

Van Every Family Chiropractic

Dr. Anna Saylor-Wither

Dr. Christie Prosper

248.616.0900

www.vaneverychiropractic.com



Healthy Living

newsletter



Think Spring!

There are natural ways of seeking wellness. There are natural ways of getting healthy. In 1895 Chiropractic was discovered and challenged the world of drugs and surgery. It was a long, lonely battle, but now chiropractic is the largest natural, drug-free healthcare system in the world.

More and more people are turning away from symptom treatment and toward natural ways of becoming and staying healthy. Looking for more than a drug approach?

Welcome to the world of chiropractic.

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Are you a fan yet?

Become a fan of Van Every Family Chiropractic Center on Facebook.



Get the inside scoop on what's happening at Van Every Chiropractic. Check out the photos of our staff, and office events. You can even share your chiropractic story with everyone. Visit the official Van Every Family Chiropractic Center fan page. We can't wait to see you online!

Your hips

Your hips balance your entire spine. Conversely your spine balances your hips. If your spine has subluxations (misalignments causing nerve interference) your hips can be thrown off balance.

Similarly, if your hips are misaligned your spine will suffer.

Sometimes you can easily see this as you watch people walk. For example, does one foot (or both feet) appear to flare outward or inward? While this can be a sign of spinal pressure coming from anywhere in the spine, it most often comes from the upper neck.



If your spine and hips are off balance, your legs may be affected. Your femur head (the top of your thigh bone) may not properly fit into your hip. This can result in lower back, knee, ankle and foot problems. This imbalance can also cause wear and tear to your hip joints, affect how easily or effortlessly you can walk and lead to arthritis and disc degeneration. Spinal subluxations can also affect your internal organ health – prostate, bladder, intestines, kidneys and sexual organs.

Chiropractors are able to locate subluxations in your body structure and correct them to help ensure your hips (and spine) and all your organs, muscles, joints, tendons and ligaments have a healthy nerve supply to ensure better health.

Help avoid a future of aches and pains, canes, walkers and wheelchairs. Keep your body structure balanced with chiropractic care.

First, do no harm

Not only is U.S. health care inefficient and wasteful, much of it is dangerous.

George Halvorson, CEO Kaiser Healthplan, Washington Post, December 1, 2008

The U.S. ranks 29th in infant mortality, 48th in life expectancy and 19th out of 19 industrialized nations in preventable deaths. We pay more than anyone else in the world for this kind of care.

Is it any wonder that more and more people are seeking out chiropractors, homeopaths, midwives, nutritionists, naturopaths, acupuncturists and other natural, non-drug, non-surgical healers?

Use the safest healthcare procedures first.

There are generally two approaches to healing.

One approach is the Mechanistic or medical approach. This approach sees symptoms as problems that need to be eliminated. Got a fever? Take an aspirin. Got pain – have a painkiller. Infection? Take an antibiotic. Nauseous? Here's a pill. Diarrhea? Got something for you. High blood pressure? Depressed? Anxious? Shy? Low energy? Here's a chemical to suppress your symptoms.



Of course none of these drugs gets to the cause of your problem. For example. no one has ever discovered an aspirin or Prozac™ deficiency – these drugs affect symptoms only.

There is another approach to healthcare. That approach is the expressive or Vitalistic approach. Vitalists see symptoms as the way your body cleanses, heals, repairs and rebalances itself.

These symptoms may be very uncomfortable. After all, who likes spending time in bed with a fever? Who enjoys diarrhea or vomiting? Rashes or skin eruptions? Pain or discomfort? Nausea, coughing, muscle aches and pains, chills, anxiety, sore throat, weakness and fatigue? No one!

You'd do anything to get your child and yourself well. Yet interfering with symptoms, while creating comfort in the short run, could actually interfere with one's healing ability and lead to health damage in the long run.

Vitalistic healers (such as chiropractors) understand that suppressive healthcare drives disease

deeper so that it may never leave the body.

Children and adults who let their acute illness run its course are, overall, healthier than those who take drugs to suppress their symptoms.

Fever and other dramatic symptoms are powerful tools by which a body resolves illness. Although uncomfortable, they will pass. In fact, suppressing fever may make you stay sick longer. In one study adults who had the flu stayed sick 3 ½ days longer if they took something to lower their fever. (1) Other studies have shown that acute infections in childhood result in less cancer and heart disease later in life. (2-4)



Interfering with symptom expression may cause a temporary, acute illness (cold, flu, fever, malaise) to become chronic – a lifelong condition that never resolves.

At times, drastic interventions requiring drugs or surgery may be needed. However that is relatively rare; most people who suffer from acute illness do best with watchful waiting. It is however especially important that a child (or adult) be free of subluxations so their body may function optimally. For that reason all sick individuals need chiropractic care.

Additionally, you may want to investigate homeopathy, acupuncture, aromatherapy, enemas or other natural means to work with the body to help promote true healing that strengthens the body so it is better able to cope with future infections.

Ever feel that you were a failure?

Anyone ever tell you that you were a failure? Well, if you've never failed you've never lived. Watch this great video and send it to those you care about.

<http://www.youtube.com/watch?v=0yetHqWODp0>

Tamiflu™ linked with convulsions, delirium and deaths



Tamiflu is a prescription medication for flu prevention and treatment in adults and children aged 1 year and older. In the US, Tamiflu is being accused of causing children to have visual and auditory hallucinations, self-injury, abnormal behavior and psychosis. In Japan, at least 14 deaths have been reported from Tamiflu including a brain infection and seven deaths from neuropsychiatric symptoms. The FDA has noted that people in Japan appear to be more likely to report side

effects than people in the United States. In March 2008, Japan issued a warning against prescribing Tamiflu to people between the ages of 10 and 19, and South Korea followed suit a month later with a warning against use by teenagers. (5)

Hormone replacement therapy (HRT)

HRT is still given to women in menopause. In a study, 8,506 post-menopausal women were given estrogen plus progesterone and were compared to women taking no HRT. More women in the HRT group developed breast cancer than in the group given placebo. Women taking the hormones also had a 4% greater risk of having abnormal mammograms. (6)

Cholesterol benefits

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. The benefits of cholesterol include:

- protection 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 optimize 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. (7)

Chiropractic and research



Football collision. A 13-year-old boy entered the chiropractor's office in considerable pain, wearing dark glasses and ear plugs to compensate for increased sensitivity to sound and light. One week beforehand he had been injured in a collision in a football game. Medical doctors had given the child painkillers and traction for two weeks with no improvement. Chiropractic examination showed subluxations of atlas and C-2. Following 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 returned the next day saying he felt, "The best I've felt in six weeks." (8)

Humor

I cdnuolt blveiee taht I cluod aulacly uesdnatnrd waht I was rdgnieg!
Aoccdrnig to rscheearch at Cmabrigde Uinervtisy, it deosn't mtttaer in what
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ervey lteter by istlef, but the wrod as a wlohe.
Amzanig huh?



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:

saylorc@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."

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