

## Healthy Living



Wishing you and your family a very  
Happy Holiday!  
Much love from  
Dr. Anna Saylor-Wither,  
her daughter ~ Bric Ashley,  
(who was not sitting on Santa's lap this year)  
Quill & Santa

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Together, we DID make a difference!

We'd like to extend a **HUGE** thank you to all our patients that helped us make our first annual canned food drive a great success! When the representative from Community Food Depot #5 picked up our non-perishables, she was shocked at how much we had. She said, "You must have the best patients!" and to that we reply--**YES WE DO!!!**



## Upcoming 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.



**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!

## Kids and Chiropractic - perfect together

Throughout your children's lifetimes - from infancy into adulthood - chiropractic care can help ensure your child's physical and emotional health. Over a century of success in helping children regain and retain their health has made chiropractic the healthcare of choice for millions of parents and their children throughout the world.

Chiropractors are specially trained to locate and release blockages commonly caused by tiny misalignments of the structural system. These blockages (called subluxations) create dis-ease (disharmony) which can lead to lowered resistance to disease, organ malfunction, poor posture, pain, and physical and emotional illness. (1)

Chiropractors have helped babies suffering from nearly every condition imaginable: colic, vomiting, sleeping problems, tonsillitis, vision and hearing problems and many, many others. (2-4)

It is not unusual to hear parents state that since starting chiropractic care their children get sick less frequently, less severely, have less or no ear infections and take less (or no) antibiotics and other drugs. (5-7) Many conditions such as asthma and allergies have responded to chiropractic care as well. (8-9)

In addition there are reports of chiropractic care helping children suffering from autism. Some of these children have been reevaluated and later re-diagnosed as normal after chiropractic care. (10-11)

## Academic Performance

Both clinical reports and research have reported chiropractic's success with dyslexia, attention deficit disorder (ADD) and attention deficit hyperactivity disorder (ADHD),

*~Louann & Bric*

lack of energy or

"low mental stamina", anxiety and behavioral problems. (12-13)

*Dr. Saylor's mom*



## Sports Performance

Improvements in coordination and athletic ability have also been noted as a result of chiropractic care. (14-18) Chiropractors are "team doctors" for athletes in all kind of sports from tennis, swimming, golf and track-and-field to football, basketball, baseball, ice hockey, handball, rugby, soccer and Olympic and professional teams. Chiropractic care helps athletes function at their peak to maintain their "competitive edge." (19)

Chiropractors can help prevent injury by keeping your child balanced and functioning free of spine and structural stress. Chiropractic care can prevent minor injuries from becoming major ones, without the use of drugs or surgery. (20)



*Dr. Saylor & her Husband, Brent at her 40th Bday party!*

To watch her blow out her Birthday candles, Click here:  
<http://www.youtube.com/watch?v=NTv-g0gZ9qA>

If your child is suffering from any of the following, it is essential to get his/her body checked for subluxations:

|                 |                          |                             |
|-----------------|--------------------------|-----------------------------|
| Ear infections  | Sore throat              | Breast-feeding difficulties |
| Fever           | Eye problems             |                             |
| Colic           | Cough                    | Skin conditions             |
| Croup           | Sinus problems           |                             |
| Hypertension    | Skin disorders           |                             |
| Poor posture    | Asthma                   |                             |
| Nervousness     | Bronchitis               |                             |
| Constipation    | Frequent colds           |                             |
| Bed-wetting     | Poor coordination        |                             |
| Fatigue         | Poor concentration       |                             |
| Stomachaches    |                          |                             |
| Loss of hearing | Arm, hand, shoulder pain |                             |
| Arthritis       | Painful joints           |                             |
| Numbness        | Hip, leg, foot pain      |                             |
| Irritability    | Scoliosis                |                             |
| Headaches       | Vision problems          |                             |
| Neckaches       | Sinus conditions         |                             |
| Backaches       | Allergies                |                             |

Chiropractic care for children makes a big difference no matter what their age. Keep your children healthy, ensure their natural self-healing ability functions at its peak and help them grow into their physical and emotional potential with chiropractic.

## Chiropractic Research



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

### **Asthma & bedwetting.**

In May 1987 at the age of 22 months, this male child was medically examined and diagnosed with asthma. In an attempt

to control the asthmatic symptoms, two medications were prescribed.

On May 20 1988, at two-years and ten-months-old, the child was seen for chiropractic examination and evaluation and, from that date to August 3, 1991, the child received 28 chiropractic adjustments. Dramatic improvement of asthma and enuresis followed the series of chiropractic adjustments. (21)

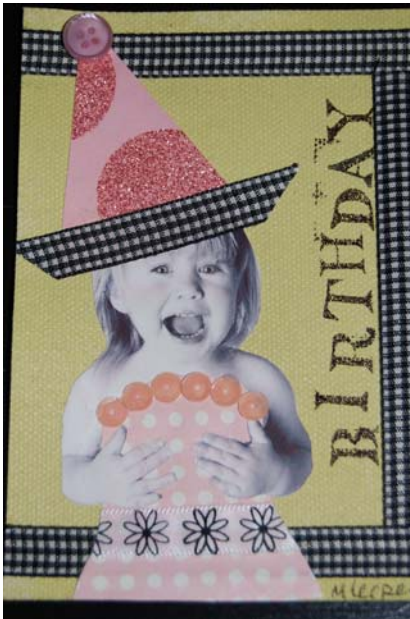
**Lung (pulmonary) function and chiropractic.** It is known that abnormal posture of the head and neck influences breathing and other bodily functions. A study of 11 patients was designed to test the effect of chiropractic adjustments on neck curve, forward head posture and pulmonary function. In addition to chiropractic structural analysis, patients' lung functions were also analyzed including lung capacity.

After 3-6 months of care the subjects showed improvements in (neck) cervical curve, reduction in forward head posture and improved lung function. (22)



*Amy, Dr. Saylor, & Lisa at the Bday party*

## Good fat, bad fat



### Avoid bad fats

Bad fats are linked to heart disease, cancer, arthritis and many other chronic illnesses. If anything in your refrigerator or pantry has any of the following bad fats in the ingredients do yourself and your family a favor and dump them in the garbage:

- Hydrogenated oils
- Partially hydrogenated oils
- Cottonseed, soybean, canola and vegetable oils
- Trans-fats
- Especially avoid margarine or butter oil "spreads" or "blends"

### Partake of good fats

- Good fats promote health and healing. Good (saturated) fats include:
- Butter (especially from raw milk and grass fed cows)
- Olive oil (virgin and cold pressed)
- Coconut oil
- Fish oil (smaller fish such as herring, sardines etc. are best)

- Avocados

**Remember – good fats are good for you and bad fats can kill you.** People that use good fats are thinner, have more energy and are healthier.

Are high fat diets dangerous? Even though this study did not distinguish between the kind of fat used, this study helped de-demonize fats. In it researchers studied 88,795 women over the course of 14 years, and what did they find? Not one sign that high-fat diets promote breast cancer. There was not one indication that low-fat diets were protective. (23)

## Vitamin K shot

Hospitals like to administer (sell) a synthetic, fat-soluble vitamin K injection to all newborns in a dosage that is 100 times the daily requirement of vitamin K at one time!

If a mother is not malnourished, however, there is no proof that there is a vitamin K deficiency and the injection is needless.

Further, hospital staff don't tell you that large doses of vitamin K are linked to childhood cancers, leukemia, jaundice and other severe reactions, including death. Animal studies link vitamin K to liver damage, kidney damage and death. Additionally, synthetic vitamin K has never been studied to see if it causes cancer or impairment of fertility.

A *Lancet* study reports, "We conclude that healthy babies, contrary to current beliefs, are not likely to have a vitamin K deficiency... the administration of vitamin K is not supported by our findings...." (25)

Please send this to everyone you know who is pregnant.

## Contact Information



**For additional information about  
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and our office. Please visit us on the web at:  
[www.vaneverychiropractic.com](http://www.vaneverychiropractic.com)**

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Drsaylor  
Drvanloon**

**"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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