

VANDAM CHIROPRACTIC



Dr. *Scott A.* VAN DAM

Sept 2020

1203 28th St. S - Fargo, ND 58103 - 701.532.5320 - vandamchiropractic.com

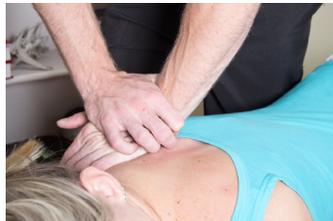
CHIROPRACTIC IS THE HEALING ART OF THE FUTURE - TODAY!

Imagine a doctor that can locate some of your deepest stresses, perhaps injuries you've carried since childhood, and release them so your body can heal itself naturally, without drugs and surgery.

Chiropractic turns on your body's natural healing ability by locating and releasing deep stress (subluxations). It's been doing so for over a century. No side effects. Natural and safe, with deep healing as the result.

Chiropractic may seem like it's been around forever—but for many people it's brand new! Many have yet to discover the natural healing power in their own body that chiropractic can release.

So tell your friends and bring in the whole family to discover chiropractic's deep healing power. We especially need it today.



Question: Is chiropractic for certain diseases?

Answer: Chiropractic is for people no matter what the disease. If you go into a chiropractor's waiting room you'll find people suffering from all kinds of problems: digestive problems, vision problems, hearing problems, allergies, asthma, colds, flu, backache, menstrual problems, headaches, migraines, lack of energy, immune system weakness autism, ADD—it doesn't matter what disease or condition a person

has they always need their structural system free from nervous system stress—that is the specialty of the chiropractor.



Think of chiropractic as you would good nutrition—always necessary all the time (to maintain health) but especially necessary if a person is sick.

Every part of your body needs a healthy nervous system. Whether we're discussing the health of babies, of people over 100, pregnant women, professional athletes—everyone needs a balanced, non-stressed spine and structural system. For some people chiropractic may make the difference between a life of sickness, pain and suffering and a life of complete health and healing.



Chiropractic is the Healing Art of the Future.....	1
Football Players and Chiropractic.....	2
How can Chiropractic Care Boost your Immunity?..	2

Research and Chiropractic.....	3
References.....	3

HOW CAN FOOTBALL PLAYERS BENEFIT FROM CHIROPRACTIC CARE?

In the U.S., about 30 million children and teens participate in some form of organized sports, and more than 3.5 million injuries each year, which cause some loss of time of participation, are experienced by the participants. And while virtually all sports carry some form of injury risk, football is considered to be one of the more physically demanding and risky sports for children. However, chiropractic specialists offer many types of treatments for children who have experienced injuries while playing football. Here's what parents should know about the benefits of chiropractic care for children participating in football.

PAIN RELIEF

More than 775,000 children, ages 14 and younger, are treated in hospital emergency rooms for sports-related injuries each year. Most of the injuries occurred as a result of falls, being struck by an object, collisions, and overexertion during unorganized or informal sports activities. But whether your child was injured during everyday practice and participation or they have an injury as a result of overuse, quality chiropractic care specialists can help to diagnose and treat the issue, equipping your child with the knowledge to stretch properly and take proper care of their joints and muscles.



STRENGTH

Almost one-third of all injuries incurred in childhood are sports-related injuries. By far, the most common injuries are sprains and strains. But seeing a chiropractic care team can help your child grow stronger through various training exercises. Furthermore, your child will be able to reduce their risk of getting injured through proper technique. Regardless of your child's skill level, a chiropractic specialist can teach them fundamental methods that keep them athletically healthy based on their age and strength. The bottom line is that chiropractic care makes your child a better and more capable athlete. This is especially important for such an intense contact sport like football, where injuries are incredibly common.

More than 3.5 million children ages 14 and younger

get hurt annually playing sports or participating in recreational activities. Understanding how to seek proper treatment for your child athlete is essential to keeping them healthy on and off the field. (1)

HOW CAN CHIROPRACTIC CARE BOOST YOUR IMMUNE SYSTEM?

While it is important to follow a healthy diet with a mix of fruits and vegetables, chiropractic care can aid in boosting immunity.

Chiropractic care improves the function of the nerve system through improving the movement of the spinal bones that encase and protect the spinal cord.

Chiropractic care aides in the overall health of patients and although adjustments of the spine help in relieving the pain of those suffering from back and neck discomfort, these adjustments also aid in our immune system. Our immune system is directly connected to our spine and when it is not aligned, it may throw your entire system off track. Thus, resulting in a non-responsive system.

Chiropractors may use a variety of spinal manipulation to help relieve this compression and in turn may boost your immune system.

People visit chiropractors every day for different reasons. Lower back pain, headaches, leg pain, and injury are just a few of the reasons given for a trip to the local chiropractor. Spinal health is imperative in overall health.

The numerous benefits of chiropractic care can help improve the overall quality of life and increase health, all without the use of drugs or surgery. (2)

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 \$10 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.

Chiropractic makes you stronger. We know that professional and amateur athletes love chiropractic. Now there is a simple study showing that chiropractic makes you stronger. In this study grip strength was recorded for 100 male and female patients before and after chiropractic care. The results were statistically significant.

In this study 95% of the patients had a more than 5% increase in grip strength immediately after chiropractic care. A majority (31%) of the patients showed between 11-15% increase in grip strength; some had over 40% increase and one patient’s strength increased by 85%!

From the paper: Removal of vertebral subluxation can lead to improved motor function, better body function and healthier well-being. (3)

Failure to thrive, oral thrush and inconsolable crying in a 4-month-old. The baby was medically diagnosed with “failure to thrive” (FTT) and MDs recommended surgical insertion of feeding tubes (i.e. gastrostomy) into the baby’s stomach. The mother refused and sought alternative care.

At 4-months-old the baby was brought to the chiropractor. In addition to FTT she suffered from inconsolable crying, chronic diarrhea and was dangerously



underweight. Chiropractic examination detected vertebral subluxations at C1-C4 (upper neck) and T3-T4 (upper back) that were adjusted on the first visit.

Following the first visit, she slept a few hours continuously, without waking up and crying. After three visits she stopped arching in extension and screaming and her stools were becoming a normal color and well-formed. Eventually, she was sleeping through the night and was notably a happier baby, consistently gaining in strength and health each week. The child did not have the gastrostomy surgery. Five years later the child was healthy and well-developed. (4)

Hypothyroidism reduction. A 44-year-old woman with upper shoulder pain and pain between the shoulder blades that occurred after a motor vehicle accident 23 years earlier sought chiropractic care. She also suffered from low-thyroid function (hypothyroidism) and was taking Armour Thyroid™.



Spinal X-rays revealed a significant loss of normal neck curve (hypo-lordosis) in addition to vertebral subluxations.

She received spinal adjustments to reduce her vertebral subluxation complexes (VSC). In addition to improvement in her pain, she began exhibiting signs/symptoms of an overactive thyroid (hyperthyroidism). Her endocrinologist found improved thyroid function and instructed her to significantly reduce her thyroid medication. (5)

REFERENCES

1. <https://www.gardenstatespinalcare.com/how-can-football-players-benefit-from-chiropractic-care>
2. <https://universitychiro.com/how-to-boost-your-immune-system-with-chiropractic-care/>
3. Ng K. Improvement in motor function measured by grip strength following chiropractic adjustments to reduce vertebral subluxation in 100 subjects. *Annals of Vertebral Subluxation Research*. March 23, 2020: 33-42.
4. Neally R, Alcantara J. Resolution of failure to thrive in a 4-month-old infant following adjustment of subluxation: case study & selective review of the literature. *Journal of Pediatric, Maternal & Family Health – Chiropractic*. 2015;4:149-153.
5. Bak AD, Engelhardt PR. Improvement in cervical curve and hypothyroidism following reduction of subluxation utilizing Chiropractic Biophysics: a case study & selective review of the literature. *Annals of Vertebral Subluxation Research*. December 10, 2015:226-237.