

VAN DAM CHIROPRACTIC

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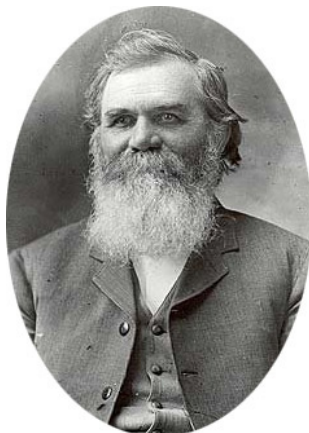


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THE FIRST CHIROPRACTOR

Here is a photograph of the discoverer of chiropractic, Dr. DD Palmer, of Davenport, Iowa demonstrating spinal adjusting. Dr. Palmer (called "DD") accidentally discovered chiropractic when he restored the hearing of a man who had been deaf for 17 years.



D.D. PALMER
DISCOVERER OF CHIROPRACTIC

DD originally thought he had discovered a cure for deafness, but after patients with heart problems, asthma, menstrual cramps, infertility, headaches, back and neck problems and many other conditions were restored to proper function from Dr. Palmer's "hand treatments" (as he first called them), he realized he had discovered something more far reaching.

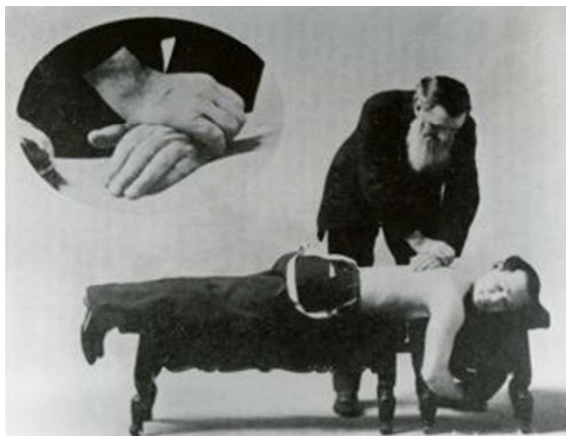
Soon people were flocking to his office from far and wide. After many entreaties Dr. Palmer agreed to teach his discovery and began the Palmer School of Chiropractic, which is still in existence.

Most of Dr. Palmer's first students were medical doctors, osteopaths and other natural healers.

In time the Palmer school accepted individuals without advanced degrees. Why? Because, as BJ Palmer, DD's son and future head of the school said, "Humanity needs more chiropractors."

Chiropractic went from one lone practitioner in Davenport, Iowa in 1895 to become the largest drug-free healthcare system in the world. Millions of people visit their neighborhood chiropractors every year – the numbers are growing.

And yet many more millions have no idea how chiropractic can help them and their families live more natural, drug-free lives. Instead we see so many "walking drugstores," suffering from side effects not knowing that chiropractic can help turn on their "inner drugstore" – their own natural healing ability. Please help us help them by referring those you care about.



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Q&A ABOUT CHIROPRACTIC

Q. Are there incurable diseases?

There are no incurable diseases. There are thousands of cases of people suffering from what are considered by medical doctors to be terminal, incurable diseases, who amazed everyone by living long fruitful lives after having had a “spontaneous remission.”

What is a “spontaneous remission?” It is the body’s natural healing ability that was awakened to recognize and heal itself of its “incurable” illness.

Exactly how to awaken this self-healing ability is a mystery. It is the goal of chiropractic and other natural systems to remove blockages, distortions, interferences and subluxations so your body may function at an improved level. That is why many people called “terminal” rediscovered their health under chiropractic care and other forms of natural healthcare.

HUMOR

I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.

She was only a whiskey-maker, but he loved her still.

No matter how much you push the envelope, it’ll still be stationery.

A dog gave birth to puppies near the road and was cited for littering.

Two silk worms had a race. They ended up in a tie.

Two hats were hanging on a hat rack in the hallway. One hat said to the other: ‘You stay here; I’ll go on a head.’

I wondered why the baseball kept getting bigger. Then it hit me.

Two fish swim into a concrete wall. One turns to the other and says, ‘Dam!’

TRY TO AVOID ASPARTAME

In our toxic world too many people are using aspartame that breaks down in the body into aspartic acid, phenylalanine and methanol. What do they do?

Aspartic acid (aspartate), slowly destroys brain cells (neurons). No wonder aspartame causes memory loss! It is also linked to MS, Parkinson’s, Alzheimer’s and dementia.

Phenylalanine is linked to depression, anxiety, mood swings and violent rages.

Methanol (wood alcohol) is a poison that breaks down into formic acid and formaldehyde in your body. Formaldehyde is a deadly neurotoxin and a known carcinogen. It also causes retinal damage, interferes with DNA replication and causes birth defects.

Here is a list of foods (besides diet soda) that may contain aspartame. Anything that says “sugar free” may contain aspartame. Read labels!

- Mints, chewing gum, hard candies, soft candy chews
- Flavored syrups for coffee, flavored water products
- Frozen ice cream, ice cream novelties and frozen ice, ice cream toppings
- Fruit spreads, jams/jellies, Jell-O and pudding
- Iced tea powder and ready to drink, instant cocoa mix, juice blends and drinks
- Mousse and syrups
- Meal replacements, protein nutritional shakes, protein and nutritional bars
- “No sugar added” and “Sugar Free” foods and products
- Veggie drinks
- Yogurt — drinkable, fat free, sugar free

QUOTE

“A wise man ought to realize that health is his most valuable possession.”

-Hippocrates Quote

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.

Difficulty Nursing. An 8-week-old female unable to suck properly and who had difficulty nursing was brought in for chiropractic care. The patient was described as distressed. She had a left head tilt and subluxations were identified at the occiput (of the skull), atlas vertebra, sacrum and the cranium.

The infant received spinal and cranial adjustments. After the third adjustment the baby latched on and breastfed for 20 minutes without any difficulty. She continues to breastfeed normally. (1)

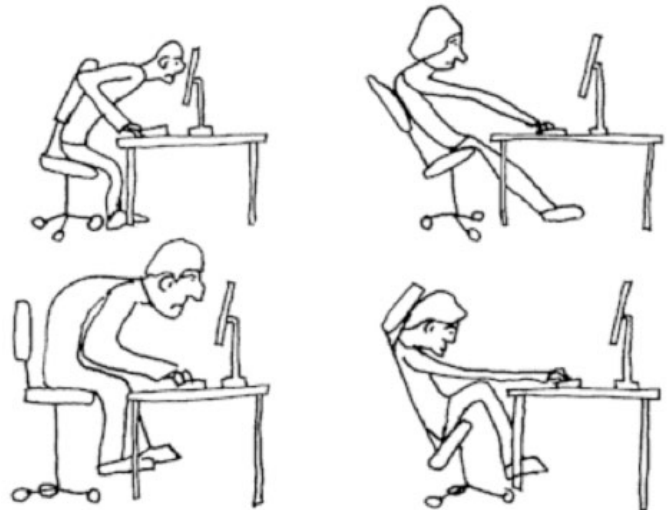
Muscular Dystrophy and Chiropractic. The patient was diagnosed with muscular dystrophy and was on several medications. She was having trouble breathing, had extreme muscle weakness in her lower extremities, suffered from vertigo and needed assistance walking.

At initial examination, evidence of subluxations were located and adjusted.

After 1 month of care, the patient reported an improvement in overall pain levels, as well as a decrease in vertigo. After 6 weeks she was off all

blood pressure medication. After 2 months she had increased muscle strength. After 4 months of care the patient reported a near complete absence of symptoms. (2)

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BAD POSTURE (EXAMPLES OF)

Please take a moment to ‘like’
Van Dam Chiropractic on
 Facebook to stay updated with
 clinic news, articles and other
 information.

REFERENCES

1. Slak L & Wilson KA. Breastfeeding difficulty resolved following subluxation based chiropractic care & cranial work. Journal of Pediatric, Maternal & Family Health – Chiropractic. 2013;1:7-10.
2. Fedorchuk C & Frisch C. Improved health outcomes in a patient with muscular dystrophy and hypertension following subluxation based chiropractic care. Annals of Vertebral Subluxation Research. January 31, 2013;1-11.