



**Healthy Living**



Yes ~ you are reading the sign right!  
Dr. Saylor is due with her 2nd child  
the first week of December.

## TABLE OF CONTENTS

- Upcoming events
- How to solve the healthcare crisis in America
- Patient Testominal of the month - Meet Nate
- We love Dr. Megan Zawaideh, D.O.
- We highly recommend Dr. David Beneson, D.P.M.
- Researching Chiropractic
- Nutrition department – chocolate!
- Go on a vacation!

- Contact us
- References

## Upcoming events

### **Kids Day!**

On the third Friday of each month, all kids 12 and under can get adjusted for just \$10!!

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



### **Summer Healthy Living Expo**

On Saturday July 17th, from 10:00am to 5:00pm, Royal Oak Middle School will be hosting a Summer Healthy Living and Sustainability Expo. There will be 17,000 square feet of exhibitors, speakers and demonstrations, all centered around naturally healthy and sustainable living. Meet businesses, practitioners and other professionals from around Michigan. Learn new ways to lead a healthier, more earth-friendly lifestyle for your whole family! Visit [www.MHLExpo.com](http://www.MHLExpo.com) for details.

We are also looking for exhibitors who may have a product or service that would fit in the category of healthy living to join us by having a table at the event! If you think you or someone you know would be interested in participating, please contact us at Van Every!

## How to solve the healthcare crisis in America

There are too many drugs, too much surgery and little to show for it. The more drugs we take, the sicker we are.

We need to change our approach towards health.

The medical approach is bankrupting us and we're not getting health in return. Much of medical care involves waiting until someone is broken and then going to a doctor to get a name for it and drugs to suppress the symptoms.



Is there an alternative? There sure is! It's called chiropractic maintenance care (MC) – visiting a chiropractor periodically to keep healthy. Does it work? There are many studies revealing the physical and mental/emotional benefits of seeing a chiropractor. Look at this study of individual 65 years of age and older that revealed that those under maintenance chiropractic care had:

- Reduced nervousness
- Possible reduced depression
- 50% reduction in medical visits

- The need for hospitalization ... was 1/3 of people of the same age.

Want to solve the healthcare crisis that is bankrupting the country? Give everyone chiropractic care. The result will be less drug taking, less surgery and greater health. Wouldn't everyone want their parents and grandparents to have healthy spines and bodies with no subluxations damaging their nerves? (1)

### Patient Testimonial of the month - Meet Nate



#### Nate's Story

My son, Nathan has been seeing Dr. Saylor for about 5 months now. We could not be happier with the results. Nate has suffered from IBS (irritable bowel syndrome) for the last 2 ½ years. Nate's problems started around 1 year of age, after he went off formula and onto whole milk, we noticed him struggling to have bowel movements. At that time his pediatrician recommended to lactose free or silk milk. Several months after being on lactose free milk, we still saw no improvement. We went on to see a GI specialist at Children's Hospital. The doctor there put him on medication (laxative) and ran some tests to rule out any other medical conditions. The doctor said that the problems he was having would not get better overnight and that it could take months or even years. The doctor also said to change his diet to a high fiber diet. I did the best I could, but those who have children know how hard it is to have a 2 year old eat only certain foods. A year later there was little improvement. We went back to the GI specialist, had more tests done and more medications to try.

It was now another year later and still no changes. In the fall of 2009, I took Nate to his regular pediatrician for his wellness exam. I told the doctor that Nate still struggles several times a day to have bowel movements, so he took some X-rays and revealed that his little body was full of stool. Nate was only having bowel movements once a week; sometimes once every two weeks! Dr. Saylor was wonderful with Nate! He was so afraid of doctors at this point, but she took the time to talk to him and explain how the device works. She even let him change the different tools as she worked on him. The jungle room is awesome! It makes the "doctor's office" a fun place to go!

It took only eight weeks, going 2-3 times each week, to see improvement with Nate's bowel issues. He now knows when he has to go and feels so much better. Nate is doing so well that we only see Dr. Saylor about once a month just to make sure that he's feeling well and that everything is moving through it should. I would highly recommend Van Every Family Chiropractic Center and Dr. Saylor to anyone!

Crystal D., Warren MI

### We love Dr. Megan Zawaideh, D.O.

For those of you who have been looking for a new Blue Care Network primary care physician or have been having difficulty with getting the help you need from your current BCN pcp, please consider Dr. Zawaideh as your new primary care physician. Her office is conveniently located at 1041 S. Main Street, in downtown Royal Oak and she is a Beaumont staff physician. Please feel free to visit her website for more information.

[www.zmcROYALOAK.com](http://www.zmcROYALOAK.com)

## We highly recommend Dr. David Beneson, D.P.M.

If you or someone you love is in need for a quality and compassionate podiatrist, I would like to highly recommend Dr. David Beneson. His Royal Oak office is conveniently located on Crooks at Webster, but also holds office hours in Sterling Heights. Dr. Beneson is able to treat a variety of ailments, including plantar fasciitis, bunions, corns, ingrown toenails and much, much more, including fitting custom orthotics. Dr. Vanloon can speak from her direct experience with Dr. Beneson, as he was the podiatrist she chose to care for her recently injured toe. Consider choosing Dr. Beneson to be YOUR family podiatrist! Please feel free to visit his website for more information: <http://www.benesonpodiatry.com/>

## Researching Chiropractic



**Chiropractic and headaches.** Patients received adjustments once or twice per week for 8 weeks. While everyone who received care benefitted, those who received more adjustments had the best outcomes with as much as 50% improvement in pain. (4)

**Chiropractic and dizziness.** This study was designed to see if chiropractic care can affect balance, chronic pain and associated dizziness in older adults. Thirty-four (34) patients were enrolled in either a non-chiropractic care group or a chiropractic care group. Assessments were made at baseline and 1, 2, 6 and 12 months later.

For the 9 patients with dizziness, a clinically significant improvement in Dizziness Handicap Index scores was observed at 1 month and remained lower than baseline thereafter; this was not true for the group who did not receive chiropractic care. (5)

**Chiropractic and motor and vocal tics.** A 20-year-old woman began experiencing motor and vocal tics at the age of three. She had never taken medication for Tourette's Syndrome, but had tried to control it by taking magnesium and calcium supplements. Chiropractic care was administered after initial exam revealed disturbances to the nervous system resulting from vertebral subluxations that were found using chiropractic analysis. The patient was seen 32 times over the course of one year and experienced significant decreases in the occurrence and severity of her motor and vocal tic episodes as well as an improvement in headaches. (6)

## Nutrition department – chocolate!



This must be proof that there's a divine wisdom that loves us and wants us to be happy. Cocoa is known to contain flavanols, chemicals associated with improving the function of blood vessels, along with higher levels of antioxidants. Avoid brands that contain high fructose corn syrup (HFCS) and artificial flavorings. An eight-year study, of nearly 30,000 people aged 35 to 65, confirmed the results of previous, smaller studies into the health benefits of cocoa products: even one square of chocolate can be beneficial. But researchers found that if the dose is increased by just six grams, there were 8% fewer heart attacks and strokes per 10,000 people.

For more information, go to <http://healthfreedom.org/a-chocolate-bar-a-day-can-cut-the-risk-of-heart-disease-and-stroke>.

For a list of HFCS free chocolates (and other HFCS free foods as well), go to <http://www.stophfcs.com/list.html>.

### Go on a vacation!

Sometimes the best thing you can do is to go away. Relax, enjoy yourself, take time out for number one. Studies show that those who take vacations, and who take a lot of them, are happy and healthier.

### 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](http://www.vaneverychiropractic.com)**

**Check out our blog at:  
[www.vaneverychiropractic.blogspot.com](http://www.vaneverychiropractic.blogspot.com)**

**Become a fan on Facebook!**

**Follow us on Twitter at:  
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**

## References

1. Rupert RL, Manello D & Sandefur R. Maintenance care: health promotion services administered to US chiropractic patients aged 65 and older - part 11. *JMPT*. 2000;23(1):10-19.
2. Corona G, Monami M, Boddi V et al. Male sexuality and cardiovascular risk. A cohort study in patients with erectile dysfunction. *Journal of Sexual Medicine*. 2010;7:1918–1927.
3. "Crime: After the Don: A Donnybrook?" *Time* November 1, 1976.
4. Haas M, Spegman A, Peterson D et al. Dose response and efficacy of spinal manipulation for chronic cervicogenic headache: a pilot randomized controlled trial. *Spine J*. 2010;10(2):117-128.
5. Hawk C, Cambron JA, Pfefer TE. A pilot study of the effect of a limited and extended course of chiropractic care balance, chronic pain and dizziness in older adults. *J Manipulative Physiol Ther*. 2009;32:438-447.
6. Stone-McCoy P, Muhlenkamp K. Reduction of motor and vocal tics in a female undergoing chiropractic care to reduce vertebral subluxation. *Journal of Pediatric, Maternal and Family Health – Chiropractic*. 2009;3:1-6.

---

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, 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 message as having sent unsolicited email and their account will be reviewed.