

VANDAM CHIROPRACTIC



Dr. *Scott A.* VAN DAM

Dec 2020

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

CHIROPRACTIC AND 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.

Did you know that chiropractic care can also help alleviate stress and anxiety? Stress and anxiety both play a part in weakening one's immune system.



Many illnesses are even caused or worsened by stress. If a person is chronically stressed, stress hormones can affect the way the body functions over time. This increases your risk of health problems, including:

- anxiety
- depression
- digestive issues
- heart disease
- sleep disorders
- weight gain
- problems with memory and concentration

Chiropractors can release muscle tension, one effect of chronic stress that leads to nerve irritation and creates uneven pressures on the body's bony structures, which can cause the spinal column to become misaligned. This, in turn, helps the body return to a more balanced, relaxed state.

Chiropractic adjustments can reduce spinal nerve irritation and improve blood circulation, which can help signal the brain to turn off the "fight or flight" response and begin the healing process. (1)

Chiropractic and Your Immune System.....1
Vitamin D.....2

Choosing Snacks Wisely.....2
Research and Chiropractic.....3

VITAMIN D

Low vitamin D significantly increases overall cancer risk. (5) A fascinating study found that the more vitamin D you make from sunshine, the lower your chances are of dying from 15 kinds of cancer (3) and yet another study found that vitamin D production in the skin decreases stomach, colorectal, liver, gallbladder, pancreas, lung, breast, prostate, bladder and kidney cancers. (4)

Other benefits of vitamin D:

- Enhances mood
- Boosts your immune system
- Prevents bone and muscle weakness
- Dramatically lowers risk of heart disease
- Prevents diabetes
- Fights arthritis, pain and inflammation
- Helps prevent Parkinson's disease and multiple sclerosis

And it's free—just get in the sun or eat the right foods.

CHOOSING SNACKS WISELY

Many dieters wonder if snacking is a complete no-no on their weight loss journey. A snack, by definition, is a small amount of food eaten between meals. Most medical and dietary professionals will agree that you'll lower your caloric intake and lose weight if you eat less. This concept seems easy enough, right? Throw in at least 30 minutes of physical activity a couple of times a week, and you'll shed unwanted weight in no time...theoretically. Proper snacking can help you manage hunger between meals and provides additional energy throughout your day. However, what happens when you eat three meals a day and snack on foods high in fat and low in nutritional value?

Bad Snacks

No, we're not talking about snacks that taste bad. Bad snacks are defined as highly processed food items that are low in nutrients (vitamins, minerals, and antioxidants) and high on empty calories. Think of chips, cookies, fried foods, sugary drinks, or candy. You also have to watch for snacks that seem to promote health and weight loss but have hidden sugars and calories. Those snacks include fruit juices, certain energy bars,



granola, or yogurt. Eating these snacks only helps add on extra calories, even if you're eating balanced meals. The wrong snacks can actually restrict weight loss and possibly even stunt your metabolism causing weight gain.

Good Snacks

With all of the deceiving packaging and advertising out there, how can you recognize a good snack? Foods such as low-fat Greek yogurt, fresh berries and fruit, vegetables, or hummus, are good choices when you're searching for snacks to eat between meals. These snacks will fill you up, give you energy, and are low in calories.



If you prefer foods such as energy bars, peanut butter, or granola, look for brands that list simple ingredients like nuts, seeds, and berries, that are sweetened and held together by a bit of honey. These healthy snacks eliminate the extra sugars and fats added to more popular brands. And they're definitely healthier than your typical vending machine candy bar.

When searching for healthy snacks, remember to look not only just at individual foods but your diet as a whole. A food log app can help you track the total number of nutrients you consume in a day and identify the snack traps you might be falling into. (6)

Merry Christmas

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.

Hypothyroidism reduction under chiropractic care. A 44-year-old woman was complaining of upper shoulder pain and pain between her shoulder blades after a motor vehicle accident. The accident had occurred 23 years earlier! She had also been taking Armour® Thyroid in order to treat symptoms of low thyroid function (hypothyroidism). Her spinal X-rays revealed a 80.7% loss of normal neck curve (hypolordosis) in addition to vertebral subluxations. She received spinal adjustments over a seven-month period to reduce her subluxations and to improve her spinal and postural alignment.

Thirty days into care she began exhibiting symptoms of an overactive thyroid (hyperthyroidism). Her chiropractor suggested that she have her thyroid function checked by her endocrinologist to see if her prescribed thyroid medication should be re-evaluated. After evaluation, the patient's endocrinologist instructed her to significantly reduce her taking of her thyroid medication. (7)

Morton's neuroma. Morton's neuroma is a nerve tumor in the foot. It is a painful condition that people describe as “walking on a marble.” It usually affects the ball of the foot, often between the 3rd and 4th toes and feels like a sharp, burning pain. The toes also may sting, burn or feel numb. The medical or podiatric approach is to give corticosteroid (cortisone) injections or perform surgery to cut out the tumor.

This is the case of a 63-year-old woman who suffered with Morton's neuroma in her right foot for ten years. She sought chiropractic care for a variety of health complaints. For one month her vertebral subluxations were addressed and reduced using specific chiropractic care. During this period her Morton's neuroma symptoms completely disappeared and in addition, she reported improvement in her digestion, sleep and ability to move without pain. (8)

Failure to thrive, oral thrush and inconsolable crying in a 4-month-old. The baby was medically diagnosed with “Failure to thrive” (FTT) because her weight or size was significantly below that of other children of similar age and gender.

She was reported to have had birth trauma from a nuchal cord—the umbilical cord was completely wrapped around her neck (360 degrees). The child was 4-months-old when she was brought to the chiropractor. She was suffering from inconsolable crying, oral thrush (an overgrowth of the fungus candida albicans in the mouth and throat), chronic diarrhea and she was dangerously underweight.

Chiropractic examination detected vertebral subluxations at C1-C4 (upper neck) and T3-T4 (upper back). The child received chiropractic adjustments from the first visit and afterwards was checked for vertebral subluxations that were corrected when indicated for seven weeks. Her FTT symptoms began to resolve after the first visit and completely resolved by the seventh week of care. (9)

REFERENCES

1. <https://universitychiro.com/how-to-boost-your-immune-system-with-chiropractic-care/>
3. Grant WB et al. The association of solar ultraviolet B (UVB) with reducing risk of cancer: multifactorial ecologic analysis of geographic variation in age-adjusted cancer mortality rates. *Anticancer Research*. 2006;26:2687-2700.
4. Tuohimaa P et al. Does solar exposure, as indicated by the non-melanoma skin cancers, protect from solid cancers: vitamin D as a possible explanation. *Eur. J. Cancer*. July 2007;43(11):1701-1712.
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.
6. <https://www.chirohealthusa.com/patients/choosing-snacks-wisely/>
7. 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.
8. Lanoue B, Treahy-Geofreda T, Russell D. Resolution of Morton's Neuroma in an elderly patient receiving Activator Methods chiropractic technique to correct subluxation: a case study. *Annals of Vertebral Subluxation Research*. January 4, 2016:1-5.
9. 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.