

Healthy Living



Dr. Saylor's Daughter, Bric Ashley wishes you a very Happy Valentine's Day!

Enjoy the benefits of Chiropractic, the largest natural, drug-free healthcare system in the world. Families are discovering that Chiropractic promotes health and healing without dangerous drugs. More and more people are turning away from symptom treatment and choosing natural ways of expressing health.

Tired of being sick and tired? Welcome to the world of Chiropractic ~ discover how natural health can be.

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Upcoming events

Wellness Package Deal Ends February 1st

Start the new year healthy with our New Year special! For one \$200 prepayment, you receive:

- **Examination or Re-Examination**
- **Spinal scan**

- **1 visit on the hydrotable**
- **10 adjustments**

The value is \$590! Some restrictions do apply; not applicable to Medicare patients and cannot be combined with any other insurance benefit. Visits must be used by June 30th, 2010. Please share this great information with your loved ones! You can also buy more than one package.

****Act now, before this great deal expires!****

Patient Appreciation Lunch

Where: Pasquale's 31555 Woodward, Royal Oak

When: Wednesday, February 10th at Noon

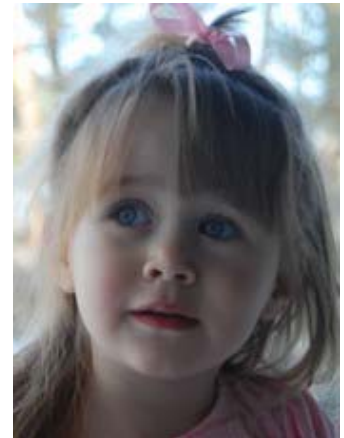
Learn the 5 Things You Can Do Right Now to
Be the Healthiest You've Ever Been!

Share this special day with someone you LOVE.
Guest are welcome! Call 248-616-0900 today to RSVP.

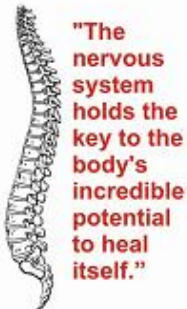
Kids Day!

On the third Friday of each month, all kids 12 and under can get adjusted for just \$10!! The Next one is Feb 19th. Special prizes and treats for all kids under 12.

Mark your 2010 calendars now! March 19, April 16, May 21, June 18, July 16, Aug 20, Sept 17, Oct 15, Nov 19, Dec 17.



Why explore chiropractic and natural healthcare?



"The nervous system holds the key to the body's incredible potential to heal itself."

As a general rule chiropractors prefer that individuals explore the least dangerous, least invasive, safest and most natural care first, before resorting to powerful or "heroic" (and highly dangerous) drugs, radiation and surgery (except in emergency situations where life and limb are at stake).

Interventions such as medicine and surgery have a place – but today they are all over the place. Too many people are "medicalized," swallowing synthetic, artificial chemicals that may alter and suppress their symptoms but do not cure. If drugs cured, after a while you should stop taking them. But look around, aren't those taking drugs long-term the sickest? Drugs do not heal, they may alter body chemistry but there is no true healing.

And don't forget all the thousands of people who die and are sickened from prescription drug side effects and adverse reactions.

As the taking of drugs continues, individuals often spiral into poorer health. That is because health is not something you get from artificial chemicals. Health is the result of your body functioning properly. Your body functions properly when it is properly aligned, free of adverse structural

stresses; when it is fed nutrient dense foods and when it is free of artificial chemicals and toxins.

More and more people are taking that first step of getting off the drug merry-go-round and discovering natural health care.

Chiropractors, due to their license, do not prescribe drugs nor do they take people off of drugs – that is the role of the medical doctor. It is a good policy to discuss with MDs the full effects of the drugs they prescribe. Of course patients may learn for themselves about their drug side effects by using the internet.

Chiropractors favor freedom of choice in healthcare for all, especially children. Parents should have the freedom to decide on their family's health choices without medical doctors or government bureaucrats coercing them, under threat of force, to undergo medical procedures. Healthcare freedom of choice should be a basic human right.

Stress – you can't avoid it

Most people, when asked if they'd like to have no stress in their lives, would probably say, "Oh yes." But that would be a terrible thing and impossible.

Why would a life of no stress be impossible? Because to be alive is to be under stress. Stress is not even necessarily bad for you; it is also the spice of life, for any emotion, any activity causes stress. The same stress that makes one person sick can be an invigorating experience for another. (1)



With too little you'd be bored to tears; but with too much you'd develop emotional and physical disease. Properly handled, however, stress can mean a life of challenge, excitement and growth. The biographies of great scientists, explorers, artists and other creative people reveal that times of intense stress are also times of insight, creativity, accomplishment and growth.

The Chiropractic Approach

One of the simplest and easiest ways of getting rid of a serious type of chronic stress is having a chiropractic checkup. Chiropractors are specially trained to analyze your body and free you from a severe, destructive, chronic stressor: the subluxation.

Subluxations are (often painless) distortions in your body that can affect your nervous and skeletal systems, stressing you physically and mentally. Indeed, the two are entwined:

There is no neurotic [mental] problem which does not manifest in each aspect of the individual's function. As an important structural element in the body, a weakness in the backbone must be reflected in a serious personality disturbance. (2)



It is not unusual to see positive personality changes after chiropractic care, especially in children.

Subluxations



You may have subluxations in your body for years without knowing it, all the while your health is being undermined, your energy levels drop, you age faster, develop disease and show increasing wear and tear in your body. It's similar to a house with termites – no apparent damage at first but one day the floor collapses!

Doctors of chiropractic specialize in the location and correction of

subluxations. Chiropractic care, by removing subluxations from your body, can improve the function of your nervous system and promote better adaptation to environmental stress, whether physical or psychological. That is why it's so important to see a doctor of chiropractic.

Everyone needs to ensure that they are free of subluxations. It may make the difference between a life of wellness and a life of sickness.

H1N1 flu is a false pandemic, health expert claims

January 11, 2010. A leading health expert said the swine flu scare was a "false pandemic" led by drug companies that stood to make billions from vaccines, The Sun reported Monday.

Wolfgang Wodarg, head of health at the Council of Europe, claimed major firms organized a "campaign of panic" to put pressure on the World Health Organization (WHO) to declare a pandemic. He believes it is "one of the greatest medicine scandals of the century," and he has called for an inquiry. Wodarg said, "It's just a normal kind of flu. It does not cause a tenth of deaths caused by the classic seasonal flu.

"We want to clarify everything that brought about this massive operation of disinformation. We want to know who made decisions, on the basis of what evidence, and precisely how the influence of the pharmaceutical industry came to bear on the decision-making." He added: "A group of people in the WHO is associated very closely with the pharmaceutical industry."

Read the rest at <http://www.foxnews.com/story/0,2933,582749,00.html>.

Chiropractic research



Colic, Constipation and Sleep Disturbance. This is the case study of a two-week-old boy with a history of excessive crying, distention, constipation, gas and disordered sleep. Under chiropractic care subluxations were located and corrected in the child's pelvis, lumbar and cervical spine. The child experienced a bowel movement immediately following the first chiropractic adjustment. A regular schedule of bowel movements commenced after the 16th adjustment. Excessive crying additionally resolved during this same time period and his sleep improved. (3)

Learning and Speech Disorder. This is the story of a four-year-old boy with a history of severe learning disorder and speech delay. Chiropractors located subluxations in the child's cervical (neck), thoracic (mid-back) and pelvic (hip) regions. Dramatic improvements in the boy's speech and ability to learn followed the introduction of chiropractic care. (4)

Pelvic Pain. This month's issue of *Alternative Therapies in Health and Medicine* includes a paper discussing case histories of women who suffered from dysmenorrhea (painful or difficult menstrual periods), postpartum pain and incontinence. While regular medical care was unable to help, all the women's problems resolved using manipulative procedures of the spine and pelvic structure. (5)



Contact Information



For additional information about
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and our office. Please visit us on the web at:
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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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References

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4. Lerner B, Lerner S. Improvement in learning and speech disorder in a child with vertebral subluxations undergoing chiropractic care: a case study. *Journal of Pediatric, Maternal & Family Health – Chiropractic*. 2009;4:1-7.
5. Herbert B et al. Chronic pelvic pain. *Altern Ther Health Med*. 2010;16(1): 28-33.
6. Bottom Line Personal. April 1, 2002;11.

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