



Tired of being sick and tired? Welcome to the world of chiropractic – discover how natural health can be.

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Upcoming Events



Monthly Kids Day

On the third Friday of each month, all kids 12 and under can get adjusted for just \$10!! The Next one is May 21st. Special prizes and treats for all kids under 12.

Mark your 2010 calendars now! May 21, June 18, July 16, Aug 20, Sept 17, Oct 15, Nov 19, Dec 17.

Annual Kids Day 2010

*******New this year to Kids Day - The "Child Id Kit". Each kit includes a Photo ID Card, a Color Photo, Digital Fingerprints, & Recorded Interview, DNA, Dog Scents, Dental**

Impression & Amber Alert Profile. This program is run by the Michigan Masons. It is something that we hope you will never have to use, but it is awesome to have! So don't miss your opportunity at Kids Day, May 15th from 10:00 a.m. - 1:00 p.m.*****

Saturday, May 15, 2010 is "Kids Day", a Health and Safety Awareness Day at Van Every Family Chiropractic Center. Dr. Anna Saylor-Wither & Dr. Laura Vanloon will be sponsoring the event at their office, Van Every Family Chiropractic Center, located at 4203 Rochester Rd. Royal Oak, MI 48073 (between 13 and 14 Mile Rd). The event is FREE to the public and will run from 10:00 a.m. until 1:00 p.m.

Dr. Anna Saylor-Wither and Dr. Laura Vanloon will provide essential information to all attendees on child health and safety. Each child will receive a dental impression as well as a CD containing a photo, video, digital fingerprints and their vital information.

Drs Saylor-Wither and Vanloon will provide FREE spinal exams and distributing vital information on disease prevention and specific health issues that affect children.

In addition to FREE health and safety information, there will be special kid's activities throughout the event. Train rides will be provided by Jokers Entertainment and there will be special character appearances, face painting and a Bouncy House. FREE balloons, food, and giveaways for everyone! Prize drawings every half hour! The public is welcome to attend the event.

Kid's Day 2010, will be held, rain or shine, on Saturday, May 15, 2010, from 10:00 a.m. to 1:00 p.m.

For more information, call Van Every Family Chiropractic Center at 248-616-0900 or visit us on the web at www.vaneverychiropractic.com



Notices



As a reminder to those patients who purchased our 2010 Wellness Package: all visits must be utilized by June 20th, 2010, or they will expire. They are non-refundable and can be transferred, so make sure you schedule your appointment now!

Chiropractic takes stress off your nerves

Are you stressed out? You're not alone. Millions of people live lives of quiet desperation – trying to deal with stress and getting pounded down for it. There are many wonderful ways of releasing stress – exercise, play, meditation, massage, body work; it's ok to take a vacation from your worries for a while – don't worry, they'll be waiting for you when you return.

Stress has been linked to many different physical and mental disorders and conditions. Removing or at least reducing stress should be a major goal of anyone who wishes to stay healthy and fight aging. Fortunately, one of the most powerful and effective ways to reduce stress is chiropractic care.



How does chiropractic release stress?

First please keep in mind that all stress is not all bad. Stressful situations can help us grow, learn and overcome obstacles. In fact getting married, having a child, going on a vacation, engaging in high performance sports, buying a home and many other exciting things are also periods of high stress. The technical term for good stress is eustress.

But of course there is the stress that harms us. It is called distress. Chiropractic deals with that kind of stress.



Chiropractic releases a very deep, destructive form of stress in your body called a subluxation. A subluxation is a distortion in your body structure that can stress your nerves, brain, muscles, bones, joints, discs, tendons, ligaments, connective tissue and internal organ systems (elimination, digestion, circulatory and others).

If you have a subluxation your balance is slightly off-center, your muscles may always be slightly contracted with tender (trigger) points. Your ligaments, tendons and joints may feel tight, your energies will be depleted and you'll feel fatigue and experience premature aging. You may feel exhausted all the time.

Subluxations are dangerous; they may undermine your energies, your body function, your ability to function at your best, to think clearly, to play sports optimally and to relax more deeply. Subluxations may stay in your body for years, even decades, unless they are located and corrected.

Cause and caused by stress

Subluxations cause stress and they paradoxically are caused by stress. A difficult birth, a fall in childhood, sitting for long periods, working in difficult positions, an accident or injury (physical stresses), a sudden shock, an emotional upset (mental stress), a poor diet or exposure to toxins (chemical stress) or a combination of stresses can all cause subluxations.

“I feel so relaxed.”

Doctors of Chiropractic specialize in locating and correcting (adjusting) subluxations. When deep subluxation stress is released patients may respond by saying, “I feel so relaxed” or “I feel like a weight has been taken off my shoulders.”

It's not unusual for patients to report that they feel lighter, are more energetic and sleep better as a result of chiropractic care.

In these stressful times we owe it to ourselves to make regular chiropractic checkups part of our healthcare regimen. Fight stress buildup with chiropractic care – and bring your family in with you.



Chiropractic Research



Scoliosis, attention deficit disorder, migraines.

This is the case of a 7-year-old girl born with right side facial paralysis (from difficult birth), scoliosis, attention deficit disorder, difficulty concentrating,

vomiting and light sensitivity from intense migraine headaches since the age of 2. Her parents brought her in for chiropractic care and subluxation correction was initiated. Along with improvement of her subjective complaints such as migraines, difficulty concentrating and light sensitivity after just one month of care X-rays revealed a 62% improvement in scoliosis. (3)

Infertility and Chiropractic. This paper was a review of case studies of eleven female patients, ranging in age from 22 to 42, whose histories included one natural childbirth, two miscarriages, two failed in-vitro fertilizations and three failed artificial inseminations. After receiving chiropractic care, there were eleven successful pregnancies. As we know, many people go to chiropractors for one problem (back pain for example) and discover that subluxation correction can improve other problems. That's why the chief concerns that these women presented to the chiropractic offices included other problems such as: low back pain (one), infertility (eight), dysmenorrhea (two), ulcerative colitis (two), ankle pain (one), and neck pain (one).

All the women became pregnant between one and 20 months after receiving chiropractic care. (4)

Chiropractic education is for kids

Kids love to learn about how their bodies work. They are fascinated by their skeletons, how their bones fit together and how it all moves. They are also interested in learning about how messages travel through the body from the brain, over nerves and to the organs. We often notice how they love to play with, hold and marvel at model spines and other teaching aids.

We're always happy to give a mini-lesson in chiropractic and health that your child(ren) will remember for a long time.



Isn't it better to start them on a path of natural healthcare now? The first stop can be a visit when we've a few minutes to chat. Who knows? You might have a future chiropractor in your family?

Antibiotics increase chances of ear infections returning



In this study, ear infections were found to recur more often if the child was originally treated with amoxicillin (an antibiotic). The researchers found that acute otitis media (middle ear infection) recurred in 63% (47/75) of children in the amoxicillin group compared to 43% (37/86) of the children in the placebo group. The authors write, "This is another argument for judicious use of antibiotics in children with acute otitis media." (6)

This is another reason to bring your child in for chiropractic care especially if he/she has ear infections. Many clinical reports and studies have praised the drug-free, non-surgical chiropractic success with ear infections in children.

For example, in one study of 211 infants, examined 5 days after birth, who suffered from vomiting, hyperactivity and sleeplessness, chiropractic care frequently resulted in the immediate cessation of crying, muscular relaxation, and sleepiness. The authors, who are medical doctors, wrote that an unhealthy spine "causes many clinical features from central motor

impairment to lower resistance to infections – especially ear, nose and throat infections." They assert th all newborns should have their spines checked by chiropractors as "the success of adjustment overshadows every other type of [care]." (7)

High fructose corn syrup (HFCS) linked to liver scarring

Beware your breakfast cereal – HCFS seems to be in nearly everything these days – loads of soft drinks, processed foods, ketchup, salad dressing, cereal, cookies, yogurts, candies, bread – just go through your kitchen and you'll be amazed how many products contain this dangerous artificial chemical (always read labels when you shop.) Our advice – throw anything containing HFCS out.



In addition to being linked to obesity and containing dangerous levels of mercury (used in its production) a recent study reveals that HFCS causes scarring of the liver! Duke University Medical Center researchers state:

We found that increased consumption of high fructose corn syrup was associated with scarring i the liver, or fibrosis, among patients with non-alcoholic fatty liver disease (NAFLD).

We recommend you liberate yourself and your family from this bizarre chemical concoction. Wt this product used? Because it's cheap, not because it's good for you. (5) Read the rest of the article at: <http://healthfreedoms.org/2010/03/22/high-fructose-corn-syrup-linked-to-liver-scarring>

Hundreds of \$millions down the drain



Despite months of dire warnings that the "killer flu pandemic" was going to leave death and disease in its wake, this past flu season was one of the mildest on reco Some epidemic! Excuse me, some pandemic!

Millions in taxpayer dollars were wasted and there are calls for an investigation of World Health Organization (WHO) that begat this "pandemic". Over half of the 229 million doses of the useless, dangerous H1N1 vaccine the U.S. government bought must be discarded since they will soon pass their expiration date. (1)

Contact Us



**For additional information about
Dr. Anna Saylor-Wither, Dr. Laura Vanloon,
and our office. Please visit us on the web at:
www.vaneverychiropractic.com**

**Check out our blog at:
www.vaneverychiropractic.blogspot.com**

Become a fan on Facebook!

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Drsaylor
Drvanloon**

"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."

**4203 Rochester Rd. Royal Oak MI 48073
248-616-0900**

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