



Healthy Living

newsletter

**Welcome to our office's Chiropractic newsletter.
We'd like to entertain you, inform you (and even inspire you a little).**



Dr. Anna Wither



Dr. Christie Prosper

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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Calendar of Office Events

Saturday, May 20th, Noon - 3:00 p.m. - Kids Day America. An Event dedicated to Children's Health & Safety. Featuring **Free** Child ID Cards, Dental Screenings and Spinal Screenings. There will be special appearances, face painting, magic acts, A bouncy house, train rides, and surprise guests. We will also provide **free** balloons, snacks, and giveaways. Prize drawings are held every half-hour!

Saturday, June 24th, 9:00 a.m. - Noon - The Van Every "Parking Lot" Sale. Feeling overwhelmed with clutter? Do you need to clean out your basement, garage or attic? Now you can! For a \$5 donation to the Boys & Girls Club of South Oakland, you can have space at our parking lot sale. Start decluttering now.

Thursday, September 21st, "Are Vaccines Safe?" Presented by Mary Tocco, Director of *Vaccine Research and Education* on the board of Michigan Opposing Mandatory Vaccines, since 1995 and President of **The Autism Autoimmunity Project of Michigan (TAAP)**. For more information go to www.marytocco.com. Lecture sponsored by Van Every Chiropractic Center. Advance Tickets \$5, Call 248-616-0900 for more information and reservations.

Saturday, October 14th, 9:00 a.m. - Noon - Fall Festival. Mark your calendars for our fun filled Fall Festival.

Fourth Annual Kid's Day America

Kid's Day America
at Van Every Family Chiropractic Center.
Saturday, May 20th from Noon to 3:00 p.m.

On Saturday, May 20, 2006, Chiropractic offices worldwide will be participating in the "Kids Day America". This is a special day dedicated to children's health, safety, and environmental awareness in our community.

As local Chiropractors, we spend a lot of time both inside and outside our practice helping children. It is for this reason that we chose to sponsor this monumental event in Royal Oak. We will provide essential information to all attendees on crime prevention, child safety and environmental issues. We

also will provide **free** fingerprinting to all children who attend, courtesy of the Oakland County Sheriff's Office. Our local fire department is bringing their fire truck and plans to support the event by providing fire safety tips. We will have **free** Dental Screening's & Pediatric Identification examinations by Gustafson & Morningstar Dentistry.

Our office will perform **free** spinal exams and scoliosis screenings and we will distribute information on disease prevention and health promotion. There will be special appearances, face painting, magic acts, a bouncy house, train rides, and surprise guests. We will also provide **free** balloons, snacks, and giveaways. Prize drawings will be held every half-hour! We have decided to sponsor the Boys & Girls Club of South Oakland County as part of this event to spotlight their involvement with kids in the community.

Don't be shy... about referring others



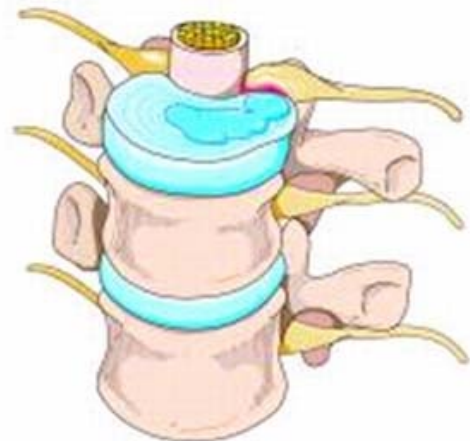
The chances are that you found out about our office from a friend, relative or co-worker so please return the favor and tell others. There are millions of people – adults, the elderly, infants and children with the vertebral subluxation complex in their bodies – living with pain, disease, and all kinds of physical and emotional stresses and conditions that may arise when subluxations are present. Please tell others they often have an alternative to drugs and surgery. They'll thank you and our office will thank you by offering

you a **free visit** on our hydrobed! Go to www.vaneverychiropractic.com to download our new patient form.(Found under 'Our Services' then 'forms to download.')

Your discs – chiropractic keeps them happy

Between your spinal bones (vertebrae) are flexible, gel-like pads called intervertebral discs. You have 23 discs and they help give your spine its curves, flexibility and strength (a curved, flexible spine is much stronger than a straight, rigid one). Discs act like shock absorbers so your vertebrae don't crash into each other when you walk (which would be very painful); they also connect your vertebrae together.

Discs affect your height too – you are about ¼"-½" taller when you wake up than when you went to bed the night before because walking and sitting make your discs thin a little each day; they expand back while you lie in sleep (astronauts gain about 1" in height due to weightlessness).



A proper alignment between the disc, the vertebrae and other structures in the spine is essential for healthy discs and that is why chiropractic has such an excellent record with disc sufferers, often saving them from the bleak prospect of back surgery. MRI and CT scans have shown that chiropractic care can reduce and correct lumbar disc protrusion or herniation.

Chiropractic spinal care may help prevent disc deterioration and herniation in the first place. Can you visit a chiropractor even if you've already had surgery? Yes! Chiropractors have helped many people relieve the pain and frustration of failed back surgery and may help prevent future operations. However surgery permanently changes the body – it's far better to prevent such operations, especially since they often don't work. See the next article.

Spinal surgery for disc and back pain? Think chiropractic.



Half a million Americans will get back surgery this year and many doctors believe most of them don't need it. Why? First, because the operation has a very high failure rate (the pain comes back, never leaves or gets worse); second, surgical accidents can cause impotence and bladder problems; and third, natural approaches such as chiropractic can get most people better at a fraction of the cost without the dangers of surgery.

For disc herniations or painful “pinched” nerves thousands of Americans who aren't lucky enough to try chiropractic care go under the knife and have spinal surgery. From 1993 to 2003 the number of spinal fusion surgeries more than quadrupled, from 60,972 to 297,883 according to the Health-Care Cost and Utilization Project. Costs went from \$24,045.00 to \$48,672.00. If you know anyone facing this surgery, please refer them to our office.



Note: The National Institutes of Health is spending \$14 million to find out if back surgery even works. (1)

Chiropractic and Spinal Research

Do you know anyone living on drugs? They may have years of uncorrected subluxations in their body. Please tell them about chiropractic.

Surveys show people are very happy with their chiropractors. In one survey 83.3% rated their chiropractic experience as excellent. As many as 92.5% stated



they would definitely recommend their chiropractor to others. (2)

Improvement in hearing. The first chiropractic patient had his hearing restored after 17 years of deafness. A more recent study was performed to see if a single chiropractic adjustment showed improvement in hearing. Fifteen patients (9 male, 6 female) were all classified as hearing impaired. After one adjustment 6 had hearing restored, 7 improved and 2 had no change at 40dB while 11 improved, 4 had no change and 3 missed a tone at 25dB. (3)

Learning and behavioral problems. A 1975 study compared chiropractic care with drug treatment in children with learning and behavioral dysfunction.

Chiropractic was found to be "more effective for a wide range of neurological dysfunctions (13 different conditions were compared). (4)

Study: More medical care doesn't mean more health

Here is another study showing that more medical care doesn't improve health or affect longevity. This study of California hospitals showed that more care could be harmful because exposure to infections, accidents and errors could increase patients' death rate. (5)

Low fat = low health

You need fat in your diet. You need fat for a healthy life. Low fat, low-cholesterol diets weaken bones (fats are needed for calcium absorption into bones), make you more susceptible to cancer, mental illness (most of your brain is cholesterol), and suicide and also weaken your immune system. Get rid of trans-fats such as margarine, which is practically plastic and use butter, natural oils and fats instead.



Remember, fat doesn't make you fat – carbohydrates do. Stay away from fluffy food so you won't become fluffy. Avoid bread, pasta, pastries, wheat and sugar and you'll see less inflammation, weight problems, diabetes, heart disease and body fat. (6)

Diet soda makes you fat?

Stop drinking this stuff. It's bad for your body, your brain, your overall health and it doesn't make you thinner. It can even be addictive. Now a 26-year heart study at the University of Texas Health Science Center (San Antonio) found that diet soda drinkers tend to be overweight. Even in normal weight people, "the risk of being overweight or obese increased 65% more with each diet drink per day." (7)

Office Dog of the Month - Luschka Wither



I'm Dr. Anna Wither's dog **Luschka**. I got my name from a joint in your neck called the Joints of Von Luschka. I am a Border Collie that Dr. Wither adopted as a puppy when she was in Chiropractic College. I am the oldest dog in the office (and I think the smartest!) I love anyone who will throw a Frisbee for me. Just don't say the word too loud if you do not plan on taking me outside. We always keep a supply of those wonderful flying discs around the side yard. My hobbies are going to the dog park, watching squirrels and lying in the reception room chair. So if you would like to sit down just ask me to move.

Doggy Humor

Top 10 Dog Peeves About Humans

1. Blaming your farts on me... not funny... not funny at all!!!
2. Yelling at me for barking... I'M A DOG, YOU IDIOT!
3. Taking me for a walk, then not letting me check stuff out. Exactly whose walk is this anyway?
4. Any trick that involves balancing food on my nose... stop it!
5. Any haircut that involves bows or ribbons... now you know why we chew your stuff up when you're not home.
6. The sleight of hand, fake fetch throw. You fooled a dog!
WhooooHooooo!!!
what a proud moment for the top of the food chain.
7. Taking me to the vet for "the big snip", then acting surprised when I freak out every time we go back!

8. Getting upset when I sniff the crotches of your guests. Sorry, but I haven't quite mastered that handshake thing yet !
9. Dog sweaters. Hello ???... Haven't you noticed the fur?
10. How you act disgusted when I lick myself. Look, we both know the truth, you're just jealous.

Now lay off me on some of these thing's, We both know who's boss here!!!
You Don't See Me Picking Up Your Poop Do You?

We hope you enjoyed the dog jokes and wisdom. See you next month.

Would you like to give copies of this newsletter to your friends, co-workers and relatives? Print as many copies as you need. Forward on to your contact list. If anyone would like to be added to our email list, please send your request to info@vaneverychiropractic.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, Dr. Christie Prosper, and our office.
Please visit us on the web at: www.vaneverychiropractic.com.**

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