

# VAN DAM CHIROPRACTIC

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## IT'S SPRING -- WELCOME BASEBALL SEASON

**B**aseball is 90% mental, the other half is physical. – Lawrence P. “Yogi” Berra, American Baseball Hall of Famer

Except for the math Yogi was right and that's why baseball and chiropractic go together so well.



Nearly a hundred years ago the New York Yankees became the first major league team to travel with a chiropractor. Richard van Rump, DC was chiropractor to Babe Ruth and the other Yankee greats (as well as many other famous people).

It's not just a matter of keeping baseball players free from injuries or getting them back in the game faster; chiropractic prevents injuries by keeping people balanced, with a natural range-of-motion, better focus and better brain-body communication—that's where the 90% mental

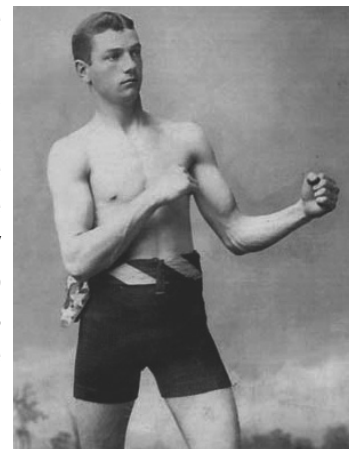
comes from. Every muscle in your body needs proper communication with your brain, over your nerves.

Chiropractic also helps your brain function better when we release stress on your spinal column. That's why athletes say that chiropractic can give them the “winning edge.”

By the way, do you need a chiropractor for your little (and not so little) league team? Discuss it with us. Chiropractors work with teams but we also work with individual professional (and amateur) tennis, golf, football, gymnastics, track and field and other athletes as well.

## DID YOU KNOW?

Kid McCoy was the US welterweight world champion in 1896. The expression “the real McCoy” originated in a barroom brawl, when a drunk insisted that the boxer was not who he said he was. McCoy flattened the man who struggled back onto his feet and said, “It's the real McCoy.”



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## Q&A ABOUT CHIROPRACTIC

**Q. Are there specific chiropractic adjustments for problems or conditions such as back pain, disk problems, migraine, autism, insomnia, cancer, allergies and others?**

**A. Chiropractic is for people not conditions.** You might say we care for people who have conditions, not the conditions.

Our purpose is to release a severe form of stress in your body called the subluxation. Chiropractors are specially trained to locate subluxations in your body.

No matter what diagnosis you may have been given—from a cold to cancer, headache and backaches to heart or kidney problems, ADD, vision problems, hearing and all the others—you are much better off if your body is functioning properly.

Improper body function due to subluxations can create the groundwork for bad health. That's why chiropractic care is so essential no matter what condition you have

## HEALING YOUR GUT

The problem with taking antibiotics is that they cannot distinguish between good bacteria and bad bacteria. There are over 100 trillion good bacteria and microorganisms in a precarious balance in our intestines that promote overall health and especially help immune function and digestion.

If the bacteria in our digestive systems are out of balance (or absent), the result may be improper digestion, lack of nutrient absorption and malnutrition. Plus undesirable yeasts and bacteria may thrive and take over.

Candida yeast overgrowth is an example. It can cause itching, rashes, headaches and lethargy. Yeast inhibits magnesium absorption (causing insomnia), damages gut tissue (which can lead to leaky gut syndrome or Crohn's disease) and has been linked to a variety of other health problems

ranging from chronic fatigue to allergies to arthritis.

Because of antibiotics hundreds of thousands of people die each year in hospitals from antibiotic-resistant infections. Many, many more are sickened.

What can you do? Eat fermented foods that are filled with healthy bacteria; they are part of all cultures. These include yogurt (live-cultured). Be sure to avoid yogurt with sugar or corn syrup, artificial sweeteners and artificial flavors. □ Also consider kefir (like yogurt and rich in antioxidants), sauerkraut, miso, kombucha and probiotic supplements containing live cultures.

Antibiotics may sometimes be necessary, yet most bacterial infections heal naturally. Some natural antibiotics are garlic, onion, goldenseal, echinacea and oregano oil. The best "antibiotic" is a healthy immune system.

## HUMOR

### The Raise

**Employee:** Excuse me, sir, may I talk to you?

**Boss:** Sure, come on in. What can I do for you?

**Employee:** Well sir, as you know, I have been an employee of this prestigious firm for over 10 years.

**Boss:** Yes.

**Employee:** I won't beat around the bush. Sir, I would like a raise. I currently have 4 companies after me and so I decided to talk to you first.

**Boss:** A raise? I would love to give you a raise, but this is just not the right time.

**Employee:** I understand your position, and I know that the current economic down turn has had a negative impact on sales. But you must also take into consideration my hard work, pro-activeness and loyalty to this company for over a decade.

**Boss:** Taking into account these factors, and considering I don't want to start a brain drain, I'm willing to offer you a 10% raise and an extra 5 days of vacation time. How does that sound?

**Employee:** Great! It's a deal Thank you, sir!

**Boss:** Before you go, just out of curiosity, what companies are after you?

**Employee:** Oh, the electric company, gas company, water company and the mortgage company.

## 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.

### Incessant crying, colic, torticollis, feeding, sleep issues.

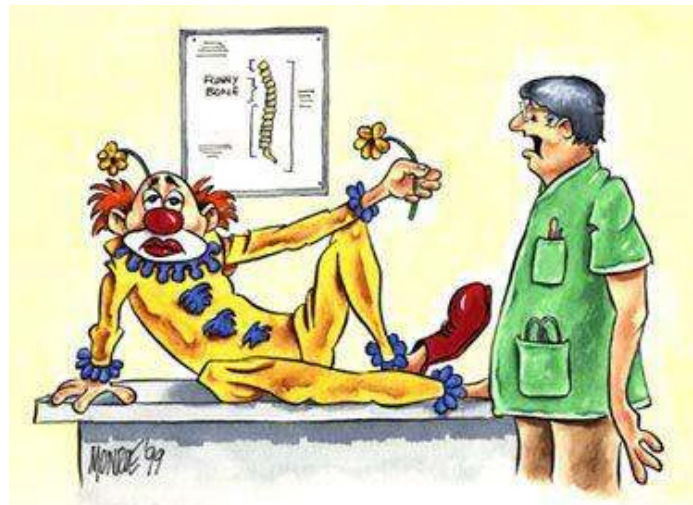
A three-month-old baby boy was brought into the clinic with a history of incessant crying, colic, congenital torticollis, flattening of the back of the skull (plagiocephaly), difficulty feeding, abdominal distension, gas and restless sleep.

Chiropractic adjustments and cranial work to reduce subluxations were administered. The crying, colic, torticollis and feeding difficulties disappeared by the fourth adjustment. (1)



**Spinal pain complicated by diffuse idiopathic skeletal hyperostosis.** Four patients with neck and/or back pain were examined and using X-rays vertebral subluxations were found along with diffuse idiopathic skeletal hyperostosis (DISH) in the cervical spine (neck).

All patients were adjusted using chiropractic. Tests revealed a statistically significant improvement of those under chiropractic care. (2)



“NO WONDER YOU’VE LOST YOUR SENSE OF HUMOR. YOU HAVE A SUBLUXATION OF THE FUNNY BONE.”

**Dr. Van Dam will be out of the office  
May 27th, in observance of Memorial Day.**

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

## REFERENCES

1. Rubin D, Istok M. Resolution of infantile colic, torticollis, plagiocephaly & feeding difficulties following subluxation based chiropractic: a case report. Journal of Pediatric, Maternal & Family Health – Chiropractic. 2013;2:24-27
2. Henry L. Chiropractic management in diffuse idiopathic skeletal hyperostosis: a case series. Annals of Vertebral Subluxation Research. February 28, 2013;12-17.