

VAN DAM CHIROPRACTIC

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ACCIDENTS, INJURIES AND CHIROPRACTIC



Our world can be a pretty dangerous place; many of us have experienced a traumatic brush (or collision) with reality. And although accidents

may be unavoidable, much of the pain and suffering from them may, in many cases, be avoided with chiropractic care.

Every trauma has the potential to cause subluxations: abnormal stress in your body that upsets balance, and impinges, “pinches,” stretches or compresses your nerves. Subluxations can affect your muscles, organs, discs, bones and brain and cause body malfunction. (1) Chiropractic specializes in locating and correcting subluxations.

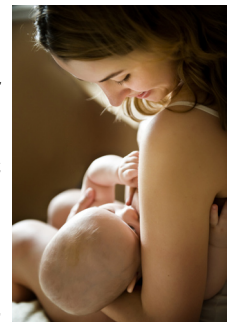
Many times chiropractic patients have discovered that the cause of their present complaint was a childhood fall or even birth trauma. Common post-accident symptoms include spine, head, face and extremity pain. (2) Even personality changes may occur after an accident or trauma (“post-traumatic stress disorder”). (3)

It is an unfortunate fact that over half of the victims of auto accidents never fully recover; they are still in pain, with disability and other constant reminders that they were hurt and haven’t fully healed. Anyone who has been in an accident or trauma, whether

mild or serious and no matter how long ago, should see a chiropractor to have their body checked for subluxations. A chiropractic adjustment can make the difference between life and death, between a life with pain, disability and sickness and a life of true recovery, activity and accomplishment.

BREASTFEEDING

Human breast milk cannot be duplicated. It is the perfect food for a baby’s growth, development and immunity. It provides immunologic protection; it has been shown to contain secretory IgA antibodies, numerous cytokines and growth factors and the exact amount of proteins, carbohydrates, vitamins, minerals, enzymes, antivirals, antibacterials and anti-allergens needed at their given stage of development. No formula can ever do that.



The benefits of breastfeeding include: decreased ear infections; decreased gastroenteritis; lower risk of obesity, asthma and crib death (SIDS); reduction in diabetes; protection against certain types of cancer; and improved cognitive development. (4)

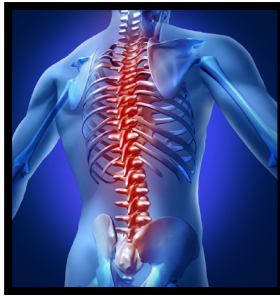
There are also benefits for the mother (compared with those who bottle-feed their babies) such as increased weight loss, decreased breast cancer and decreased ovarian cancer. (5)

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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.

Placenta previa and breech presentation. The patient was a 32-year-old in her 32nd week of pregnancy. Her midwife and obstetrician referred her for chiropractic care after ultrasound imaging confirmed breech fetal positioning and placenta previa. The consensus by both birthing professionals was that vaginal birth was unlikely.



The patient was cared for with a combination of procedures including Webster Technique with

successful outcomes. A later ultrasound showed that the fetus assumed a normal vertex position and the placenta moved more than 3 cm away from the opening of the cervix so there was no more placenta previa. (6)

Anxiety and high blood pressure.

The patient was a 60-year-old male with medically diagnosed anxiety and hypertension. A thorough history and exam were performed. Subluxations were determined through static and motion palpation, bilateral weight scales and posture analysis.



A medical doctor had evaluated him 15 years prior and diagnosed hypertension

(170/110 mm Hg.) as the cause of his symptoms. He was prescribed 20mg of lisinopril and 10mg of hydrochlorothiazide per day.

He was also diagnosed with anxiety and was prescribed medications which included 150mg of Wellbutrin® and 10mg of Lexapro® per day. When he entered the chiropractic office he had been on anxiety-reducing medications for over 20 years. Until five years earlier the patient had previously self-medicated with alcohol and drugs.

Subluxations were located and corrected at: C1 on the right, C4 and C5 on the left, C6 on the right and T2, T4, T12, L3 and sacrum on the left.

After six months of care, his blood pressure was 128/80 mmHg. His MD took him off all prescription medications for both anxiety and hypertension. The patient also noted his energy level and ability to function had improved. (7)

Fibromyalgia. A 32-year old female suffering with extreme fatigue, pain, and depression due to fibromyalgia began chiropractic care. She had been ill for two years experiencing a rapid decline in health and vitality.

After a case history, physical examination and chiropractic evaluation it was determined that she had a subluxation of the C1 (atlas) vertebra.

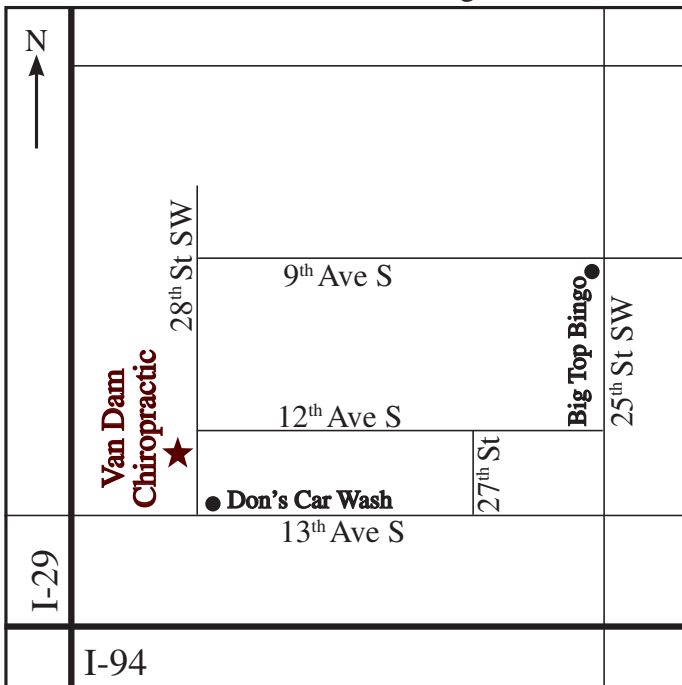
The patient received chiropractic care, coming in for 41 visits over six months. She was adjusted eight times over the course of care and reported a complete resolution of her fibromyalgia and related symptoms. (8)



Clinic News

**WE WILL BE IN OUR
NEW LOCATION STARTING
SEPTEMBER 21!**

NEW LOCATION!
1203 28th St. S - Fargo



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Now Hiring

- Front Desk Receptionist
- Part Time Chiropractic Assistant

In Search of

2 Licensed Massage Therapists
To Rent Space Within Our Office



CALL 701.280.2599 or EMAIL ocpdrs@ideaone.net
with your resume and/or questions

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.

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