

VAN DAM CHIROPRACTIC

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HAVE AN EXCEPTIONAL 4TH OF JULY

The operative word is “exceptional.” America is an exceptional nation. Why? What makes America so unique in all the world?

America was founded on ideals. Whereas other countries have had an ethnic group and a piece of real estate to define it, America is a nation defined by our Constitution.

Our Constitution was a revolutionary document when it was written. Most people around the world, certainly most leaders and governments, did not believe people could choose their leaders and govern themselves. It seemed inconceivable that a nation could even exist without a King or Queen to fight and die for; no one would fight for anything other than their “beloved leader.”

America’s Constitution changed all that. It is based on the idea that individuals have certain rights, “inalienable rights” and freedoms irrespective of what a king, sovereign, dictator, or even a judge, court or legislative body may decide or vote on.

These freedoms and rights do not derive from the government but are from our Creator and are not to be questioned or tampered with by earthly people and institutions. Further, if a government does not honor these “inalienable rights” the people have the right to overthrow it.

This is an exceptional document. In addition, our founders acknowledged that humans are flawed, and people in power are not to be trusted. Therefore power must be divided among branches of government. For example, a legislative body may remove a President from office and a court may declare a law passed by a legislative body as unconstitutional and invalid.

Because America is a nation of ideals you can walk into an office filled with hundreds of workers from dozens of countries exhibiting very varied facial features and skin tones. Every one of them may be as American as someone whose ancestors came over on the Mayflower. What defines whether a person is an American is adherence to an amazing document, our Constitution.

Have a great 4th of July holiday and remember that the solemnity of Memorial Day and the joy of the 4th are two sides of the same coin. People have fought and died to preserve the freedoms we so loudly celebrate in July.



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CELL PHONES HURT CHILDREN'S BRAINS MORE THAN ADULTS



Scientists have discovered that a call lasting just two minutes can alter the natural electrical activity of a child's brain for up to an hour afterwards. Radio waves from mobile phones penetrate deep into the brain.

Doctors fear that disturbed brain activity in children could lead to psychiatric and

behavioral problems or to impaired learning ability.

The results show that children's brains are affected for long periods even after very short-term use. Their brain wave patterns are abnormal and stay like that for a long period. This could affect their mood and ability to learn in the classroom, as well as cause lack of concentration, memory loss and aggressive behavior.

Dr. Michael Klieeisen, who conducted the study, said: "We never expected to see this continuing activity in the brain. "We are worried that delicate balances that exist – such as the immunity to infection and disease – could be altered."

See more at <http://www.spiritofhealthkc.com/wp/wp-content/uploads/2014/03/EMRs-Cell-Phones-Hurt-Children-Mobile-Phones-for-Childre.pdf> and at <http://highstrangeness.tv/articles/cellphone.php>

CHIROPRACTIC Q & A

QUESTION: How does a chiropractor know if I have a subluxation?

ANSWER: There are many techniques chiropractors use to locate (and also to correct) subluxations in your body. The next time you're in for a visit please ask us to demonstrate.

NOTE: A subluxation is an area of nerve damage caused by distortions in your body. They are often painless and can be found in babies and the elderly and everyone in between. Chiropractors spend thousands of hours in chiropractic school learning how to locate and correct subluxations.

LEMON BALM FOR THE SUMMER



Lemon balm is a member of the mint family, but rather than having a minty fresh scent, it has a strong lemony aroma, somewhat similar to lemon verbena and citronella. Its properties include:

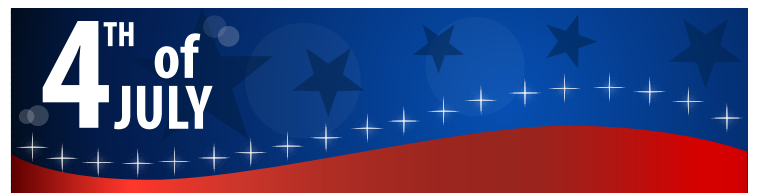
- Improves digestion
- Promotes relaxation
- Alleviates stress and anxiety
- Helps cold sores and blisters; crush leaves and apply to the affected area
- Attracts bees and butterflies

It contains high levels of citronella, which bugs find unpleasant. A cheap little lemon balm plant will give a near-endless supply of bug repellent. Just crush the fresh leaves and rub them directly on your skin, especially around the ankles, arms and other areas most exposed and vulnerable to bug bites.

Lemon balm happily thrives in sun or partial shade, and should be kept in moist, well-drained soil. Like other mints, lemon balm is invasive, and it will spread and take over your garden if you let it so it's best to keep it contained in a pot.

CLINIC NEWS

Dr. Scott Van Dam will be out of the office July 1-6



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.

Two-year-old baby with seizures. This is the case of a 2-year old male child who had a head trauma and afterward suffered with seizures, behavioral disturbances and cognitive developmental delays.



The boy had 1-3 seizures per week and on some occasions up to three per day. He became combative, angry and uncooperative with his parents. He also had a developmental impairment of his language use.

The parents sought chiropractic care one year and three months after the injury.

The patient was found to have a subluxation of the C1 (atlas) vertebra. He saw the chiropractor seven times for upper cervical chiropractic care over 5 ½ months.

He was checked for vertebral subluxations during every visit and was adjusted three times over the course of care.

There was improvement and eventual cessation of his seizure activity following the chiropractic care. There was also improvement in the patient’s behavior and cognitive development. (1)

Depression, posture, balance, dizziness and low-back pain. A 72-year-old man suffering from severe postural alterations, mild depression, low back pain, balance disturbances, and perpetual tiredness received chiropractic care for a nine-week period.

A full posture analysis and surface electromyography (sEMG) scans were performed at baseline and were then monitored regularly over the nine-week period.

Improvements in both self-reported subjective and objective measures were noted: posture improved, and in addition low back pain, balance disturbances, perpetual tiredness and a mildly depressive state of mind resolved. His overall physical, mental, and emotional well-being improved. (2)



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

1. Komarek AJ, Tedder N, Tedder A. Cessation of seizures, behavioral disturbances and improvement in cognitive developmental delay following upper cervical chiropractic care in a 2-year-old: a case report. *Journal of Upper Cervical Chiropractic Research*. May 14, 2015:14-18.
2. Bredin M, Putt K. Improvements in mood, posture and balance in an older patient receiving chiropractic care: a case study. *Annals of Vertebral Subluxation Research*. May 21, 2015:125-129.