



Healthy Living

newsletter

## Kid's Day America Saturday, May 19th 10:00 am to 1:00 pm

dedicated to children's  
 health and safety



### Welcome to Van Every Family Chiropractic Newsletter.

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.

#### TABLE OF CONTENTS

- Office Hours Through June 30th
- Calendar of Office Events
- Kid's Day America 2007
- Pregnancy and chiropractic
- Who knows better?
- Cholesterol myths
- Chiropractic and ear infections

- Antibiotics not needed for ear and eye infections, say researchers
- Breastfeeding healthier for mother and child
- Fluoride linked to bone cancer, lower IQs and osteoporosis
- Splenda is not splendid
- Humor
- Van Every Chiropractic Contact Information
- References

## 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 Office Events

**New Time! Saturday, May 19<sup>th</sup>, 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 23<sup>rd</sup>, 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.

## Kid's Day America 2007

On Saturday, May 19<sup>th</sup>, 2007 communities worldwide will participate in the annual "Kids Day America." a Health, Safety, and Environmental Awareness Day. Dr. Christie Prosper and Dr. Anna Saylor-Wither will be sponsoring the event locally in their office from 10:00 am until 1:00 pm at 4203 Rochester Rd. Royal Oak, MI 48073 (between 13 and 14 Mile Rd). Just look for the purple wall.



Dr. Anna Saylor-Wither and Dr. Christie Prosper will

provide essential information to all attendees on crime prevention, child safety, and environmental awareness. The office will donate special child ID cards to every child who attends, and the Michigan State Police Department will be on hand to provide **FREE** fingerprinting of all the children.



In addition, there will be special appearances by Youth Under Construction. Train rides will be provided by Jokers Entertainment with train safety by C & N Railroad. Our local Fire Department is bringing their fire truck and will teach fire safety tips to the children. We will have **FREE** dental screenings and pediatric identification examinations by Cosmetic Dentistry Institute.

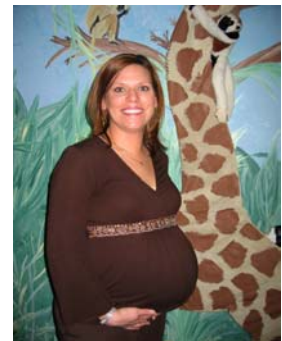
Drs Prosper and Saylor-Wither will provide **FREE** spinal exams and scoliosis screenings, and distribute vital information on disease prevention and specific health issues that affect children. There will be special character appearances, face painting and a Bouncy House sponsored by the O.U.R. Community Credit Union. **FREE** balloons, food, and giveaways for everyone! Prize drawings every half hour!

Everyone is welcome. See you on Saturday, May 19<sup>th</sup>. **Rain or Shine**. For more information, call Van Every Family Chiropractic Center at 248-616-0900

### Pregnancy and chiropractic



If there's one group of individuals who need chiropractic more than any other it's mothers-to-be. As a woman's hormones change, her ligaments become looser and her body structure can become distorted. Chiropractic has been a blessing for countless pregnant women for over a century. Pregnant? Get a chiropractic checkup; it'll help you and your new baby and help ensure an easier delivery.



### Who knows better?

Over \$30 billion in over 30 years has been thrown at a "War on Cancer." So far it looks like cancer has won. (1) Similarly, all the money spent on an AIDS cure has not resulted in a single life saved (medically). (2) Why, you ask; because a little knowledge is a dangerous thing. For example, we think we can artificially "improve" the immune system so we "tinker" with it using vaccines. The result is an epidemic of autism, ADD/ADHD, dyslexia, allergies, Alzheimer's, cancer, asthma, ear infections, vision problems and many other conditions. (3)

In the same way, we think we can artificially make someone healthy by pumping synthetic drugs into them. We think the body is making a mistake when it creates symptoms and we try to suppress the symptoms rather than correct the cause (i.e. build up natural resistance, remove subluxations and other interferences).

**But...there is another way:** Respect the body and observe what it is doing in sickness and health. This is known as Empirical healthcare.

The body can tell us how to be healthy. Why do so many people not get cancer? Why do so many people not get AIDS – even if they have the risk factors? Why do so many people not get the flu? What makes people recover from horrible diseases while others succumb and die? This is what needs to be studied: health!

Chiropractic is based on Empirical health philosophy. Simply stated: rather than invade the body with artificial drugs and procedures, we try to learn what it wants to do and support it; we respect the body's symptoms. For example, if the body creates a fever we don't suppress it with drugs, but rather permit the body to disinfect, cleanse and heal – and the body will be healthier and stronger as a result. Relying on drugs makes us weaker. For example, studies show that antibiotics for ear infections lead to more ear infections. Also, consider that children who have more infectious diseases of childhood have lower cancer risk and less heart attacks as adults. (4-5)



**Chiropractors, homeopaths, naturopaths, acupuncturists and other natural healers respect your body's wisdom by working with it to discover what is blocking healing.** Chiropractors locate and correct subluxations, often painless distortions in your body that can weaken your resistance to disease and interfere with your physical and mental health.

Remember, no matter how deep and complex science explores, our bodies seem to mirror every revelation. Let us respect the body's wisdom by working with it and the holistic nature upon which it was created and is sustained.

### Cholesterol myths

“The idea that too much animal fat and high cholesterol is dangerous to your heart and vessels is nothing but a myth... Cholesterol is not a deadly poison but a substance vital to the cells of all mammals. There are no such things as good or bad cholesterol; but mental stress, physical activity and change of body weight may influence the level of blood cholesterol. High cholesterol is not dangerous by itself, but may reflect an unhealthy condition, or it may be totally innocent.” (6)

Do not take cholesterol-lowering drugs – they contribute to heart failure. Avoid processed food, especially foods containing processed vegetable oils (i.e. canola and corn oils) and *trans* fats.... Take cod liver oil and consume plenty of butter from grass-fed cows to ensure adequate levels of vitamins A and D. (7)

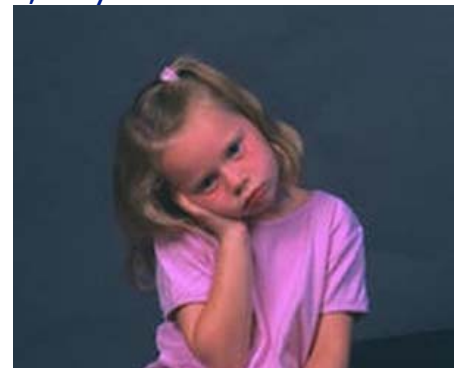
## Chiropractic and ear infections

This appeared on the Feb 13, 2007 CBS 11 News: *"Next to the common cold, ear infections are the most commonly diagnosed childhood illness in the United States... For years, parents have depended on antibiotics...but now doctors are warning about the overuse of antibiotics... Now some parents are taking their kids to see chiropractors. Susan Lekborg says her son Cooper suffered from chronic ear infections. "We were up all night, he was miserable, cranky...on antibiotics all winter and it just wasn't helping. It would go away and come back, go away and come back," she said. She went to a chiropractor. "I'll be honest, I was a little skeptical, nervous about a chiropractor adjusting my baby," she said. But after only one treatment he started feeling better. Susan Lekborg says it's worked for her children. "This will be their third winter, no antibiotics, no Tylenol, no Motrin. They're clean. I just feel like they're healthier," she said. (8)*



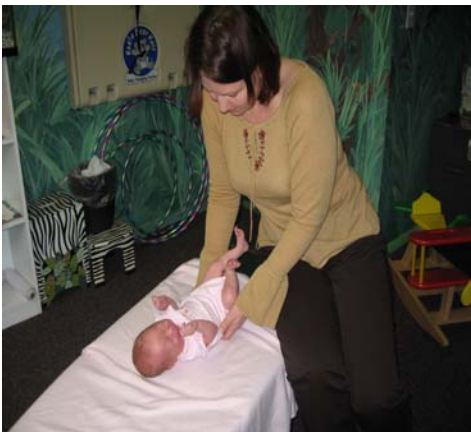
## Antibiotics not needed for ear and eye infections, say researchers

Two recent studies show that two common conditions that were thought to definitely need antibiotics – middle ear infections and conjunctivitis (pink eye) in kids – don't really need them at all. The studies conclude that without antibiotics, children get better anyway. (9)



### While we're on the subject...

"Some 80% of ear infections go away on their own. Worse, the drugs can contribute to antibiotic resistance and cause mild side effects like diarrhea or nausea. Help prevent infections in the first place by breastfeeding, limiting pacifier use and avoiding exposure to secondhand smoke. (10)  
PS. How about adjusting them?"



## Breastfeeding healthier for mother and child

Breastfeeding is known to boost an infant's health – and is good for the mother too. In a study in New Scientist of 96,648 nurses who gave



birth between 1986 and 2002, those who had spent at least two years

breastfeeding were 19% less likely to suffer a heart attack than those who had not breastfed at all. Nursing a newborn may help a mother's metabolism switch from pregnancy mode back to normal. (11)

### Fluoride linked to bone cancer, lower IQs and osteoporosis

In March 2006, a panel of dentists, toxicologists and epidemiologists assembled by the National Research Council (NRC) found that children who consume water containing the highest level of fluoride permitted by the EPA might actually be damaging their teeth; there was even a hint that it might depress IQ. What's more, the panel stated that consuming water with that amount of fluoride over a lifetime could weaken bones and increase the risk of fractures. And just 2 weeks after the NRC report made headlines, a Harvard study suggested that fluoridated water could cause a rare form of bone cancer in young boys. "Fluoridation should be abandoned," says dentist Hardy Limeback, PhD, DDS, head of preventive dentistry at the University of Toronto and a member of the panel that wrote the NRC's fluoride report. "It could turn out to be one of the top 10 mistakes of the 21st century." **Is it still being added to your water?** (12)

### Splenda is not splendid

Eating sucralose – brand name Splenda™ – is like ingesting tiny amounts of chlorinated pesticides. (13)

As with NutraSweet™, no human safety studies have been done. Researchers who studied the drug claimed it was safe yet there have been thousands of consumer complaints. Unfortunately, the FDA doesn't seem to care.



Chlorocarbons such as Splenda are known to cause organ, genetic and reproductive damage. Splenda has been shown to affect the thymus, liver and kidneys. It can also cause fertility issues in male rats and gastrointestinal problems in pregnant rats.

### Humor

Reading while sunbathing makes you well red.  
 When two egotists meet, it's an I for an I.  
 A bicycle can't stand on its own because it is two tired.  
 What's the definition of a will? (It's a dead giveaway.)  
 Time flies like an arrow. Fruit flies like a banana.  
 In democracy your vote counts. In feudalism your count votes.  
 She had a boyfriend with a wooden leg, but broke it off.  
 A chicken crossing the road is poultry in motion.  
 If you don't pay your exorcist, you get repossessed.

With her marriage, she got a new name and a dress.  
Show me a piano falling down a mine shaft, and I'll show you A flat minor.  
When a clock is hungry, it goes back four seconds.  
The man who fell into an upholstery machine is fully recovered.  
You feel stuck with your debt if you can't budge it.  
Local Area Network in Australia: the LAN down under.  
He often broke into song because he couldn't find the key.  
Every calendar's days are numbered.  
A lot of money is tainted – it taint yours and it taint mine.  
A boiled egg in the morning is hard to beat.  
He had a photographic memory that was never developed.  
A plateau is a high form of flattery.  
The short fortuneteller who escaped from prison was a medium at large.  
Those who get too big for their britches will be exposed in the end.  
Once you've seen one shopping center, you've e seen a mall.  
Those who jump off a Paris bridge are in Seine.  
When an actress saw her first strands of gray hair, she thought she'd dye.  
Bakers trade bread recipes on a knead-to-know basis.  
Santa's helpers are subordinate clauses.  
Acupuncture is a jab well done.

### 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](mailto:saylordc@aol.com) or [drprosper@hotmail.com](mailto: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](http://www.vaneverychiropractic.com).**



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

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