

Van Every Family Chiropractic

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Healthy Living

newsletter



Wishing you all a very Merry Christmas and a Healthy New Year!  
From The Van Every Chiropractic Family.

Welcome to the Van Every Family

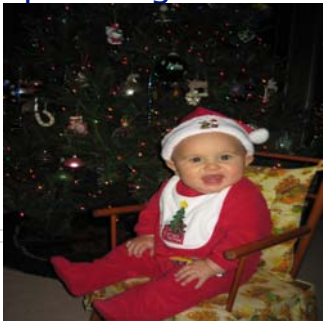
## Chiropractic Newsletter.

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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### Upcoming Office Events



**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.

**December 15th ~ 9:00 am - Noon**

Santa's on his Way! Please join us at Van Every Family Chiropractic Center for goodies, photos and fun as we welcome Santa for a visit on Dec. 15th from 9:00 a.m. to Noon. After Santa gets adjusted his lap will be available. So bring your holiday wish list and your smiles because we will be taking souvenir pictures for you to remember your visit.



### **The Office will be closed for the following Holidays:**

December 24th & 25th for Christmas. We will be open Wed., Fri & Sat: Dec. 26th, 28th & 29th.

December 31st & January 1st for New Years Day. We will be open Wed., Fri., & Sat.: Jan. 2nd, 4th & 5th.

## Dr. Anna Saylor-Wither introduces a brand new technique - KST!



### **Dr. Anna Saylor-Wither Attends Special Seminar on a brand new Gentle yet Powerful technique.**

Dr. Anna Saylor-Wither of Van Every Family Chiropractic Center takes Koren Specific Technique™ Training to help the Community!

This seminar was held in Dearborn, MI and was attended by doctors from many parts of the world. Doctors from as far away as New Zealand, England, France, Germany, Norway, South Africa, Canada, Brazil, British West Indies, California, Alaska, Hawaii and all over the U.S. have flown there to learn one of the most exciting chiropractic procedures ever developed.

- The new technique is a breakthrough in spinal and structural care.
- This method of adjustment was designed to work on healing from the “core” cause of health problems.
- It permits the practitioner to easily, quickly and accurately analyze (locate) and adjust (correct) the “root cause” of many health problems.
- Adjustments are delivered with an FDA approved instrument, the ArthroStim™, that delivers a gentle, low force tapping.
- Patients can be evaluated and cared for in any posture: standing, sitting, lying or position of injury or pain.
- Benefits of this technique include: Patients often see immediate results or improvements. Long lasting, positive changes in posture, function or lessening of pain are often observed. The benefits of this kind of adjustments are frequently seen to last and “hold” longer.
- It is gentle and comfortable; there are no “popping” sounds and no twisting or pulling involved in the use of this technique.
- Care is very safe and specific.
- Continuing research is expanding the scope of the problems that can be handled with KST™ methods: cranial bones, structural, nutritional, emotional, and myofascial (trigger points) can be assessed and addressed using this innovative new method.
- Find out why people suffering from sciatica, migraines, chronic pain, thoracic hump, poor posture, disc problem, depression, dyslexia, sleeping difficulties, autism and many other conditions rave about KST.

Your health answers may be just a click or a call away so contact us. Dr. Anna Saylor-Wither is offering you an opportunity to receive a **Free** personal Consultation in person or over the telephone about any unwanted health concerns.

Further information is available on the internet about this brand new technique:

<http://www.teddkorenseminars.com>

**Experience the difference with KST and get the BEST Chiropractic adjustment of your life!**

**You are far healthier than you think you are**

The wisdom that created your marvelous body in a mere nine months did not leave you after your birth. It is still beating your heart, flowing through your vessels and energizing your being. It is repairing your tissues, patrolling your nooks and crannies and guarding you from illness.

Your potential is incredible. You have the potential to heal nearly every disease and condition.

You are physically, emotionally and spiritually much healthier than you think you are. The dark clouds of depression, fear, despair, weakness and illness that may arise are tiny specks compared to the vast ocean of strength, love, excitement, joy and happiness you are swimming in. An old saying says it best: "We live and breathe on the precipice of exhilaration."

You are closer to health, wholeness, happiness and healing than you realize. Your healing potential is always there no matter how difficult or painful things may be right now.

Chiropractic is a marvelous way to help you to reconnect to your wonderful healing potential. There are no incurable diseases, only incurable people.

No matter what illness you or your loved ones may be suffering from please bring them in for a chiropractic spinal checkup and adjustment. You never know the potential of subluxation correction unless you try it.

**Does the flu shot cause Alzheimer's disease?**

Flu shot season is here so it is appropriate to remind everyone that according to Hugh Fudenberg, MD, the world's leading immunogeneticist and 13th most quoted biologist of our time (over 850 papers in peer reviewed journals), if an individual has had five consecutive flu shots their chance of getting Alzheimer's disease is ten times higher than if they had one, two or no shots. (1)



Dr. Fudenberg claims this is due to the mercury and other toxins in flu shots (and still used in many childhood vaccinations and RhoGam shots). These toxins build up in the brain causing cognitive dysfunction. Alzheimer's is expected to quadruple – could this be the reason? (2)

By the way, in an attempt to disprove the Alzheimer's/flu shot connection, some MDs went to nursing homes and asked people with Alzheimer's if they remember getting a flu shot. Most said they didn't but that's not surprising since people with Alzheimer's may not remember the name of their spouse. Based on this "research" they concluded flu shots didn't cause Alzheimer's. However, the disclaimer at the bottom of the abstract negated its value: "Because of the self-reported nature of the risk factor questionnaire we cannot exclude the possibility of recall bias." (3) Can you believe that the media reported this as "proof" the flu shot was safe? They didn't mention the disclaimer. Maybe they all had too many flu shots?

But do flu shots work? Studies are now reporting the shots are minimally effective, if at all, and do not result in decreased mortality in the elderly – the very reason the elderly are told to get the shots. (4)

### **How dangerous is the flu?**

We hear reports that "Influenza kills 30,000 to 40,000 Americans every year." (5) It is simply not true. According to the Centers for Disease Control (CDC) the number of people who die of the flu are a fraction of that. Here is what the CDC says:

In 2002: 753 died of the flu (6)

In 2001: 267 died of the flu (7)

Those who die of the flu are mostly frail, sickly, weak, malnourished and unhealthy to begin with. For people in generally good health, dying from the flu is, in fact, very rare – research even shows the flu shot does not affect mortality of elderly people. Thus the flu shot is both dangerous and useless.

### **Carpal Tunnel Syndrome and chiropractic**

Do you have tingling and numbness in your hands, fingers and wrists; swelling of the fingers; dry palms; pain that awakens you at night; or upper arm, elbow, shoulder or neck pain? You may have Carpal Tunnel Syndrome (CTS). (8)

The drug-free chiropractic approach of releasing nerve and spine stress has been a blessing to millions afflicted with this condition. For over a hundred years clinicians, researchers and patients have reported relief of classic carpal tunnel symptoms and improvement in overall body function after chiropractic spinal adjustments. (9)

Chiropractic care may make the difference between a pain-free wrist and surgery!

### **Better sex life with chiropractic**

It says so in (of all places) the British Medical Journal:

*“Chiropractic patients not only reported less pain than hospital patients at six weeks, but three years later chiropractic patients reported a 29% greater improvement with chiropractic compared to hospital treatment ... many of the factors that contribute to the quality of life were affected by chiropractic care [such as] sitting for more than a short period of time and sleeping showed the most significant improvement, but scores such as personal care, lifting, walking, standing, sex life, social life, and ability to travel also improved.” (10)*

## You are dancing all the time

“No, I’m a terrible dancer,” you say? Think again. You are an incredible dancer. Really! At this moment your body is full of billions of cells that are vibrating, singing and dancing as your life energies organize them. If they weren’t organized you’d be a formless pile of chemicals instead of the marvelous, miraculous living person you are. Your cells organize to form tissues, your tissues dance and vibrate together to form organs, organs dance



together as systems (such as the digestive system, circulatory system, etc.) and when all of your systems are singing, dancing and vibrating in a harmonious, coordinated fashion they create an organism – a healthy, living you.

What is it that makes all these structures come "alive" and dance? Many things. One of them is your nervous system! Nerves control and coordinate all of your parts so they work together harmoniously. Chiropractic relieves nerve stress so your body can produce beautiful music!

## Sea salt for better health

Chiropractic is a natural healing art that respects the wisdom of nature. That respect translates into nutrition that is natural, organic and unprocessed.

That includes natural salt. As salt researcher Jacques De Langre (author of Seasalt’s Hidden Powers) writes:

*“When harvested with dedication and care, the oceans give us a natural sea salt with the most exquisite taste and physiologically vital mineral mix. Today, every common table salt is artificial and pales beside the real sea salt. Out of the richest spectrum of 92 essential minerals found in the ocean, the industrial refined variety retains only two! Debased white table salt deserves its bad name and all the misdeeds as charged.” (11)*

Note: For a good source of sea salt go to the Grain and Salt Society’s web site at [www.grainandsaltsociety.com](http://www.grainandsaltsociety.com).

## Do low cholesterol drugs cause impotence and heart attacks?

Seventy-five percent of people who have a heart attack have normal cholesterol levels. How can we conclude high cholesterol causes heart disease? Repeated research shows it doesn't.

Why even try to lower cholesterol levels with statin drugs (such as Lipitor™)? Cholesterol is an important part of every cell – it is an antioxidant and helps protect your heart and internal organs (including your arteries) from injury. It produces testosterone and keeps your cells and nerves healthy.



Finding high cholesterol around blocked arteries is similar to finding firemen around a fire. The firemen didn't cause the fire – they are trying to put it out!

Similarly cholesterol helps keep you healthy. To top it off, studies show that high cholesterol is associated with a longer life especially in the elderly.

The unthinking rush to lower cholesterol is causing heart attacks, depression, muscle weakness and pain, loss of mental acuity (“brain fog”), decreased sex drive, anemia, acidosis, frequent fevers, liver problems, neurological symptoms, cataracts, cancers and mental illness. Yes, statin use can increase the risk of heart failure. (12)

## Breastfeeding works better when mother is better fed

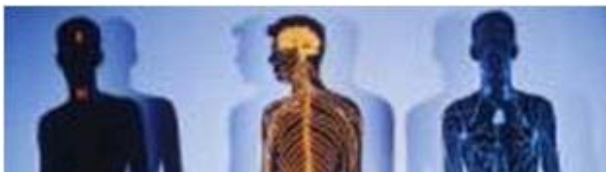
A recent research study revealed that when a breastfeeding mother eats organic dairy and meat products the nutritional quality of her breast milk improves due to increased beneficial fatty acids. These fatty acids are especially important for the child's brain development. The study involved 312 breastfeeding women with 1-month old infants from the Netherlands that appeared in the *British Journal of Nutrition*. (13)

## What color is your steak?

Is the FDA permitting your steak to be gassed? Find out at <http://hightowerdownload.com/pink>

## Chiropractic and spinal research

Is there any disease or condition you'd like to know about? Write us.



**Low back pain in pregnancy.** The majority of pregnant women (57% to 69%) suffer from low back pain. In a study of 17 pregnant women under chiropractic care with an initial

average pain score of 5.9, the average pain score dropped to 1.5 under chiropractic care. (14)

**ADHD.** This is the case of an 8-year-old boy with many learning and behavioral disorders associated with ADHD. The ADHD occurred after a fall 18 months prior. For two months the child was seen weekly by his chiropractor. The child's symptoms had been stable for 18 months but after two months of care his mother noted positive changes in behavior and a reduction in his complaints of headaches and neck pain symptoms. Reports from his teachers at school remarked on the positive changes in his behavior and improvements in academic performance. (15)

**Neck pain.** Seventy patients with neck pain (25 males and 45 females, ages 20-55 years) were randomly divided into either a chiropractic group or a control group. The chiropractic group showed a significant improvement in neck pain after one adjustment. The chiropractic group obtained a greater improvement than the control group in all the outcome measures. (16)

## Humor

### **Kids...some of their Words of Wisdom**

#### HOW DO YOU DECIDE WHOM TO MARRY?

You got to find somebody who likes the same stuff. Like, if you like sports, she should like it that you like sports, and she should keep the chips and dip coming. Alan, age 10

No person really decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with. Kristen, age 10

#### WHAT IS THE RIGHT AGE TO GET MARRIED?

Twenty-three is the best age because you know the person FOREVER by then. Camille, age 10

#### HOW CAN A STRANGER TELL IF TWO PEOPLE ARE MARRIED?

You might have to guess, based on whether they seem to be yelling at the same kids. Derrick, age 8

#### WHAT DO YOU THINK YOUR MOM AND DAD HAVE IN COMMON?

Both don't want any more kids. Lori, age 8

#### WHAT DO MOST PEOPLE DO ON A DATE?

Dates are for having fun, and people should use them to get to know each other. Even boys have something to say if you listen long enough. Lynnette, age 8 (isn't she a treasure)

On the first date, they just tell each other lies and that usually gets them interested enough to go for a second date. Martin, age 10

#### WHAT WOULD YOU DO ON A FIRST DATE THAT WAS TURNING SOUR?

I'd run home and play dead. The next day I would call all the newspapers and make sure they wrote about me in all the dead columns. Craig, age 9

WHEN IS IT OKAY TO KISS SOMEONE?

When they're rich. Pam, age 7

The law says you have to be eighteen, so I wouldn't want to mess with that. Curt, age 7  
The rule goes like this: If you kiss someone, then you should marry them and have kids with them. It's the right thing to do. Howard, age 8

IS IT BETTER TO BE SINGLE OR MARRIED?

It's better for girls to be single but not for boys. Boys need someone to clean up after them. Anita, age 9 (bless you child)

HOW WOULD THE WORLD BE DIFFERENT IF PEOPLE DIDN'T GET MARRIED?

There sure would be a lot of kids to explain, wouldn't there? Kelvin, age 8

And the #1 Favorite is.....

HOW WOULD YOU MAKE A MARRIAGE WORK ?

Tell your wife that she looks pretty, even if she looks like a truck. Ricky, age 10

**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](mailto:saylordc@aol.com) or [drprosper@hotmail.com](mailto: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](http://www.vaneverychiropractic.com).**



Dr. Christie Prosper~Kim~Jane~Melissa~Dr. Anna Saylor~Wither

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