

Van Every Family Chiropractic

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Healthy Living

newsletter



Each year millions of people enjoy the most popular natural, drug-free health care system in the world – chiropractic! Why live with health problems when you can live without them? Discover chiropractic – discover how natural healing can be.

Welcome to the Van Every Family 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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Office Hours

Office Hours starting September 4th.

Monday through Friday: 10:00 - 12:30 and 3:00 - 6:00pm

Saturdays: 9:00 am - noon

*The office will be CLOSED:

Monday, September 3rd, for Labor Day

Friday & Saturday, September 7th & 8th.

OFFICE NEWS:

Dr. Prosper is now In-network for BCBS of Michigan. This includes PPO, Community Blue, Blue Preferred, and MICHild.

Upcoming Office Events

September 13th & 14th ~ **Backpack Safety Check**

Bring your children and their school backpacks in for proper fitting and spinal check. Receive important health and safety tips pertinent to your child's postural development.

September 1st – October 20th ~ **Your Key to Good Health**

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 20th. 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, Lunches & Hydro-bed visits

Saturday, October 20th, 9:00 a.m. - Noon ~ **The 10th Annual Fall Festival**

Free Games, Prizes & Food. Free pumpkins for the 1st 100 patients! Have fun while watching our Pirate Magic Show, Bounce in the bouncy house, take a train ride and much more. Entertainment provided by www.jokersfunshop.com.

November 1st – December 31st

Bring in a pair of new gloves (Children or Adult sizes) to receive a FREE visit on our Hydromassage Bed. All Gloves will be donated to the Boys & Girls Club of South Oakland.

Welcome Sarah & Good Luck to Chalyn

Wishing Chalyn Gallop the best as she begins college at Western Michigan University. We will miss having her here in the office.



We are happy to welcome Sarah Edwards to the Van Every Chiropractic Family. Sarah is a Senior at Clawson High School where she plays volleyball, basketball, softball and soccer. We are excited to have her here helping us out when her busy schedule allows.

Dr. Prosper featured in Vital Magazine

Backpack Basics - How to Carry the Weight and Avoid Injury

By Judith Cookis Rubens

See Pictures to Right.

(1) Bryan Cannon, 16, demonstrates a common, but wrong way, many students carry their backpacks: slung over one shoulder, overstuffed, and with straps that are far too loose. Chiropractor Christie Prosper demonstrates two steps every parent can take to ensure their child's backpack's straps fit properly:

(2) Tug on the front to ensure straps are snug but not too tight, and

(3) make sure there is room to slide your arm between the backpack and back.

(4) Now that's the right way to wear a backpack! Everything is in place, with both straps snug, the bottom of the bag resting in the curve of the lower back, and the load lessened enough for the bag to zip



Berkley mother Carolyn Cannon cringes when she sees her son, Bryan, 16, lugging a weighty backpack filled with 3-inch-thick honors textbooks. So she insists on driving him to and from Berkley High School – even though the school is a mere three blocks from their home. “It’s too hard on his back,” Cannon says of her son, who runs track. “He’s in great shape, but I just don’t want him to have problems later in life.” It’s a valid concern. The American Academy of Pediatrics warns that overloaded or illfitting backpacks can cause severe back, neck and shoulder pain, postural problems, and damage to muscles and joints.

“A child who’s experiencing chronic neck and back pain is at an increased risk of that continuing into adulthood,” says Joseph Guettler, M.D., an orthopedic surgeon at Beaumont Hospital in Royal Oak. When worn properly, a backpack is still the most efficient way to carry a heavy load, according to medical experts. “A backpack distributes the weight evenly, and allows the core – your strongest muscles – to carry the load,” says Guettler. With kids heading back to school, there’s no better time to make sure their backpacks are used properly. Here are some guidelines:

Travel Light: The American Academy of Orthopaedic Surgeons recommends that a loaded backpack weigh no more than 15%-20% of a child’s body weight. That’s 20 pounds for a 100-pound student. The American Chiropractic Association (ACA) recommends that backpacks weigh no more than 5%-10% of a student’s weight. Shave off a few pounds by using a vinyl or canvas design instead of leather.

Load it right: Always place heavy items closest to the child’s back. Don’t overstuff, either. Don’t sling it over your shoulder. Students should always wear both shoulder straps – preferably adjustable, well-padded ones. Better yet, fasten the backpack’s waist belt.

A good fit is key: Straps should be snug, but not too tight, around the armpits. “You should be able to slide your hand in between the backpack and the back,” says Christie Prosper, D.C., of Van Every Family Chiropractic Center in Royal Oak. The bag’s bottom should rest in the curve of the lower back, never hanging more than 4 inches below the waistline, according to the ACA.

Think outside the pack: If a school allows it, try a bag on wheels. Kids should make frequent stops at lockers to replace books. Ask teachers about posting homework materials online. Buying an extra set of books for home is another option, and some publishers, including McDougall Littell, post textbook chapters online.

Stay Strong: Learn backstrengthening exercises: “Injury prevention is key,” says Prosper. Be careful when picking up the bag, too. Bend at the knees, not the waist, and lift with the legs. Parents, pay attention and see a doctor if your child complains of back, shoulder or neck pain. (10)

.Photos by Rosh Sillars

Are you new to chiropractic?



Are you new to chiropractic? If you answered “yes”, you are joining many of your neighbors who have chosen the natural, drugless chiropractic approach to good health.

People see their Doctor of Chiropractic for many different reasons. For some, chiropractic is a system of healing musculoskeletal problems – back, neck, disc, arm, shoulder, leg, hip, joint, nerve and muscle pain or discomfort.

For others chiropractic is a natural system of healing from diseases or conditions including: headaches; fatigue; high blood pressure; skin conditions; PMS; menstrual cramps; arthritis; asthma; sinus trouble; digestive problems; nervous stress; emotional disorders; fevers; bed-wetting; colic; ear, eye, nose and throat problems and many more, without drugs or surgery.

Others use chiropractic as a method of keeping their health at its peak: for better sports performance, higher resistance to disease, clearer thinking, a more comfortable pregnancy and more energy.

For whatever reason you are here, we say "welcome." Please ask us how chiropractic can help you and your family. Let us know of any health concerns you may have.



Allergies and chiropractic

Allergies are a common complaint during these warm months. Allergy sufferers have praised chiropractic care for over a century.

The goal of chiropractic care is to locate and correct a serious type of spine and nervous system stress called the vertebral subluxation complex (VSC). By releasing stress on the nervous system chiropractic permits the immune system to function more effectively—something all allergy sufferers need since a nervous system with less stress functions more efficiently.

Noted health researcher Dr. Kurt Donsback reflects the opinion of many natural healers:



A healthy body is capable of neutralizing these toxic substances and a body which has malfunctioning defense mechanisms cannot. The emphasis on allergies must be on building a healthy body, not on trying to use evasive tactics by eliminating all the allergens. (1)

One review of patients at a chiropractic college clinic found that pediatric patients commonly had complaints of allergy, ear infection, sinus problems, bed-wetting, respiratory problems and gastrointestinal problems. Complete or substantial improvement occurred in 61.6%. (2)

Your nervous and immune systems are interrelated and the health of one affects the health of the other. For over a hundred years chiropractors have, by reducing the nervous system stress caused by vertebral subluxations, helped people adapt better to all the stresses in their environment, including those relating to allergies. (3-6)

Cancer risk slashed 50% or more by sunlight

Increasing vitamin D intake through sunlight, diet or supplements may decrease a person's risk of



contracting breast cancer by 50%, and colorectal cancer by more than 65%, according to two recent studies conducted at the University of San Diego. The breast cancer study was published online in the *Journal of Steroid Biochemistry and Molecular Biology*. The colorectal cancer study was published online in the *American Journal of Preventive Medicine*.

Researchers divided subjects into groups based on their blood levels of vitamin D, and compared the incidence of cancer between groups. "The data were very clear, showing that individuals in the group with the lowest blood levels had the highest rates of breast cancer, and the breast cancer rates dropped as the blood levels ... increased," said Cedric Garland, co-author of one of the studies. (7)

More and more studies are recommending sunlight in moderation and some researchers are deploring the use of sunscreens. Try sunlight – it's a natural.

Infants and chiropractic

All infants, especially if they are experiencing health problems, need to be checked by a Doctor of Chiropractic. It could make the difference between a life of good health and a life of drugs and surgery.



A famous study that appeared in the journal *Manual Medezin* reminds us of the benefits of chiropractic for infants. This was a study of 211 infants who were examined 5 days after birth. The babies suffered from vomiting, hyperactivity and sleeplessness. The researchers discovered that chiropractic care frequently resulted in the immediate cessation of crying, brought about muscular relaxation and sleepiness.

The authors, who are medical doctors, apparently “rediscovered” chiropractic. They wrote that an unhealthy spine "causes many clinical features from central motor impairment to lower resistance to infections—especially ear, nose and throat infections."

The authors assert that all newborns should have their spines checked by chiropractors. They write: "The success of adjustment overshadows every other type of [care]." (8)

Photos of: [Bric Ashley Wither](#)



Beware of phony food

The "Made with Real Kraft™ Cheese" label may conjure up bucolic images of a dairy farm, but in reality many of Kraft's synthetic "cheese" products contain absolutely no cheese whatsoever. When confronted with



their misleading labeling, Kraft CEO Irene Rosenfeld claims the fake cheese "meets the high standards for taste, quality and performance consumers expect when buying a Kraft-branded cheese product." Kraft calls the pseudo-dairy items "cheese products". (9)



Humor and more

My 3-year-old son put his shoes on by himself. I noticed that they were on backwards.

I said, "Son, your shoes are on the wrong feet."

He looked up at me with a raised brow and said "Don't kid me Mom, I KNOW they're my feet!"

Many of the greats we admire had to face great criticism and setback. Here are a few examples:



Beethoven's music teacher once said, "As a composer, he is hopeless."
When Thomas Edison was a boy his teachers told him he was too stupid to learn anything.

FW Woolworth got a job in a dry goods store when he was 21 but his employers would not let him wait on a customer because he "didn't have enough sense."
A newspaper editor fired Walt Disney because he had "no good ideas."

Caruso's music teacher told him, "You can't sing, you have no voice."

Leo Tolstoy flunked out of college.

Werner von Braun flunked 9th grade algebra.

Admiral Richard E. Byrd had retired from the Navy as "unfit for service" until he flew over both poles.

Einstein was four years old before he could speak and seven before he could read.

Isaac Newton did poorly in grade school.

Abraham Lincoln entered the Black Hawk War as a Captain and came out a private.

Louise May Alcott was told by an editor that she could never write anything that had popular appeal.

Winston Churchill failed the sixth grade.

And if they can make it, why can't you?

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: saylordc@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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