



Healthy Living

Quill staying cool in the pool!



TABLE OF CONTENTS

- Upcoming Events
- People who see chiropractors are healthier
- Special report: Posture and chiropractic
- Why my practice has virtually no autism
- Low cholesterol doesn't protect against heart attacks
- Don't give your baby the vitamin K shot
- Chiropractic Research
- 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! 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. Dr. Vanloon will be speaking about "The 6 Essentials" and how to avoid imbalances that lead to pain and disease. You can also meet businesses, practitioners and



other professionals from around Michigan. Learn new ways to lead a healthier, more earth-friendly life for your whole family! Visit www.MHLE expo.com for details.

People who see chiropractors are healthier

It's true. Numerous studies have confirmed what chiropractors and their patients have known for a long time: people who visit chiropractors for regular care are healthier – no matter how old or young.



For example, in one study the researchers concluded: “[Chiropractic] patients report significant positive changes in physical health, mental/emotional state, stress and life enjoyment...” (1)



While in another study it was found that: “Chiropractic is associated with significant benefits in physical and mental/emotional state and combined wellness.” (2)

In yet another study the authors found that: “Chiropractic users were less likely to be hospitalized, less likely to use a nursing home, and less likely to use prescription drugs, more likely to have better health, to exercise, to be mobile. One of the more interesting things about this study was that it involved people over 75 years of age!!!” (3)

Special report: Posture and chiropractic



Good posture is a comfortable, relaxed, balanced state that provides you with energy, poise and stability. When you have good posture your head is balanced over your hips, your chin is parallel to the floor and your feet are level. You walk with energy and lightness to your step. Good posture is essential for physical and mental health.

Poor posture, on the other hand, stresses your neck, back, hips, legs, knees and feet – even your brain! It can lead to chronic fatigue, pain, decreased lung capacity, headaches, eyestrain and brain stress. In time, poor posture can lead to loss of height, and spine, bone, joint and disc degeneration – your movements become stiff and halting, you look old and you age faster.

Computer stress

In a few short years computers have invaded our workplaces, homes and laps. The dream of the original computer pioneers of a computer



in every home has become a reality – and so has computer stress: eye strain, wrist pain and the other discomforts that occur from long periods of computing. How can we avoid such stress?

To relieve eye stress, keep your eyes at least 18"-24" from the screen and rest them periodically look out into the distance or out a window. If you face a wall, place a mirror near your computer and focus on a distant object through it. Also breathe deeply because shallow breathing creates tension and fatigue. Remember to get up and walk around, stretch and relax.

Sleeping posture

Proper sleep posture can relieve stress on your brain, spinal cord and discs, enhance body health and repair, restore lost energy and improve psychological health.

But if you awaken tired, achy, tense or irritable it may be because of poor sleep posture. For example, a "fetal" position, with your knees up and your head down reverses your low back and neck curves and increases stress. Stomach sleeping hurts your neck, mid back and hips (a pillow or towel under the hips will help straighten the spine if you continue stomach sleeping, which you shouldn't).

The ideal sleeping posture is on your side, legs nearly straight, head level and supported by a pillow; lying on your back is second best.

What about mattresses?

In a comfortable bed you may move, in your sleep, 20 to 30 times a night. But on a hard bed you may move up to 100 times a night! A too hard mattress that doesn't "give" in the hip and shoulder area will resist, rather than conform to, your shape. That can cause spine, shoulder and hip discomfort and pain just like a too soft or a lumpy mattress.

Return to good posture

As your doctor of chiropractic relieves stress on your spine, nerves and muscles, you'll discover increased balance, coordination and energy. That's one reason why professional athletes, who are exquisitely sensitive to their balance and poise, use chiropractic care to maximize their performance.

Why my practice has virtually no autism by Mayer Eisenstein M.D. J.D. M.P.H., <http://homefirst.com/>

Dr. Eisenstein's years of practice records were researched and it was found that autism was practically non-existent in the 35,000 children he has had in his practice. Find out why. This video was shot during a recent presentation at the American Medical Association's Second Annual Conference on Autism Spectrum Disorders in Troy, Michigan in March 2010. See it at: http://www.youtube.com/watch?v=N7UY_wm-GtU

Low cholesterol doesn't protect against heart attacks

Don't fall for the latest diet fad. Eat traditional nutrient-dense foods and avoid low fat diets, stat

drugs or scare tactics designed to make you feel guilty, weak and helpless. The facts have been known for over a generation: 75% of the people who have heart attacks have "normal" cholesterol.

Statin drugs are dangerous – you need cholesterol. Cholesterol is an antioxidant and fights inflammation. Low cholesterol levels have been linked to depression, cancer, infection, low testosterone and other conditions. (4)

Don't give your baby the vitamin K shot

Hospitals like to administer a synthetic, fat-soluble vitamin K injection to all newborns that is 100 times the daily requirement! If a mother is not malnourished, however, there is no proof that there is a vitamin K deficiency.

The vitamin K shot includes carbolic acid (a poisonous substance distilled from coal tar), propylene glycol (used as an antifreeze and in hydraulic brake fluid), formaldehyde (a cancer-causing agent used to embalm bodies), mercury (the most poisonous naturally occurring element) and benzyl alcohol.



Large doses of vitamin K are linked to childhood cancers, leukemia, jaundice and other severe reactions, including death. Animal studies link vitamin K to liver damage, kidney damage and death. Additionally, synthetic vitamin K has never been studied to see if it causes cancer or impairment of fertility.

A *Lancet* study reports, "We conclude that healthy babies, contrary to current beliefs, are not likely to have a vitamin K deficiency ... the administration of vitamin K is not supported by our findings...." (7)

Chiropractic Research



Constipation and neck pain in a six-year-old girl. A 6-year-old girl suffering from constipation, neck pain, gastrointestinal pain and vertebral subluxations was brought in for chiropractic care. The child's subluxations were located and corrected. Mother and patient reported bowel movements improving from once every two days to every day along with resolution of gastrointestinal pain and neck pain. (5)

51-year-old woman with multiple sclerosis. This is the case of a 51-year-old female with multiple sclerosis and GERD-related symptoms that began when she received chiropractic care for subluxation correction. Subluxations were found and corrected in the cervical, thoracic and pelvic regions. Dramatic improvement in symptoms related to multiple sclerosis was noted. (6)

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!

**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. Blanks RHI, Schuster TL, Dobson M. A retrospective assessment of network care using a survey of self-rated health wellness and quality of life. *JVSR*. 1997;1(4):1.
2. Marino MJ and Phillipa ML. A longitudinal assessment of chiropractic care using a survey of self-rated health wellness & quality of life: a preliminary study. *Journal of Vertebral Subluxation Research*. 1999;3(2):1-9.
3. Coulter ID, Hurwitz EL, Aronow HU, Cassata DM, Beck JC. Chiropractic patients in a comprehensive home-based geriatric assessment, follow-up and health promotion program. Rand Corporation study. *Topics in Clinical Chiropr* 1996;3(2):46-55.
4. Castelli WP. Cholesterol and lipids in the risk of coronary artery disease – the Framingham heart study. *Canadian Journal of Cardiology*. 1998;4 Suppl A:5A-10A.
5. Horkey M. Resolution of chronic constipation and neck pain following chiropractic care in a 6-year-old female. *Journal of Pediatric, Maternal & Family Health – Chiropractic*. 2010;2:51-55.
6. Lerner B & Lerner S. Improvement in multiple sclerosis and GERD in a female with vertebral subluxations undergoing chiropractic care: a case study. *Journal of Pediatric, Maternal & Family Health – Chiropractic*. 2010;2:50.
7. Van Doorm JM, Hemker HC. Vitamin K deficiency in the newborn. *Lancet*. 1977;310(8040):708-709.

You are subscribed to as *e-mail address*. To be excluded from future releases, please visit our options page. We hope you enjoy rec 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.