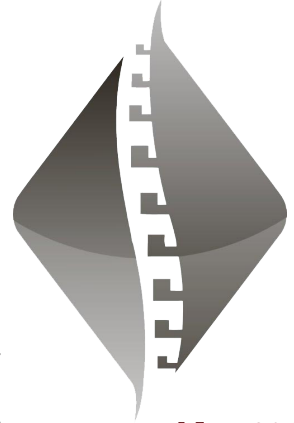


VANDAM CHIROPRACTIC



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GRATITUDE: SOME MENTAL HYGIENE

A grateful mind is a great mind which eventually attracts to itself great things. – Plato

Our minds often need a break from our thoughts. We seem to be programmed to complain, worry, criticize and doubt. These thoughts do serve a purpose – making us aware of danger and preventing mistakes. But this defense can get out of hand and dominate our thoughts, weigh us down and make us miserable. Life can lose its luster as we get caught in our own minds.

Plato’s observation above is an excellent mental exercise to balance our thoughts and enhance personal peace and contentment. Research reveals that people who feel grateful have higher levels of well-being and are happier, less depressed, less stressed and more satisfied with their lives.

Expressing gratitude also leads to enthusiasm and inspiration, because it promotes the savoring of positive experiences, no matter what the present circumstances are in life.

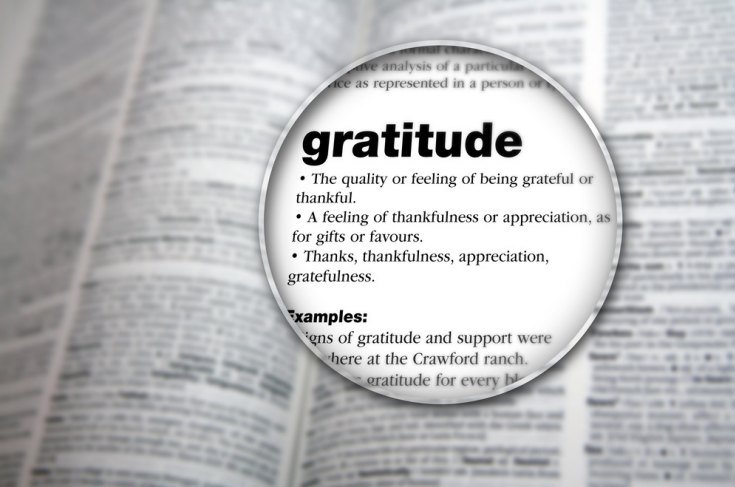
But why wait for gratitude to hit us? We can deliberately cultivate gratitude, and increase our well-being and happiness right now. How? It’s easy.

Start by writing three or four things you are currently grateful for. Don’t have pen, paper or screen to write on? Reflect on the little things as well as the big

things in your life that are going well:

- o Things that went well today or yesterday
- o Goals you have achieved
- o Things you like about yourself
- o What you like about where you live
- o People who have touched your life in a good way: teachers, mentors, friends
- o Even your dog or cat
- o And your wonderful caring chiropractor (we had to add that) :)

Do it once a day, a few times a week or once a week or any time. Here’s a key for success: write with a friend. Ancient wisdom has shown us that learning with a study-partner improves our success in any endeavor.



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DID YOU KNOW?

- o Your eyes process more than 120 million bits of information every second.
- o Vision uses 1/3 of all your brainpower.
- o About ¼ of the body's bones are in the feet – that's 52 out of more than 200.
- o You use 72 different muscles every time you talk.

DRINK MORE WATER

Water is your life source. Drinking enough water means you are helping your body remain healthy and function at its best. Most people do not drink enough water. The average person should be consuming around ten cups of water a day, or just over a half gallon.

Water accounts for 60% – 65% of your total weight, and is the most abundant nutrient in your body. It is also the least forgiving of your nutrients, in that you cannot go more than a couple of days without it. Water transports nutrients, oxygen and waste products around the body, it regulates your body temperature, and it is the medium in which all your body's chemical reactions take place.

Drinking coffee, tea, juices and soft drinks is not a substitute for drinking enough water, because, along with the water they contain, they also contain products the body will need to eliminate, thus robbing you of water to do so. Any drink containing caffeine is even worse because it is diuretic, so you actually end up with a net loss of water from your body. Because the

food and drink you consume will contain water, you do not need to drink a full half-gallon of water every day. Instead, a



good guide is to get a 1.5 liter bottle of water and make sure you drink that each day, or two of those if you are exercising heavily. (1)

STAY HEALTHY THIS FALL WITH TRADITIONAL FOODS

Marrow to the rescue.

.If there is one ideal food for health and healing, it's bone marrow – the key ingredient in soups and broths.

Bone marrow seems to have the right stuff for healing and rejuvenation. Because it hides deep in our bones few people realize marrow is one of the largest organs in the human body...it is considered a primary lymphatic organ. [Bone marrow] performs hemopoiesis – the process by which stem cells generate the platelets, leukocytes, and erythrocytes needed for coagulation, immunity, and oxygen transport. (2)



Happy Thanksgiving

Van Dam Chiropractic would like to thank our patients for their many referrals of friends and family to our office.

As a special thank-you, if you refer someone to Van Dam Chiropractic and they put down your name as the referral Dr. Van Dam will send out a \$5 GIFT CARD TO STARBUCKS

We know there are a lot of choices of doctors for your healthcare and we thank-you for choosing us.

RESEARCH AND CHIROPRACTIC

THERE SEEMS TO BE NO END TO THE CONDITIONS THAT RESPOND TO CHIROPRACTIC CARE – PHYSICAL AS WELL AS PSYCHOLOGICAL CONDITIONS.



THAT IS BECAUSE CHIROPRACTIC DOES NOT “TREAT” A PARTICULAR CONDITION. CHIROPRACTIC CARE “TREATS” OR MORE ACCURATELY “CORRECTS” A SERIOUS INTERFERENCE TO BRAIN, NERVOUS SYSTEM AND ENERGY FUNCTION KNOWN AS THE SUBLUXATION.

NO MATTER WHAT CONDITION YOU OR A LOVED ONE MAY HAVE, YOU WILL ALWAYS FUNCTION BETTER WHEN FREE FROM SUBLUXATIONS. CHIROPRACTORS ARE UNIQUELY TRAINED TO LOCATE AND CORRECT SUBLUXATIONS. ENJOY THIS MONTH’S CASES AND SEE MORE NEXT MONTH.

BPPV (vertigo). A 33-year-old pregnant woman suffered from Benign Paroxysmal Positional Vertigo (BPPV): a spinning sensation when she changed head position. She was prescribed medication, but refused to take it because she was nursing.

She began care during her most severe BPPV episode. She was unable to drive herself to appointments. Spinal and cranial adjusting techniques were administered and within three visits the symptoms had diminished to the point that she was able to drive herself to her visits. By the 14th visit she reported being symptom-free. (3)



Female infertility. Two female patients, ages 28 and 37, each with a history of infertility came to their chiropractor for care. Both also had a history of motor vehicle accidents.



Both patients had cervical (n e c k) subluxations that were corrected. They were

then able to conceive and deliver naturally.

The first patient’s menstrual cycle irregularity returned to normal after which she was able to conceive. The second patient was able to conceive without the use of assisted reproductive treatments for the first time. (4)

Asthma and headaches. A 15-year-old male presented with chief complaints of asthma and headaches. The patient was under specific chiropractic care and analysis utilizing static radiology, videofluoroscopy, infrared thermography and high frequency pulsating instrumentation. Symptoms of asthma and headaches resolved following care. (5)



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