

# VAN DAM CHIROPRACTIC

Dr. *Scott A.* VAN DAM

WWW.VANDAMCHIROPRACTIC.COM



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2701 9th Ave. SW Suite 800 • Fargo, ND 58103 • 701.280.2599 • ocpdrs@ideaone.net

## WHAT IS THAT WEIRD THING?

Your internal organs are connected to your brain through nerves in your spine.

On the top is the brain, under it is a stack of bones called the spinal column and between the bones emit lots of nerves. At the end of the nerves are lots of organs.



So what does it do? The brain sends information to the organs and the organs send information to the brain. These nerve messages go back and forth through a vast communications cable made up of hundreds of millions of nerves: your spinal cord.

All these messages keep you alive, help you function in response to day-to-day stress and permit you to grow, love, heal and enjoy life.

You can't see your spinal cord in this illustration

because it's encased in a protective boney canal called the spinal column made up of 23 bones called vertebrae. But you can see the vertebrae.

### THERE'S A POTENTIAL PROBLEM

For perfect protection your spinal cord could be surrounded by bone all around, just as your brain is protected by your skull or cranium. But if that were the case you wouldn't be able to bend or twist or move.

So instead nature made a compromise and protected your spinal cord in rings of bone. These ring-shaped bones are your vertebrae (spinal bones) and when they line up they create a canal – the spinal canal.

Injuries, accidents and stress of all kinds can affect the shape of your spine and the position of your vertebrae. If your vertebrae are misaligned they may affect many nerves, glands, muscles and organs. This can cause pain, distortion, nerve stress, lowered resistance to disease, weakening of your body structure, loss of height and strength.

This misalignment of your spinal bones (vertebra) is called a subluxation. Your chiropractor's job is to make sure your vertebrae are all moving properly,

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and are in their proper position so that there is no nerve stress.

Using various tools (and years of specialized training) doctors of chiropractic can locate spinal nerve stress or subluxations and using their hands or various instruments realign the vertebrae and reduce spinal nerve pressure. This is called an adjustment.

Millions of people carry spinal nerve stress in their bodies and don't know it. Do you or a loved one have this condition? Your chiropractor can find out with a simple spinal analysis. It could make the difference between a life of health and one of disease.

## CHIROPRACTIC HELPS SPORTS PERFORMANCE

### WANT TO RUN FASTER? JUMP HIGHER? BE STRONGER?

Did you know that many top athletes from all over the world rely on chiropractic to keep their body structure balanced, their nerve system healthy and their muscles functioning at their peak.

Name the sport – golf, tennis, football, soccer, track, swimming, hockey, martial arts, wrestling, and all the others – chiropractic can give you the winning edge.

Chiropractic can also help prevent sports injuries and help an injured player return to the game or competition faster.

Of course you don't need to be an Olympian to go to

a chiropractor; anyone who uses his/her body needs it to function at its peak. That means everyone. (1-3)



## DID YOU KNOW?

- The average human dream lasts 2-3 seconds?
- Even though your brain weighs only 2% of your body weight it uses over a quarter of the oxygen used by the human body.
- Your heart beats around 100,000 times a day, 36,500,000 times a year and over a billion times if you live beyond 30.
- Red blood cells carry oxygen around the body. They are created inside the marrow of your bones.
- Your nose and ears continue growing throughout your entire life.
- Infants blink only once or twice a minute while adults average around 10
- We don't like their sound and guitar music is on the way out. – Decca Recording Executive rejecting the Beatles (1962)

PS. In all fairness to Decca the 1962 audition tapes were not very good. Their harmonies and songs picked were poor but more importantly getting dumped by Decca was a blessing in disguise because the company that did sign them (EMI) had unique people and equipment to make the band a success.

## CLINIC NEWS

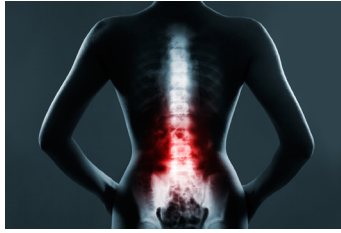
### DO YOU NEED A DOT EXAM?

Dr. Van Dam is now certified to perform DOT Exams in his office. Call and ask to set up your exam!



## 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.

**Diabetes and chiropractic.** A 67-year-old woman presented with many complaints. This included type 2 diabetes mellitus that had been diagnosed when she was 40 years of age.

Chiropractic analysis revealed that she had several vertebral subluxations throughout her spine, along with postural alterations. She had sought care from other health care providers with



no resolution in any of her complaints. She received specific chiropractic adjustments in the cervical, thoracic and lumbar spine and also to her pelvis.

After four visits, the patient returned to her medical doctor and was able to stop taking insulin for her diabetes. Her blood sugar levels remained within normal limits throughout the rest of her care. (4)

**Resolution of infertility.** A twenty-seven year-old woman sought chiropractic care for infertility, low back pain, headaches, neck pain, mid-back pain, sinus problems, sore throat and dizziness.

Upon examination, she related that she was under medical care for infertility for five months prior to seeking chiropractic care.

Chiropractic care included addressing the subluxations in her cervical (neck), thoracic and lumbar spine. After two-and-a-half months of regular chiropractic care, the patient conceived. (5)

**Improvement in speech in autistic children.** Two children, under the age of 4, diagnosed with autism spectrum disorder, received chiropractic care for one year. The specific outcome that was measured was the Preschool Language Scale-4 (PLS-4). The PLS-4 was given four times over the one-year period.

Expressive and receptive language delays were assessed before, during and after care. These children saw an average increase of 24 months of language development in one year, while under care. (6)

### THANK YOU FOR YOUR REFERRALS!

**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 \$5 GIFT CARD TO STARBUCKS. We know there are a lot of choices of doctors for your healthcare and we thank-you for choosing us.**

## REFERENCES

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