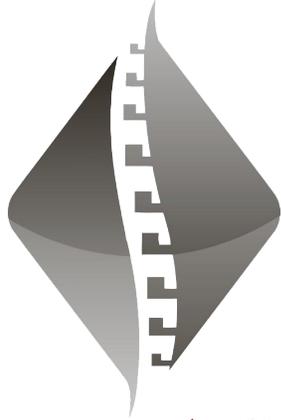


# VANDAM CHIROPRACTIC



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## JUST THE ESSENTIALS

These essential oils that are versatile, powerful and easy to use.

Lavender: widely known for its ability to ease nerves and support a healthy nervous system; however, that is just one of many ways it can be used. How many times have you had a sunburn in the summer? Lavender is a powerhouse for skin, specifically burns. It is said that lavender can take the redness out of sunburn overnight while soothing the burning sensation. Other skin issues that lavender can help with are fungal infections, dry skin of all levels and blemishes.



Frankincense: one of the most important essential oils to keep around. Although high quality frankincense can be on the more expensive side, it is worth every penny. Frankincense is special for its abilities to cross the blood brain barrier. Very few things can penetrate that barrier in both eastern and western medicine. Those with focus issues, brain fog or neurodegenerative illnesses could benefit from the use of frankincense due to its known abilities to work with the brain. It is also known to even out skin complexion and reduce fine lines and wrinkles making it perfect to add to your skin care routine. Cuts, scrapes and bruises are also on the list of ways frankincense can be used in the home. It supports healing on a cellular level while reducing long term

effects like scarring.

Lemon: full of vitamin C making it great for strengthening fingernails for all my ladies looking to grow healthier longer natural nails. Lemon oil is also known to boost overall mood. Its scent is uplifting and promotes positive mindsets. Those who struggle with seasonal depression have said that diffusing lemon essential oil brightens their mood and boosts their overall mental wellbeing. Lemon essential oil is antibacterial and antiviral making it supportive to a healthy home and immune system. It is perfect for everyone in your home!

Peppermint: has many uses. It's most popularly known to soothe nausea and stomach pain. Those with digestive issues find peppermint oil a must have in their home! Peppermint essential oils is also known for relieving headaches and general muscle pain due to its anti-inflammatory properties. Peppermint essential oil works with the respiratory system making it perfect to keep around for those who have asthma. Not only those with asthma but anyone who has a respiratory or sinus infection can benefit from the use of peppermint.

Melaleuca (Tea Tree): antibacterial properties make it amazing for bacterial infections of the skin, dandruff, keeping wounds clean and for cleaning surfaces in the home. Adding it to a cleaning solution is a great way to keep the home clean and clear of germs. One of the most popular ways to utilize melaleuca essential oil is spot treating blemishes.

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## CHIROPRACTIC Q & A

**Question: Why do some people get sick and others do not?**

**Answer: That question was discussed by DD Palmer, the discoverer of chiropractic.** Palmer wrote extensively on the perfection we are born with and the many ways that perfection can be perverted or prevented from functioning. When we function at less than 100%, when we are unbalanced with spine and nerve stress, when we have physical blockages that decrease life energy flowing through us (subluxations), we suffer from dis-ease, which is a common precursor to diseases of all kinds.

Dr. Palmer was very much ahead of his time when he described the three causes of disease (body malfunction) as follows:

**1. Thoughts**—emotional stress. The emerging science of PNI (psychoneuroimmunology) studies the intimate and intense relationship amongst thoughts, brain and immune system function. This confirms Palmer's original insights into the relationship between the mind and body. See the article below on marriage and longevity for an example.

**2. Trauma**—structural distortions that affect and weaken our ability to adapt to all environmental stresses. Physical traumas may be from birth, macro-trauma such as sports injuries, car accidents and similar events or micro-trauma such as always working in the same position, always swinging a golf club or tennis racket the same way (and on one side) or living on a planet with gravity—meaning everyone on this earth.

**3. Toxins**—poisons that we are exposed to that are internal or endogenous (produced from within) or external or exogenous poisons that we are exposed to from the environment.

Internal toxins can be from a poor diet, an unbalanced intestinal flora, dental/oral infections from root canals and unhealed wisdom tooth sockets. External toxins can be from the pesticides and herbicides that are in our foods (always eat organic foods), vaccinations (a toxic brew of chemicals), air pollution, smoking, anesthesia, drugs (prescription as well as otherwise) and even EMF—electromagnetic frequency radiation (i.e., cell phones and cell phone towers), among others.

Chiropractic care permits your body to function at its best. By releasing old physical/structural stress from your spinal column the chiropractic



adjustment also releases stress from your spinal cord and brain. This improves your nervous system (which your mind uses). That improved function helps your ability to detoxify and rid your body of any internal and external poisons you have accumulated.

Many chiropractors have noticed that in addition to the above, regular chiropractic care may increase a person's sensitivity to their state of health and they naturally begin to eat better and avoid unhealthy toxins and procedures.

Every organ, gland, system and part of your being are interconnected. Improving any physical, mental or spiritual aspect of your well-being improves the health of every other part of your mind and body.



**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.

**Return of hearing in a young girl.** A 9-year-old girl was brought in by her parents for chiropractic care for her bronchitis, upper back pain, headaches and left ear hearing loss.

Her medical doctor diagnosed her with bronchitis; an ear, nose, throat and allergy specialist performed an audiogram which showed sensorineural hearing loss (SNHL) on the left that was considered to be a birth defect (congenital). The girl received a hearing aid in her left ear and was given preferential seating in school.

The patient received chiropractic adjustments in her upper cervical (neck) and thoracic (mid-back) spinal regions.

The next day at school, she noticed that she was able to hear without the use of her hearing aid. Her mother tested her later that evening by whispering to her into her left ear. Her hearing was normal. (1)

**Urinary incontinence in an older woman.** A 75-year-old woman suffering from chronic urinary incontinence (involuntary leakages from the bladder) began chiropractic care. This is a too-often condition in the elderly.

Her incontinence began after she had been injured in an accident and had a surgical mesh procedure. She had to urinate as often as three times per night for the previous six years greatly impairing her ability



to sleep peacefully.

Chiropractic examination (which included X-rays) revealed the woman had vertebral subluxations in the cervical (neck) and lumbar (lower back) spine.

Her chiropractic care consisted of 36 weekly visits. She had complete resolution of her urinary incontinence. She was happy to report that she was now able to sleep through the night. (2)

**Kidney problems and chiropractic.** A 42-year-old man began chiropractic care. His initial complaints were of neck, lower back and right pelvic pain. Each of his pain locations were rated as a 7, on a scale of 0 to 10 with 10 being the worst pain ever. He also experienced numbness in his right arm into his right pinky, as well as right shoulder pain.

He was medically diagnosed with abnormal kidney function as his blood analysis revealed elevated serum creatinine levels and decreased glomerular filtration rate.

He reported that the low back and pelvis pain have been present for almost 30 years when he suffered injuries playing high school football.



He was taking Lisinopril® and Bisoprolol® to help manage his high blood pressure and Crestor® for cholesterol. Prior to seeking chiropractic care, he went to medical doctors for his back and neck pain, with improvements reported.

His first chiropractic adjustment was to his cervical (neck) and thoracic (mid-back) spinal segments, sacrum and cranium. He reported a dramatic improvement in all pain complaints, a reduction in serum creatinine levels and improved glomerular filtration rate following 6 months of care. (3)

## REFERENCES

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