

Van Every Family Chiropractic

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Healthy Living

newsletter



Welcome to the

**Van Every Family Chiropractic's
Healthy Living 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.

Looking for a drug-free lifestyle; health and wholeness for yourself and your family?

**Interested in disease prevention and health enhancement?
Then welcome to a more natural world, welcome to the world of chiropractic.**

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Events

Saturday, May 17th ~ 10:00 a.m. - 1:00 p.m. Kid's Day America:



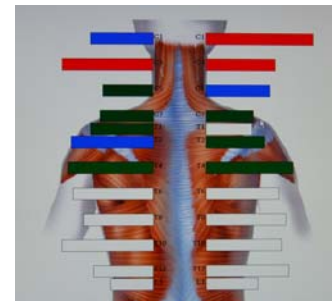
This Annual Event is dedicated to Children's Health & Safety. Featuring Free Child ID Cards and Spinal Screenings. There will be special appearances, face painting, magic acts, A bouncy house, train rides, and surprise guests. We will also provide free balloons, snacks, and giveaways. Prize drawings are held every half-hour!

The Month of May ~ Get your Kids scanned for FREE!

Nervous system disturbances can lead to all sorts of health problems. Since we would rather catch problems before obvious symptoms appear, we encourage parents to have a nervous system scan of their infant or child.

Our scanning technology is safe, accurate, noninvasive and takes just minutes. Should the scans reveal that chiropractic care could be beneficial, we'll make recommendations. If not, we'll tell you that, too. Either way, you'll see the results.

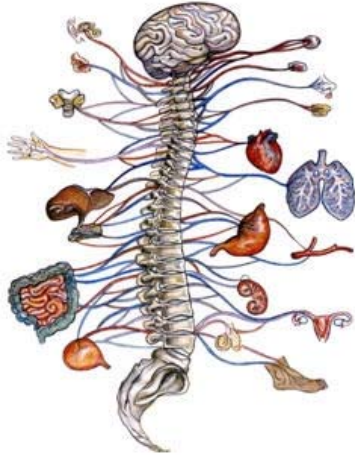
Detecting pre-symptomatic health problems makes sense. It gives



your child the best chance to grow up healthy and strong, free from vertebral subluxation.

Call to schedule your FREE, NO-OBLIGATION scan for your child today!!

Doctor of Cause



Chiropractors spend thousands of hours studying how to locate and correct a major cause of stress and body malfunction (dis-ease): the subluxation. Subluxations are areas of stress inside your spine and body structure that lead to lowered resistance to disease, inefficient body function, altered chemistry, distorted posture and balance, accelerated aging and premature death.

Only a chiropractor is trained to locate and correct vertebral subluxations using specialized techniques called chiropractic spinal adjustments. Without subluxations your natural healing wisdom, your innate intelligence or inner doctor, can function more efficiently. The initials DC stand for Doctor of Chiropractic, but to many it also stands for “Doctor of Cause.”

Happy Mother's Day

Pamper Yourself Healthy!

You're a woman who may be wearing way too many hats – wife, mother, coach, taxi driver, chef, laundress, shopper, maid, employee, employer, handywoman, nurse...the list could go on and on with the number of roles you play and jobs you have to do each and every day.

So...when do you make time for you?

It's important that you find the time to pamper yourself.

Women are generally so used to giving of themselves to their families and others that they seldom take time to give to themselves in little ways that make a difference. “Pamper myself? Why I just don't have the time,” you might say.

Make the time – it's healthy and you deserve it.

Here are some ways to treat yourself to some of the “little” things that lift your spirit and keep you healthy:

- Take a nice half-hour bubble bath – and lock the bathroom door!
- Treat yourself to a manicure or pedicure...or both!
- Get a relaxing half-hour massage – or better yet – go for an hour!
- Sit in a comfortable chair and put your feet up for a half hour – maybe even take a little catnap!



- Try out a new hairstyle or some strategically placed highlights!
- Go to the local coffee shop with a book and sip a latte or some Chai tea while reading the romance novel you've been dying to start!
- Light some candles, put on some soft music, get yourself a cup of chamomile tea and sit in semi darkness. Now...relax your body, mind and spirit!
- Get a babysitter and go out on a date with your husband or significant other – pampering both of you!

It's important for your health and well-being to take care of yourself in the same way you care for others. And with that said – keep to your regular chiropractic adjustment schedule. Stress has a way of doing some real damage to you physically, mentally and emotionally and chiropractic adjustments keep you on an even keel!

Bric Ashley Wither turns one!!



Bric Ashley turned one on April 13th, 2008. We can not believe how quickly time has flown by and how much she has grown. She is now walking and getting into everything. She loves being outside and her favorite thing is her red wagon.

All infants need chiropractic

The newborn that knew only the warmth softness, darkness, quiet and comfort of the womb is suddenly exposed to a cold, noisy, hard, harsh, blinding world. Separated from mother, often dangled from its heels and struck on its rear, these procedures can cause permanent physical

trauma and emotional scarring. As one expert has stated:

“The birth process, even under optimal controlled conditions, is potentially a traumatic, crippling event for the fetus...the application of standard orthodox procedures may prove intolerable to the fetus. Most signs of neonatal injury observed in the delivery room are neurological.” (3)

For these reasons all infants need a chiropractic checkup to see if they have subluxations (nerve stress) in their bodies. Subluxations may cause serious health problems in infancy and in later life. Chiropractors are specially trained to locate and remove subluxations helping your child’s body to work as naturally as possible.



There are numerous reports of babies suffering from colic; diarrhea; constipation; crying; vision, hearing, neurological, digestive and developmental problems and more responding to chiropractic care.

Home birth or hospital birth?

The late Robert Mendelsohn, M.D. one of America’s leading pediatricians, wrote: “If you have your baby in a hospital, you will be exposed to an array of obstetrical hazards. Having your baby at home is less risky. Procedures such as ultrasound diagnosis, internal fetal monitoring, excessive use of sedatives, pain relievers and anesthetics, pitocin-induced labor, and the temptation to resort to delivery by caesarean section, are largely avoided when you play it safe and have your baby in your very own bed.”(4)

For these reasons, you’ll find natural childbirth, home birth, breastfeeding and similar practices more common among chiropractors’ families.

In conclusion

Give your baby the best possible chance to have a healthy life. That includes natural childbirth, breastfeeding, and avoidance of drugs and medical procedures (except in emergencies). You have your baby’s eyes checked, heart checked, hearing checked—why not include a chiropractic spinal checkup? It could change their lives.

Disc herniation and back surgery

A study of CT scans showed that 27% of healthy people over the age of 40 had a herniated disc, and 60% had spinal abnormalities that were judged significant. And yet none of these people had nagging back pain. Just because a disc is unhealthy does not mean it is the cause of the back pain. That’s why the majority of disc operations fail. (1)

Too many people in agony from sciatica and spinal, disc and pelvic pain learn the hard way: in most cases surgery is not the answer. The return of the pain after back surgery is so common it has a special name: Failed Back Surgery Syndrome. Over half of all back surgeries fail – the pain returns. That leaves the original problem plus a weakened, damaged spine (from the



surgery).

Chiropractic has an excellent record with disc sufferers, often saving them from the bleak prospect of surgery. Chiropractic care is also often effective at helping those who already have gone through orthopedic surgery. Why? Because it doesn't treat symptoms – it addresses the cause.

Dr. John Upledger, developer of CranioSacral Therapy, writes: “Although ‘curing’ may remove the symptoms of a disease from the outside, so to speak, it usually leaves the underlying causes of the symptoms untouched.” (2) Remember, the pain is not the problem; it is a warning that there is a problem. When you correct the cause then the pain, inflammation and suffering will in almost all cases disappear.

Is autism caused by vaccination?

Listen to this radio interview on the Imus show with David Kirby (03-05-2008)

<http://www.wellwithin1.com/Mar052008davidkirby-Imus.mp3>

Chiropractic and Spinal Research

Multiple sclerosis and chiropractic

Please watch this great YouTube video http://www.youtube.com/watch?v=qiOtb6yM_ow. It shows Montel Williams, who suffers from Multiple Sclerosis, getting adjusted upper cervically. “It’s the most amazing thing that has ever happened to me!” – Montel Williams

Lowered blood pressure and chiropractic

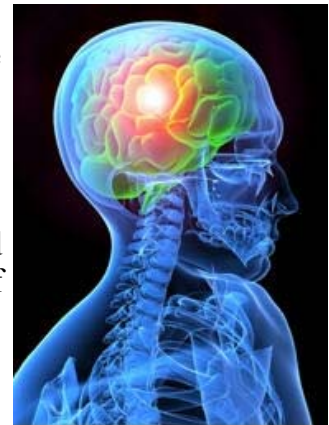
Chiropractic adjustments to the atlas vertebra are associated with marked reductions in blood pressure – a natural approach to healthcare instead of using dangerous drugs. (5)

Ear infections and chiropractic

Research involving hundreds of children reveals that correction of subluxations results in improvement in ear infections without antibiotics or other drugs. (6)

Uncontrolled asthma

A 6-year-old girl with three years of uncontrolled asthma was on several different drugs taken daily. She experienced an instant reduction in cough as reported by her mother. In 30 days, no medication was being used. Upon subsequent visits to the pediatrician, the patient also demonstrated a marked increase in lung volume. (7)



Nutrition myth

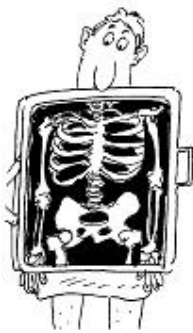
Myth: To avoid heart disease, we should use margarine instead of butter.

Truth: Margarine eaters have twice the rate of heart disease as butter eaters. (8)

Sugar can ruin your sex life?

High levels of glucose and fructose can deactivate the sex hormone binding globulin gene (SHBG) that controls the amount of testosterone and estrogen in your blood. (9) In men this can lead to impotence and low libido. In women, in addition to low libido, it can result in diabetes, infertility, polycystic ovaries, acne and uterine cancer. (10) This is just another good reason to avoid junk food and especially anything with high fructose corn syrup (check labels when you shop). Use natural sweeteners and avoid artificial sweeteners.

Did you know...?



- Initially, the numbers put on baseball uniforms were done in accordance with the player's position in his team's batting order, so Babe Ruth became 3, Lou Gehrig was 4, etc.
- You can use a drop of vodka on each lens to clean eye glasses without streaks.
- One 12-ounce glass of soda contains up to ten teaspoons of sugar.
- Champagne actually gets people tipsy faster than other alcoholic beverages because the carbon dioxide bubbles speed the alcohol into the bloodstream.
- Immigrants arriving at Ellis Island were served ice cream as part of their first American meal. Baffled, many attempted to spread it on their bread.
- Onions get their distinctive smell by soaking up sulfur from the soil. These

sulfoxides, which form a mild sulfuric acid when they combine with the water in our eyes, are also what cause most of us to cry while chopping onions.

Be aware of this jury duty scam: Scam to obtain SS and birth date info for identity theft

This has been verified by the FBI (their link is included below). Please pass this along to others if you have a mind to do so. This scam is REAL, and it is spreading fast. The scam preys upon anyone who is inclined to take a jury summons seriously – as most of us do.

The caller will claim to be a jury coordinator, inquiring about your failure to respond to a jury summons. If you protest that you never received a summons for jury duty, the scammer will ask you for your Social Security number and your date of birth so he or she can verify their information in order to "cancel an arrest warrant."

Make no mistake about it: this is an identity theft scam. The fraud has been reported so far in 11 states. It is particularly insidious because they use intimidation over the phone by pretending they are with the court system. The FBI and the federal court system have both issued

nationwide alerts on their web sites warning consumers about the fraud. Check it out here:
http://www.fbi.gov/page2/june06/jury_scams060206.htm
It's also at snopes.com: <http://www.snopes.com/crime/fraud/juryduty.asp>

Humor

How many dogs does it take to change a light bulb?

1. Golden Retriever: The sun is shining, the day is young, we've got our whole lives ahead of us, and you're inside worrying about a stupid burned out bulb?

2. **Border Collie:** Just one. And then I'll replace any wiring that's not up to code.



3. Dachshund: You know I can't reach that stupid lamp!

4. Rottweiler: Make me.



5. **Boxer:** Who cares? I can still play with my squeaky toys in the dark.

6. Lab: Oh, me, me!!!! Pleeeeeeeeze let me change the light bulb! Can I? Can I? Huh? Huh? Huh? Can I? Pleeeeeeeeze, please, please, please!

7. German Shepherd: I'll change it as soon as I've led these people from the dark, check to make sure I haven't missed any, and make just one more perimeter patrol to see that no one has tried to take advantage of the situation.

8. **Jack Russell Terrier:** I'll just pop it in while I'm bouncing off the walls and furniture.



9. Old English Sheep Dog: Light bulb? I'm sorry, but I don't see a light bulb!

10. Cocker Spaniel: Why change it? I can still pee on the carpet in the dark.



11. **Chihuahua:** Yo quiero Taco Bulb. Or "We don't need no stinking light bulb."

12. Greyhound: It isn't moving. Who cares?

13. Australian Shepherd: First, I'll put all the light bulbs in a little circle...

14. Poodle: I'll just blow in the Border Collie's ear and he'll do it. By the time he finishes rewiring the house, my nails will be dry.

How many cats does it take to change a light bulb?

Cats do not change light bulbs. People change light bulbs. So, the real question is:

"How long will it be before I can expect some light, some dinner, and a massage?"



ALL OF WHICH PROVES, ONCE AGAIN, THAT WHILE DOGS

HAVE MASTERS, CATS HAVE STAFF!

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.**



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

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