

VAN DAM CHIROPRACTIC

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ACUTE AND CHRONIC ILLNESS

Chronic illnesses are always there. They are considered to be so deep that our natural healing system cannot push them out or externalize them. Examples are allergies, asthma, skin conditions, MS (multiple sclerosis), cancer, heart disease, Parkinson's, ADD and others that usually never go away. The opposite of a chronic illness is an acute illness.

Acute illnesses are often very uncomfortable and dramatic but temporary; they go away. Examples are colds, flu, measles, mumps, chicken pox, infections, a 24- (or 72) hour "virus," and many others. The symptoms may include fever, vomiting, diarrhea, malaise (feeling yucky), fatigue, skin eruptions, coughing, sneezing and sweating.

Acute illness is the most powerful anti-toxicity therapy we know. After the acute illness is over we find a healthier (cleaner) and happier person in its wake.

That's why growth spurts (both physically and mentally) have been noticed after a child has measles or other acute childhood illness. Measles has also been observed to cure kidney disease. (1)

The powerful ability of fever to heal was observed by a NY surgeon, William Coley, who noticed that after a high fever with skin eruptions (erysipelas) tumors disappeared. (2)

The difference between medicine and natural healthcare -- Western medicine often sees symptoms as bad -- fever must be lowered, skin eruptions must be suppressed, coughs must be stopped -- and yet this anti-symptom approach often drives disease deeper into the body.



Chiropractic and other natural healthcare systems view symptoms as essentially good for you (within limits of course) and should be respected and managed. Suppression of acute illness using drugs has been linked to chronic illness.

CHIROPRACTIC

Chiropractic is the most popular natural healthcare system in America. Doctors of Chiropractic locate and correct a serious interference with your body's ability to function normally -- subluxations. Subluxations weaken your body, interfere with proper function (including detoxification) and lower your resistance to disease.

No matter what disease or symptoms you have, chiropractic care, with its ability to remove subluxations, should always be an essential part of your family's healthcare.

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QUESTIONS AND ANSWERS

Question: Are all subluxations painful?

Answer: Many (if not most) subluxations your chiropractor locates are painless. Think of subluxations as you would a dental cavity. You may have it for years and not feel a thing – all the while your teeth are slowly and silently rotting and one day you notice it – big time.



Similarly, if left uncorrected chronic subluxation stress weakens your nervous system, your immune system and your resistance to disease, and your ability to detoxify is lessened. Plus your spine and structural system deteriorate.

That's why periodic chiropractic visits are so necessary – get your body checked for quiet subluxations now and don't wait until they become "noisy" later.

Question: Should we avoid fish because of mercury?

Answer: Fish does contain mercury but if you have good intestinal flora, you are completely protected against absorbing the mercury – but you are not protected from absorption through the mouth (as in mercury fillings) or the skin. (3)

The Weston A. Price Foundation web site, www.westonaprice.org, has very valuable information on nutrition. Visit it for more nutrition information.

CELL PHONE AND PREGNANCY

In the last months of pregnancy the womb is affected by radiation the most. In her book *Disconnect: The Truth about Cell Phone Radiation*, Devra Davis, PhD, writes:

The womb in its last months of pregnancy is affected by radiation the most. The spinal cord of the baby is affected. In men ... sperm count levels decrease with increased radiation.

Dr. Aviva Romm says, "The fetus is exposed at a much higher level than adults because they're so small...they're laying down the architecture for their entire nervous system."



Proximity is usually the most important factor in determining the amount of wireless radiation to which you are exposed. The more distance pregnant mothers can put between themselves and wireless devices the better. (4)

**this will
CRACK
you up!**

- Honk if you love peace and quiet.
- Pardon my driving, I'm reloading.
- Despite the cost of living, have you noticed how it

remains so popular?

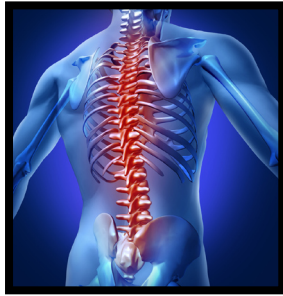
- Nothing is foolproof to a sufficiently talented fool.
- It is hard to understand how a cemetery can raise its burial costs and blame it on the higher cost of living.
- You can't have everything. Where would you put it?
- Latest survey shows that 3 out of 4 people make up 75% of the world population.
- If the shoe fits, get another one just like it.

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.

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.

Multiple sclerosis. A 49-year-old woman with a 13-year diagnosis of MS presented to an upper cervical chiropractic office. Her chief complaints included neck pain, difficulty writing, fatigue and head instability in addition to multiple other complaints. It was determined that she had an upper cervical subluxation upon examination through x-ray and paraspinal thermal analysis. The patient was adjusted according to Knee Chest Upper Cervical protocol over



the course of one year and seven months. The patient had a decrease in all presenting symptoms and an increase in quality of life following care. (5)

Anxiety and hypertension. 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.

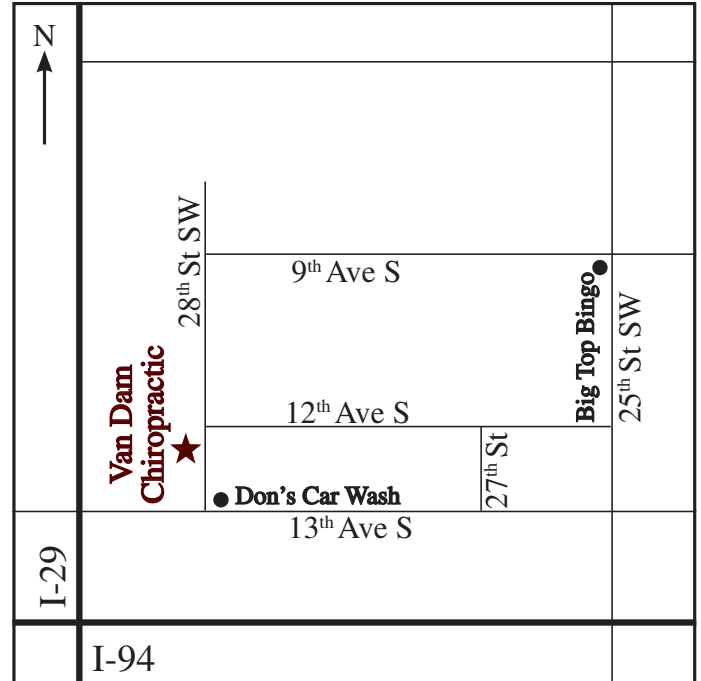
The management plan of the patient utilized the Thompson Technique protocol to deliver specific adjustments to the areas of vertebral subluxations. After six months of care the patient was no longer taking prescription medications to control his anxiety and hypertension and his blood pressure remained stable. (6)



Clinic News

NEW LOCATION!

1203 28th St. S - Fargo



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