



Healthy Living

newsletter

Welcome to our office's 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

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Calendar of Office Events

Thursday, September 21st, 7:00 p.m. - 9:00 p.m. "Are Vaccines Safe?" Presented by Mary Tocco, Director of *Vaccine Research and Education* on the board of Michigan Opposing Mandatory Vaccines, since 1995 and President of The Autism Autoimmunity Project of Michigan (TAAP). For more information go to www.marytocco.com. Lecture

sponsored by Van Every Family Chiropractic Center. Lecture located at Churchill Community Center. Advance Tickets \$5, At the door \$10. Call 248-616-0900 for more information and reservations.

"Your Key to Good Health" starts September 1st - For every new patient you refer to Van Every Family Chiropractic Center you and the new patient will both receive a key to open up the Treasure chest at this years Fall Festival, October 14th. The more patients you refer the more keys you will receive. Each key is a winner!!! Prizes include a Grand Prize, Gift Certificates, Biofreeze, Chiropractic Adjustments, & Hydro-bed visits.

Saturday, October 14th, 9:00 a.m. - Noon - Fall Festival. Mark your calendars for our fun filled Fall Festival. Free Games, Prizes & Food. Free pumpkins for the 1st 100 patients!

FREE Visit on Hydro-therapy table!

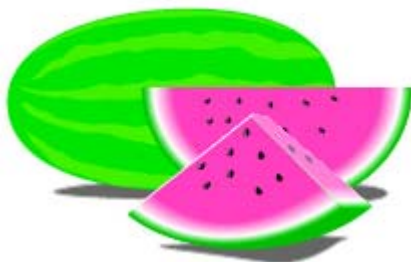
How can you receive a FREE visit on our Hydro-therapy table!?!?

The answer to the following question can be found somewhere in this newsletter. Bring in the page of the newsletter where the correct answer is found and you will receive a **FREE visit on our hydro-therapy table!!**

Q: Which nerve in the Thoracic spine is directly linked to the cause of Allergies and Hives? Hint: This nerve controls the adrenals, pancreas, spleen, and gallbladder.

This contest is open to your friends and family, so pass this newsletter along for them to win as well. Remember to print the page where you found the answer and bring it in with you. One winner per person. Free hydro-therapy visit must be used by August 31, 2006.

Some simple things to avoid and to do to keep healthy



1. Avoid all artificial sweeteners, especially aspartame (Nutrasweet™) and Splenda™. They are bad for your brain, eyes, hearing and overall health.
2. Reconsider getting a flu shot. It has been linked to Alzheimer's.
3. Consider most fevers beneficial and do not suppress them.
4. Avoid childhood vaccinations: they are untested and

dangerous.

5. Enjoy the sunshine— it's good for you; it prevents cancer of internal organs and many other diseases. Just don't burn.

6. Avoid sodas and drink lots of water instead.

7. Avoid fluffy food (rice, bread, pasta). Fluffy food makes you fluffy.

8. Avoid high fructose corn syrup – it's linked to obesity and heart disease.
9. Avoid statin drugs – they cause heart damage, increase cancer risk and don't work as well as a healthy lifestyle.
10. Don't worry about cholesterol – it's not the cause of heart disease.

If your spine is subluxated...



Last month we discussed your neck (cervical) vertebrae, where the cervical nerves go and what subluxations of the various vertebrae may cause. Subluxations stress your spine, discs, ligaments, muscles and they affect the nerves that help your organs, glands, muscles and other body parts function. What about the vertebra below your neck, in your mid-back (thoracic or dorsal) spine? What is their story? When your chiropractor gives you an adjustment, what can be affected?

There are twelve thoracic vertebrae. Your ribs connect to them in the back and to your sternum (breastbone) in the front.

When you have a subluxation of your thoracic vertebrae, certain nerves and areas are affected. Below are some of the more common findings.



Thoracic T1. Nerves from T1 go to your arms, hands, wrists, fingers, esophagus, trachea, heart, blood pressure centers and lungs. Arm, hand, wrist and finger pain; nerve sensations; weakness; asthma; dry cough; shortness of breath and other conditions are noted in T1 subluxations.

T2. Nerves from T2 go to your heart (including valves and pericardium), lungs and bronchial tubes. Heart conditions, chest pains, irregular heartbeat, asthma, breathing problems and other conditions are noted in T2 subluxations.

T3. Nerves from T3 go to your lungs, bronchial tubes, pleura, chest, breast and heart. Bronchitis, pleurisy, pneumonia, congestion, breast-feeding difficulties, breathing problems and other conditions are noted in T3 subluxations.

T4. Nerves from T4 go to your gall bladder, common bile duct, lungs and bronchial tubes. Gall bladder conditions, jaundice, shingles and other conditions are noted in T4 subluxations.

T5. Nerves from T5 go to your liver, solar plexus, heart, esophagus and stomach. Liver,

solar plexus, heart and stomach problems; poor digestion; poor circulation and other conditions are noted in T5 subluxations.

T6. Nerves from T6 go to your stomach, esophagus, peritoneum, liver and duodenum. Indigestion (digestive problems), heartburn, ulcers, lack of energy, sluggishness and other conditions are noted in T6 subluxations.

T7. Nerves from T7 go to your pancreas, duodenum, stomach, liver, spleen, gallbladder and peritoneum. Diabetes, gastritis, pancreatitis, low immunity, poor digestion, sluggishness and other conditions are noted in T7 subluxations.

T8. Nerves from T8 go to your spleen, stomach, liver, pancreas, gallbladder, adrenal cortex, small intestine and pyloric valve. Spleen and stomach problems, stress symptoms (including low sex drive, low immunity and exhaustion), leukemia, indigestion and other conditions are noted in T8 subluxations.

T9. Nerves from T9 go to your adrenal cortex, pancreas, spleen, gallbladder, ovaries, uterus and small intestine. Stress symptoms (see above), allergies, hives and other conditions are noted in T9 subluxations.

T10. Nerves from T10 go to your kidneys, appendix, testes, ovaries, uterus, adrenal cortex, spleen, pancreas and large intestine. Kidney troubles, kidney stones, lack of energy, nephritis, stress symptoms (see T8), testicular dysfunction, uterine problems, appendicitis, constipation and other conditions are noted in T10 subluxations.

T11. Nerves from T11 go to your kidneys, ureters, large intestine, urinary bladder, uterus, kidneys, and ileocecal valve. Uterine conditions, ovary conditions, bladder problems, elimination problems and other conditions are noted in T11 subluxations.

T12. Nerves from T12 go to your small intestine, large intestine, urinary bladder, uterus, kidneys and ileocecal valve and also affect lymph circulation. Rheumatism, gas pains, lymph circulation disruption, small intestine problems and other conditions are noted in T12 subluxations.

**Make sure your thoracic vertebra are not subluxated.
See your chiropractor today.**

Rodeo cowboys use chiropractic



The May 8th, 2006 *Ventura County Star* has an article on rodeo cowboys and chiropractic. Getting tossed around on the back of an angry 1,800-pound bull and



leaping off a galloping horse into the spiky horns of a charging steer can cause a lot of damaging subluxations. At the Conejo Valley Days rodeo, the cowboys would duck into a tent where they would get adjusted by a local chiropractor.

School science experiment on microwaves

Does microwaving damage food? Does it make it less healthy and less alive? Take a look at this fascinating experiment that was part of a child's science fair experiment and ask, "If a kid could do it – why isn't the FDA requiring this kind of research?"

<http://www.rense.com/general70/microwaved.htm>

Non-vaccinated kids don't have autism

"Thousands of children cared for by Homefirst Health Services in metropolitan Chicago have at least two things in common with thousands of Amish children in rural Lancaster: They have never been vaccinated and they don't have autism. 'We have a fairly large practice. We have about 30,000 or 35,000 children that we've taken care of over the years, and I don't think we have a single case of autism in children delivered by us who never received vaccines,' said Dr. Mayer Eisenstein, Homefirst's medical director who founded the practice in 1973." (1)



Chiropractic and Spinal Research



Did you know there are thousands of papers on the wonders of chiropractic and spinal care in health and disease? Anyone with any health problem needs chiropractic care.

Neck, Back, Radiating Pain

A 34-year-old man was suffering from severe neck, lower back and radicular pain. An MRI showed a disc herniation in his neck. For one year he saw multiple medical specialists with little or no results. His MDs were discussing neck surgery. He began chiropractic care and within **one month** nearly all his pain had

disappeared and his disc herniation had almost completely resolved. The surgery was no longer considered necessary. (2)

Fertility and Chiropractic

For over a century chiropractic has had great success with helping previously infertile couples get pregnant and with helping women carry to term. In this case report, a 40-year-old woman who had a miscarriage at 16 weeks first visited her chiropractor because of mid-back pain. Postural studies, however, revealed that her neck and low back had subluxations. She and her husband began receiving chiropractic care. She became pregnant shortly thereafter, carried to term and delivered a healthy baby girl. (3)

Headaches and Chiropractic

In this case study, a 13-year-old girl was suffering from severe headache and neck pain for five days. Her headache and neck pain completely resolved after chiropractic spinal care. (4)

HIV, AIDS and Chiropractic

This is the study, of a group of patients dying of AIDS. All were under medical care but half of them were placed under chiropractic care while the others were not. After 6 months of care, the medicine-only group experienced a continued decrease in CD4 white blood cells (-7.96%) with two deaths. The people receiving chiropractic, however, showed a 48% increase in CD4 cell counts and no deaths. This study was originally intended to go on for one year, but after two patients in the control group died of AIDS the study was ended and **all** the surviving controls were placed under chiropractic care. (5)

Humor

This is what a computer should do first thing in the morning! Click on the link below and then type in your first name...

<http://www.cse.unsw.edu.au/~geoffo/humour/flattery.html>

A Detroit couple decided to go to Florida to thaw out one icy winter.

They planned to stay at the same hotel where they spent their honeymoon 20 years earlier. It was difficult to coordinate their travel because of hectic schedules. So, the husband flew to Florida on a Thursday. His wife was to travel to Florida the next day.

The husband checked into the hotel. There was a computer in his room, so he sent an email to his wife. However, he accidentally left out one letter in her address when he sent the email.

Meanwhile, somewhere in Houston, a widow had just returned home from her husband's funeral. He was a minister who was called home to glory following a heart attack. The widow decided to check her email, expecting messages from relatives and friends.

After reading the first message, she screamed and fainted. Her son rushed into the room, found his mother on the floor, and saw on the computer screen:

To: My loving wife
Subject: I've arrived
Date: December 16, 2005

I know you're surprised to hear from me. They have computers here now, and you are allowed to send emails to your loved ones. I've just arrived and have been checked in. I see that everything has been prepared for your arrival tomorrow. Looking forward to seeing you then. Hope your journey is as uneventful as mine was. P.S. Sure is hot down here!

Office Dog of the Month Meet Otis!

Hi. I'm Otis. I'm the newest pup on the block and my mamma is Melissa. I'm a Pug like the dog in the movie, "Men In Black" and "Milo and Otis" hence, where my name came from. I'm still very young so please be patient with me. I'm so glad that I get to go to work with my mama so I can play with Starr. She's my best friend and the twinkle in my eye!



Fond Farewell to Leah Darland



Next time you are in our office, be sure to say goodbye to one of our high school assistants, Leah. She will be leaving us on August 23rd to spend 11 months studying in Maison-Alforts, France, which is approximately 20 miles outside of Paris. The Royal Oak Rotary chose Leah as their high school student to sponsor for their exchange program this year. While you're at it, please bring a tissue or two for her mother, Jane, who will miss her dearly. Good Luck, Leah!!!

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: info@vaneverychiropractic.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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