and nervous system, may improve concentration, attention span, grades and interpersonal behavior. Chiropractic has been shown to increase IQ, to help coordination and self-esteem and to improve body function. No matter what health problem a child may have, chiropractic will help improve their chances of healing naturally.

How do adults benefit from chiropractic care?

Physical, emotional and chemical stresses accumulate as we age. For more energy and for improved function of the immune system, digestive system, eliminative system, cardiovascular system and other systems your body needs unobstructed communications. Chiropractic care removes obstructions caused by subluxations - structural distortions that interfere with internal (nerve) communication.

How does chiropractic help women?

The pelvic area receives an intense amount of nerve communications. The ovaries, uterus, tubes, kidneys, adrenal glands and other internal organs all need a healthy nerve supply to function properly. Clinical studies show chiropractic helps women with menstrual pain and discomfort, menstrual irregularities, sexual function and fertility.

How does chiropractic help pregnancy and post-pregnancy?



If there's any class of patients that need chiropractic care the most it's pregnant women. Pregnancy changes a woman's balance and can make distortions more severe which can cause pain and exhaustion. Chiropractic can help ensure that body structure is balanced and that the pelvis is relaxed and open so the developing baby has the maximum amount of room in which to develop. Clinical research reveals that breech presentations have been corrected with the fetus turning into a healthy position as a result of chiropractic pelvic-balancing procedures. Clinical reports show chiropractic helping with breastfeeding and the return to a pre-pregnancy figure.

How does chiropractic help sports performance?

Many top athletes from all over the world rely on chiropractic to keep their body structure balanced, their nerve system healthy and their muscles functioning at their peak. Chiropractic can prevent sports injuries but can also help an injured player return to the game or competition faster. Of course you don't need to be an Olympian to go to



a chiropractor; anyone who uses his/her body needs it to function at its peak.

How do the elderly benefit from chiropractic care?

The elderly are among our most drugged citizens. It is not unusual for someone to be taking many different medications and suffering from serious reactions to them. Many times people are taking drugs that interact in ways that are more damaging than if they took them individually. Chiropractic offers a drug-free alternative to an over-drugged population.

In conclusion, infants, the elderly and everyone in between all need a healthy structural system, free from subluxations and nerve stress. Chiropractors are specially trained in locating and correcting subluxations, which is necessary for a long, healthy, happy life.

Flu shot, Alzheimer's and dementia

Since flu shot season is approaching, we thought it appropriate to remind everyone that according to Hugh Fudenberg, MD, the world's leading immunogeneticist and 13th most quoted biologist of our time (over 850 papers in peer reviewed journals), if an individual has had five consecutive flu shots their chance of getting Alzheimer's disease or dementia is ten times higher than if they had one, two or no shots. (1)



Dr. Fudenberg reports that this is due to the mercury in flu shots (and many childhood and RhoGam shots); these toxins build up in the brain causing cognitive dysfunction. Is this why Alzheimer's is expected to quadruple? (2)

By the way, to disprove the Alzheimer's/flu shots connection, some Toronto MDs went to nursing homes and asked people with Alzheimer's if they remember getting a flu shot. Most said they didn't remember getting one. Not surprising since Alzheimer's victims may not remember the names of their spouse. Anyway, based on this "research" they concluded the flu shots were safe but the disclaimer at the bottom of the abstract negated its value: "Because of the self-reported nature of the risk factor questionnaire we cannot exclude the possibility of recall bias." (3)

Can you believe that the media reported this as "proof" the flu shot was safe? They didn't mention the disclaimer.

Extraordinary mother

Click here: [YouTube - extraordinary mothers](#)

Cholesterol is good for you

Let's ignore the hype and TV commercials and look at the facts. It has been known for decades that cholesterol is good for you and lower cholesterol levels put you at greater risk for cancer, major depression, chronic illness, fatigue, low sex drive, broken bones, weakened muscles and brain disorders. Cholesterol also:

- protects you from heart attack
- wards off infectious disease and helps destroy life-threatening microbial invaders
- boosts mood and brainpower
- maintains optimal functioning of your nervous system
- strengthens muscles
- prevents cancer
- helps your body to absorb vital nutrients
- regulates proper hormone production, including the sex hormones testosterone and estrogen, and optimizes reproductive health and fertility
- shortens your body's recovery time from injury
- optimizes metabolism



A researcher at the Yale Department of Cardiovascular Medicine was surprised to find that people over 70 with very low cholesterol levels were twice as likely to die from heart failure. (4)

Quarterly Journal of Medicine extensively surveyed results from decades of research on heart disease involving hundreds of thousands of individuals and found no correlation between cholesterol and heart attack risk. People with high cholesterol had a lower overall mortality rate than those with low cholesterol, period. In fact, the study showed that cholesterol protects against hardening of the arteries—and wards off infectious disease. (5)

For information on a healthy diet that protects you from cancer, heart disease, depression and so many other conditions please go to www.westonaprice.org. After you click on the home page use the search feature to look up lots of topics – cholesterol, statin drugs, cancer, vaccines, anything!

The importance of parents

A 36-year study that followed approximately 1,000 individuals revealed:



Having a warm and affectionate father or mother was significantly associated with adult social accomplishment: having a long, happy marriage, children, and relationships with close friends at midlife...more socially accomplished...work accomplishment, psychological well-being....(6)

As parents we have tremendous power over our children. I know we know that, but it's important to be reminded of it often (very often). Life distractions should never distract us from that understanding.

Is your "organic" product toxic?

www.cosmeticsdatabase.com is a great database to look up products that you use on yourself to see if it is toxic or not...makeup, shampoo, conditioners, sunscreen, etc. It's actually incredible!

Intelligent, informed parents are refusing to give their children vaccines



Natural News (August 20, 2008). The number of middle-class parents refusing to vaccinate their children according to U.K. government guidelines is on the rise, the Daily Mail has reported. As one parent said, "We'd rather take our chances with the diseases than potentially damage our son for the rest of his life." See the rest of the article at <http://www.naturalnews.com/023911.html>

Chiropractic research



Scoliosis. A nine-year-old boy with juvenile idiopathic scoliosis (and intermittent back pain) began chiropractic care. His posture began to balance immediately after the first adjustment. He had an 88% overall reduction in the scoliosis after five months of chiropractic care. (7)

Autism. A 2½-year-old girl was diagnosed with autism (reduced social interaction and language skills and learning difficulties). One year later she was brought in for chiropractic care. Both the chiropractor and the parents noticed improvements in social interactions, language skills and increased symmetry in surface EMG and thermal scanning over the 10 weeks of care. (8)

Humor

THE ITALIAN PATIENT

An 80-year-old Italian goes to his doctor for an annual checkup. The doctor is amazed at what good shape the guy is in and asks, 'How do you stay in such great physical condition?'

'I'm Italian and I am a golfer,' says the old guy, 'and that's why I'm in such good shape. I'm up well before daylight and out golfing up and down the fairways.

'I have a glass of vino, and all is well.'

'Well,' says the doctor, 'I'm sure that helps, but there's got to be more to it. How old was your Dad when he died?'

'Who said my Dad's dead?'

The doctor is in amazement. 'You mean you're 80 years old and your Dad's still alive. How old is he?'

'He's 100 years old,' says the old Italian golfer. 'In fact he golfed with me this morning, and then we went to the beach for a walk and had a little vino and that's why he's still alive. He's Italian and he's a golfer, too.'

'Well,' the doctor says, 'that's great, but I'm sure there's more to it than that. How about your Dad's Dad? How old was he when he died?'

'Who said my grandpa's dead?'

Absolutely stunned, the doctor asks, 'You mean you're 80 years old and your grandfather's still living! Incredible, how old is he?'

'He's 118 years old,' says the old Italian golfer.

The doctor is getting frustrated at this point, 'So, I guess he went golfing with you this morning too?'

'No. Grandpa couldn't go this morning because he's getting married today.'

At this point the doctor is close to losing it. 'Getting married; why would a 118-year-old guy want to get married?'

'Who said he wanted to?'

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.**



top: Jane, Denelle, Melissa
bottom: Amy Dr. Prosper, Dr. Saylor-Wither, Lisa

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

References

1. Dr. Fudenberg at the NVIC International Vaccine Conference, Arlington, VA September, 1997. Quoted with permission.
2. John's Hopkins Newsletter. November 1998.
3. Verreault R et al. Past exposure to vaccines and subsequent risk of Alzheimer's disease. CMAJ. 2001;165(11):1495-1498.
Note: Dr. Fudenberg's web site is: <http://members.aol.com/nitr/>. I recommend you visit it. Fascinating stuff there.
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