



Healthy Living

newsletter

Bellies are
getting bigger &
babies are Coming
Soon!!!

Melissa due: May 8th ~ Dr. Saylor-Wither due
April 10th

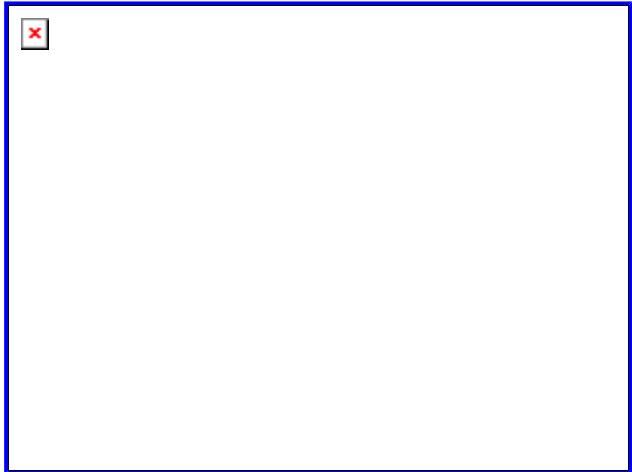


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Office Hours Through June 30th

Monday: 3:00 - 6:00 pm

Tuesday: 10:00 - 12:30 and 3:00 - 6:00

Wednesday: CLOSED

Thursday: 10-12:30 and 3:00 - 6:00

Friday: 10:00 - 12:30 and 3:00 - 6:00

Saturday: We will be open 2 Saturdays per month. Please call for dates.

Calendar of Events

New Time! **Saturday, May 19th, 10:00 – 1:00 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 23rd, 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. Call 248-616-0900 to reserve your space.

Saturday, July 14th, 10:00 a.m. – 1:00 p.m. Meet the Babies! Welcome the newest additions to the Van Every Family – Meet the soon to be babies of Dr. Saylor-Wither & Melissa. Dr. Saylor-Wither's due date is April 10th & Melissa's due date is May 8th.

Special Offer for April

The answer to the following question can be found somewhere in this newsletter. Bring in the page of the newsletter where the correct answer is found and you will receive:

A Free Packet of EmergenC!

Each packet contains 1,000 mg of Vitamin C as well as other antioxidants, vitamins, minerals and micronutrients that support healthy metabolic function, boost your immunity, and give you a burst of non-caffeinated energy.

Q: True or False? Those that take Vitamin C burn more calories when exercising.

This contest is open to your friends and family, so pass this newsletter along for them to win as well. Remember to print the page where you found the answer and bring it in with you. One winner per person per month.

What is health?

Everyone wants to be healthy – especially when they are suffering. But what is health? It's more than being symptom-free. Many people “feel fine” only to drop dead of a heart attack, suffer a stroke or get diagnosed with a terrible illness. And all the time they “felt fine” (although they probably lost a lot of feeling over the years). True health means your body is working right which expresses itself as lots of energy, structural balance, restful sleep, deep breathing, optimism, joy, creativity, inspiration and growth.



If simply being free of symptoms were the only sign of good health, then aspirin, drugs and other medicines would make you healthy, and the people taking the most drugs would be the healthiest. But – are they? As soon as the drugs wear off the masked symptoms come back, along with the need for more, perhaps stronger, drugs.



Drugs don't make you healthy. They may reduce or alter your symptoms, but that does not make you healthy. What makes you healthy? Life makes you healthy. Having 100% life flowing through you, having a body free of nerve stress so the energies from the brain can travel freely to every part of your body. That's what health is all about and that's the goal of the Doctor of Chiropractic.

When do people start to deteriorate?

Apart from sudden trauma the development of disease is often a slow, gradual, inexorable process. Look at the sick old people around you. Do you think that consciously and willingly, they gave up, overnight, the vibrancy in their step, the sparkle in their eyes, the joy in their being? The silent weakening, wearing down and stiffening of their lives, and the resulting boredom happened slowly, ever so gradually. No one wakes up suddenly older.

We have to make a choice: to change or die. Too often we make no choice, and that's our choice. As the poet

W.H. Auden wrote: “We would rather die than change....” But every moment is an opportunity. Start re-connecting your energies and rebalance your being with chiropractic care for you and your family; eat natural, nutrient dense foods (go to the Weston A. Price Foundation for wonderful nutrition advice – www.westonaprice.org); drink healthy un-chlorinated, un-fluoridated water; avoid toxic chemicals; get sunlight; exercise; nurture your relationships (emotional connections) and live creatively so you're not bored. Life is not for the weak – start



getting stronger by living in harmony with nature. We'll do everything we can to help you.

Exercise and Vitamin C

Vitamin C helps you burn more fat when you exercise. People who took 500 mg of C daily burned 39% more fat while exercising compared to those who took less. (1)

Beware of the new cervical cancer vaccine (Gardasil)

From the article: "Around 60% of those who got Gardasil or the aluminum placebo suffered side effects such as headache, fever, nausea, dizziness, vomiting, diarrhea, myalgia. Gardasil recipients had more serious adverse events such as gastroenteritis, appendicitis, pelvic inflammatory disease, asthma, bronchospasm and arthritis." See paper at <http://www.whale.to/vaccines/lobato.html>

Avoid soy infant formula



Babies fed soy-based formula have 13,000 to 22,000 times more estrogen compounds in their blood than babies fed milk-based formula. Infants exclusively fed soy formula receive the estrogenic equivalent (based on body weight) of at least five birth control pills per day. Girls are showing signs of puberty as early as age 5 or 6. Premature development of girls has been linked to the use of soy formula and exposure to environmental estrogen-mimickers such as PCBs and DDE. Source: The Weston A. Price Foundation for Wise Traditions in Food, Farming and the Healing Arts. www.westonaprice.org

Another benefit to breastfeeding

In addition to the many benefits of breastfeeding (healthier immune system, better weight, emotional stability), new research shows breastfeeding helps babies handle stress better. The study found that children who are weaned naturally were less affected by anxiety as they grew older than children who had formula milk. This dovetails with other research indicating breastfed babies have healthier brains and nerves.

http://www.whatistheword.com/story/Lifestyle_929.html (2)

Chiropractic and children



Case studies and clinical reports and countless parents report what we see in our office every day – that children under chiropractic care stay healthy and get healthy without dangerous drugs.

There are many ways that infants, babies and children get subluxations: the birth process, falls, accidentally being dropped (it happens more than you think) and even sleeping in bad positions can put severe stress on the body, interfering with nerve, brain, organ and tissue health and resistance to disease. Many children with physical disorders, learning disorders and emotional problems need a chiropractic spinal checkup. It can make all the difference in the world to them. And it's drug-free.

Breast cancer deaths drop – why?

A recent study found that the most common form of breast cancer dropped by 15% between August 2002 and December 2003. The reason? Researchers believe it is because millions of women stopped hormone replacement therapy. (3)

Heart disease + antidepressants = increased death rate

In a surprising finding, patients with coronary artery disease who take commonly used antidepressant drugs may be at significantly higher risk of death. Duke University Medical Center researchers have found that SSRI use was associated with increased risk for heart patients. (4)



Chiropractic and Spinal Research



Remember, everyone, no matter what condition they may have, needs chiropractic care to ensure their body is working without subluxations. If you have any specific questions please feel free to contact us.

Psychology and chiropractic. Chiropractic almost doubled the recovery rate at an addiction treatment clinic. "Jose Mehlman enrolled in the Exodus addiction treatment center as a study participant, he had hit bottom. He had tried many treatments but they were 'nowhere near effective' as chiropractic. Today, Mehlman is living a viable, drug-free life. 'I think that chiropractic

care was an integral part of my recovery,' he says." (5) Read more at

<http://www.psychologytoday.com/rss/pto-20060714-000001.html>

Learning disabilities, dyslexia and chiropractic. In a review of papers on the effect of chiropractic on learning disabilities and dyslexia (eight studies and 25 anecdotal reports), researchers found that all of the studies reviewed suggested a positive effect of chiropractic on individuals suffering from learning disabilities and dyslexia. (6)

Humor

HOW TO CALL THE POLICE WHEN YOU 'RE OLD AND DONT MOVE FAST ANYMORE.

George Phillips of Meridian, Mississippi was going up to bed when his wife told him that he'd left the light on in the garden shed, which she could see from the bedroom window.

George opened the back door to go turn off the light but saw that there were people in the shed

stealing things.

He phoned the police, who asked "Is someone in your house?" and he said "no". Then they said that all patrols were busy, and that he should simply lock his door and an officer would be along when available.

George said, "Okay," hung up, counted to 30, and phoned the police again.

"Hello, I just called you a few seconds ago because there were people in my shed. Well, you don't have to worry about them now cause I've just shot them all." Then he hung up.

Within five minutes three police cars, an Armed Response unit, and an ambulance showed up at the Phillips' residence and caught the burglars red-handed.

One of the Policemen said to George: "I thought you said that you'd shot them!"

George said, "I thought you said there was nobody available!"

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.**



Dr. Christie Prosper~Kim~Jane~Melissa~Dr. Anna Saylor-Wither

References

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2. Montgomery SM, Ehlin A, Sacker A. Breast feeding and resilience against psychosocial stress. Arch Dis Child. Pub online first: 3 August 2006. <http://adc.bmj.com/cgi/content/abstract/adc.2006.096826v1>

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