

Van Every Family Chiropractic

Dr. Anna Saylor-Wither

Dr. Christie Prosper

248-616-0900

www.vaneverychiropractic.com



Healthy Living

newsletter



Bric Ashley Wither says

Go State!!!!



TABLE OF CONTENTS

- Testominal Contest, Win big on April 15th!
- Meet the newest addition to our office - Dr. Saylor's new dog - Quill
- Tax Relief Day - Wednesday, April 15th from 3-6 p.m.
- Why become a chiropractor?
- Your nerves go everywhere, so make sure they are happy
- Race horses love chiropractic
- Gardasil report:
- Football and Chiropractic
- Nutrition warning:
- Chiropractic research
- Humor
- Van Every Family Chiropractic Contact Information
- References

Testominal Contest, Win big on April 15th!

Write a Review for And You Can WIN BIG!!

Excited about Chiropractic?

Want to tell others about it and be rewarded?

Enter our "Testimonial Contest" today!

You have up to FIFTEEN ways to win great prizes! Bring in this checklist each time you hit an incentive mark (see the lower left hand corner) to enter our drawing and to claim your level prize. Grand Prize drawings will be held during Tax Day 2009, Wednesday April 15th from 3-6 p.m. So start writing today!

1. Write a testimonial for Van Every. You can either give it to the front desk or email it to SaylorDC@aol.com. Please include a picture or we can take one on your next visit.
2. Schedule a time for us to videotape your testimonial.

Write a review/testimonial and post it to any of these sites:

3. www.Yelp.com
4. www.detroit.citysearch.com
5. www.wellness.com
6. www.switchboard.com (Van Every)
7. www.switchboard.com (Dr. Anna Saylor)
8. www.local.yahoo.com
9. www.cityvoter.com
10. Link In to "Anna Saylor DC"
11. Post your testimony on our Fan Page
12. Post your testimony on your Facebook page
13. Become a fan of Van Every Family Chiropractic Center on Facebook
14. Blog about our office
15. Twitter about our office

WHAT CAN I WIN AT EACH LEVEL?

- 1 Item = 1 entry plus a Van Every Pen
- 3 Items = 2 addtl. entries and a Water Bottle
- 5 Items = 2 addtl. entries plus a Hydrobed visit
- 7 Items = 2 addtl. entries and a Van Every Tote bag
- 9 Items = 2 addtl. entries plus Biofreeze of your choice
- 11 Items = 2 addtl. entries and a Van Every T-shirt
- 13 Items = 2 addtl. entries plus a 1/2 hr. Massage

COMPLETE ALL 15 ITEMS AND

RECEIVE 15 TOTAL ENTRIES, a \$50 Royal Oak Restaurant Gift Certificate, plus EVERYTHING

listed on the left! All entries will be eligible for the Grand Prize drawings on Tax Day, Wednesday, April 15th!
Prizes will include massages, dinner and lunch gift certificates, free chiropractic care and MUCH MORE!

**Help Spread the Word
About Chiropractic...**

Your personal testimonial letter can change people's lives.

By sharing your experiences in the form of a testimonial letter, others who are suffering with similar ailments may find hope by reading your story.

The following are some ideas that you may want to include in your testimony:

- What health problems were you suffering with?
- What happened to cause this suffering?
- How long had you been suffering?
- How did this suffering interfere with your life, moods, job, exercise, relationships and overall sense of well being?
- What other treatments did you try before coming to Dr. Saylor?
- How did you hear about KST treatment?
- Describe what your visit to the office was like – how you were treated, the exam, the adjustment.
- Describe any changes that you may have noticed immediately after the adjustment.
- How has your suffering has improved and how long it took?
- How has being under Chiropractic care improved your life?
- What are you able to do now that you couldn't do before?

Please email your testimonial to us at SaylorDC@aol.com. Remember to include your name and city.

You can also include a picture or we can take one for you!

Thank you for taking the time to write about your experience. We really appreciate it.

Some suggested Keywords to use in your Testimonial...

- Dr. Anna Saylor
- Chiropractor/chiropractic
- Headache/neck pain
- Leg pain/Sciatica
- Symptoms you may have experienced such as sinus pain, migraines, etc.
- Royal Oak and the name of your City
- Van Every Family Chiropractic Center
- Family/pediatric/children/infant/baby
- Back Pain
- KST - Koren Specific Technique

Meet the newest addition to our office - Dr. Saylor's new dog - Quill



Meet Quill - Dr. Anna Saylor-Wither's new puppy. Quill is a Border Collie and is 12 weeks old now. Once he gets a little better at potty training, he will be coming to the office to meet and greet patients.

Tax Relief Day - Wednesday, April 15th from 3-6 p.m.

Free Adjustments for all current patients.

Free Mini-Massages - Receive a relaxing five-minute mini-massage.

Free Hydrobed visit- Receive a five-minute visit on our hydromassage table.

Free Food, Fun and relaxation for everyone.

Raffle tickets winners from our "Testimony Contest" will be drawn through out the event.

Friends and family are welcome! Call today for your appointment. 248-616-0900

Why become a chiropractor?

I'm sure you may have wondered, "Why do people become chiropractors?"

Many chiropractors hail from medical families where a parent, sibling or other relative is in the medical profession. There are people who left the practice of medicine for chiropractic. Why is that? We're glad you asked.

Chiropractic is a unique profession – we don't put anything into your body or take anything out – no drugs, no surgery, no devices, no chemicals. And yet case histories abound of people with all kinds of horrible conditions (some of which we mention in this newsletter each month) rediscovering health and wellness after a chiropractic adjustment.

Who is the real doctor? The real doctor is you. Your body has the ability to heal itself from every disease.

Your chiropractor releases blockages, called subluxations, inside you that interfere with your natural healing ability and therefore prevent full healing.

When these blockages are located and released (or adjusted) the result is a healthier you – more balance, more energy, more healing. Chiropractic students learn, among other things, how to locate and correct subluxations.

A nice side effect of becoming a chiropractor is that you learn about a drug-free lifestyle that includes organic and nutrient dense foods, non-invasive peaceful childbirth, breastfeeding and natural immunity. Plus, it's an enjoyable profession. Enhancing health and wellness is fun and rewarding.

Your nerves go everywhere, so make sure they are happy



The illustration to the left is of the most complicated wiring system in the universe – your nerves. The nerve cells in your brain have long wire-like extensions that join together like a big bundle of billions of nerve fibers. This bundle forms your spinal cord. It exits from your skull through a big hole in the bottom of your head called the foramen magnum (Latin for "big hole").

The photo to the right is a view of your open skull from above. The foramen magnum is in the purple bone.



Imagine billions of nerve fibers traveling through that hole. Now imagine them branching off at different levels of the spine and going to your heart, lungs, kidneys, intestines, liver, gall bladder, adrenals, thyroid and other glands, and to your hundreds of muscles and bones. That's what the illustration above depicts.

That is how your body communicates. Without nerve communication your body would stop working properly.

If your spinal bones (vertebrae) are slightly out of place you have a subluxation. A



subluxation could interfere with the function of millions and billions of nerves going from your brain down your spine and to all parts of the body.

A subluxation can affect your resistance to disease; your ability to digest food and to eliminate waste; to see, hear, walk and talk; and even your ability to concentrate, process information, read and think.

That's why there are case reports of chiropractic care returning people back to health from nearly any disease. Chiropractic releases blockages that prevent your body from working better – so your natural healing ability can function at its peak. And the greatest doctor in the world is your natural healing ability.

Since subluxations can affect anyone – newborns and infants, school children, adults and the elderly – it is essential that all people get themselves checked for this health damaging condition.

Chiropractors are specially trained to locate subluxations. Unless a person has had a chiropractic checkup and correction (adjustment) they may be living their lives with spine and nerve stress – and living their lives with less health, wholeness and happiness.

That's why we recommend you bring in your loved ones and friends for care. It might make the difference between health and disease or even life and death.

Race horses love chiropractic

When a top-class thoroughbred wasn't responding to standard veterinary practice, Tim Johnson, DC was called in. "[The horse] responded very quickly," he says. "His gait improved immediately.... Two weeks later he won a race in Adelaide and a few weeks later came second in the Cox Plate."

Equine chiropractors become important players in an industry where a small injury can render someone's multimillion-dollar investment worthless. A successful adjustment is "like rebooting your computer," says Dr. Johnson, "It resets the reflexes in the nervous system in that area."



"The horses start to enjoy it because they know they are going to get relief. They're pretty smart animals. Once they get relief they are more likely to stand still and enjoy it." Some even get hooked. On one occasion when he returned to a stud farm where he had treated two horses the previous week, the same two horses came bounding up to greet him. (1)

Gardasil report:

Michigan teen suffers severe reaction two months after Gardasil™ shot

Reports about illnesses and deaths after vaccination with Gardasil™, the HPV vaccine marketed by Merck, continue. More and more people are questioning this “cervical cancer” vaccine that has not been shown to prevent cervical cancer. The research is hypothetical. More people are saying the cure is worse than the disease. And now they want to give this vaccine to boys? Send this video to anyone you know who may be considering getting this shot. Go to: http://www.youtube.com/watch?v=CkpT_OrHIoI&feature=email

Football and Chiropractic

Jerry Rice, a 13-time Pro Bowl football player who owns 38 career records and three Super Bowl rings and is a "Dancing with the Stars" celebrity, shares his positive experiences with chiropractic care:



"Professional football is a very rough and vigorous sport, and I attribute my longevity and durability to a vigorous exercise program and chiropractic adjustments. Chiropractic gave me the edge to succeed, not only on the gridiron but also on the dance floor," says Rice.

He continues to rely upon chiropractic adjustments to keep himself healthy and active. "I did a lot of things to stay in the game, but regular visits to my chiropractor were among the most important." (2)



Nutrition warning:

One more reason to avoid artificial sweeteners (such as Nutrasweet™)

Research on common food additives, including the controversial sweetener aspartame, and food colorings suggests they may interact to interfere with the development of the nervous system. Pregnant women (and their fetuses) and young children may be especially at risk for nerve damage. (3)

Chiropractic research

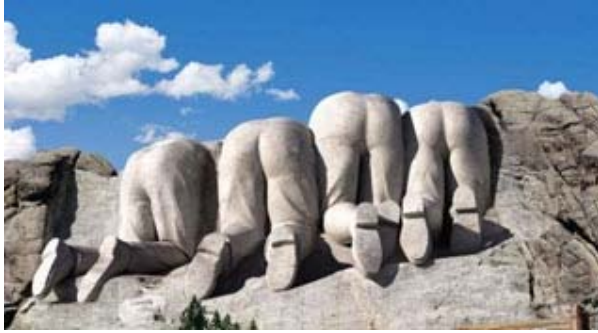
Pregnancy and chiropractic. A 32-year-old pregnant woman with pain in the pubic and groin region since she was 28 weeks pregnant began chiropractic care. The severe pain limited her motion and did not allow her to sleep. Relief began following the first adjustment; she was able to sleep that night.

By the fifth adjustment she was pain free. She gave birth to a healthy 6-pound boy and had no pubic pain during the (vaginal) delivery. (5)

Atopic dermatitis, allergy and asthma. 360 patients with atopic dermatitis were divided into 6 groups. In the group receiving the most spinal care, 88% showed improvement in skin itching and 72% showed improvement in skin condition. Allergies improved in 70% of the spinal care group and improvement was seen in the asthma group. The authors write: "There is a high possibility that allergic disease relates to the innervation of organs that relate to the immune function which are affected by...vertebral misalignment." (6)

Humor

For many years I have wondered what was on the other side of Mount Rushmore. Last year I went to the other side and took this picture.



Van Every Family 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."

References

1. A case of horses for courses. The Sydney Morning Herald. December 1, 2005. <http://www.smh.com.au/news/alternative-health/a-case-of-horses-for-courses/2005/11/30/1133311101511.html>
2. <http://www.chiropracticfirst.ca/newsletters/0902-1/full-1.html>
3. Lawrence F. Combining food additives may be harmful, say researchers. Organic Consumers Association Newsletter. December 21, 2005. <http://www.organicconsumers.org/toxic/msg010306.cfm>
4. Macfarlane J. Chlorine in tap water 'nearly doubles the risk of birth defects.' Daily Mail, Telegraph May 31, 2008. <http://www.dailymail.co.uk/health/article-1023340/Chlorine-tap-water-nearly-doubles-risk-birth-defects.html>
5. Panarello SR. Symphysis pubis subluxation: pre and post partum chiropractic care. Journal of Clinical Chiropractic Pediatrics. 2005;6(3):432-435.
6. Takeda Y, Arai S. Relationship between vertebral deformities and allergic diseases. The Internet Journal of Orthopedic Surgery. 2004;2(1).

You are subscribed to as *e-mail address*. To be excluded from future releases, please visit our options page. We hope you enjoy receiving this and value your feedback. Please email us with your questions or comments. Brought to you by: Van Every Family Chiropractic, 4203 Rochester, Royal Oak, MI 48073.

The service provider responsible for sending this email does not tolerate unsolicited email. If necessary, please report the sender of this message as having sent unsolicited email and their account will be reviewed.