

VAN DAM CHIROPRACTIC

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WHY DO CHIROPRACTORS WORK ON THE SPINE?

What does your spine have to do with your overall health?

The answer is: quite a lot.

Chiropractors work on the spine so naturally people assume they are back and neck doctors. Yes, loads of people love chiropractic for help with those problems.

However, when you sit in a chiropractor's waiting room you may see people there for all kinds of health issues: mothers with colicky infants, toddlers with ear infections, adults with headaches and migraines, school children with dyslexia, ADD or concentration problems, women with menstrual cramps, pregnant patients, professional or amateur athletes wanting to improve their performance – and lots more.

Why are they coming in for chiropractic spinal care?

The answer is that chiropractors work on the spine because that's where the nerves are. Your brain sends its messages across billions of nerve fibers that taper into a bundle called the spinal cord.

Your spinal cord exits from the bottom of your brain,



through a hole in your skull and runs down your back inside your spinal column.

Your spinal column protects your spinal cord by surrounding it in bone. But not solid bone – you wouldn't be able to move very well if your spine was solid so nature gave us a compromise – protection was traded for flexibility. Your spine is not one solid bone but many bones called vertebrae so you can bend, twist and move in different directions.

The nerves inside your spine branch off through openings between your spinal bones and connect your brain to all your muscles, organs, glands, and billions of other body parts.

Sometimes your spinal bones become misaligned and either damage or put stress on the very nerves they are supposed to protect. This misalignment causing nerve stress is called a subluxation.

Chiropractors spend years of training learning how to locate subluxations in patients and, using the art of the chiropractic adjustment, how to correct these subluxations.

Chiropractic in a sense is all about proper communication – making sure your brain “speaks” to all your body parts and your body parts “speak” to your brain without nerve-irritating subluxations getting in the way.

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Subluxations affect your body's communications system. If the communication between your brain and body is less than it should be then your body will function at less than optimal. That creates disease (body malfunction) and dis-ease weakens you, lowers your resistance, unbalances you, causes stress and fatigue, and sets the stage for diseases of all types

Millions of people visit their neighborhood Doctor of Chiropractic to keep their bodies free of subluxations to promote greater health and healing no matter what condition they are suffering from.

Everyone needs a chiropractic checkup to make sure they are living free of subluxations.

Did You Know?

Your brain has an immune system!

Anatomy books need to be rewritten (again). University of Virginia School of Medicine researchers discovered that your brain is directly connected to your immune system through lymphatic vessels.

There's a direct connect between your immune system and your brain. They talk to each other and influence one another.

This is another reason why we must be careful about what we eat and drink and make sure everyone is under chiropractic care so our immune and nervous systems are stress-free.



This may be one reason why chiropractic has been observed to help patients with Parkinson's disease, Alzheimer's, multiple sclerosis, ADD, ADHD, autism and allergies as well as to improve IQ and have other neurological benefits. (1)

CHIROPRACTIC & HEADACHES

Cluster headaches are normally felt on one side of the head behind the eyes, and this is the only headache that usually occurs at night. They don't normally last long, but they are excruciating. Around 1 million people in the United States suffer this type of headache, and, unlike migraines, more men than women are affected. They are termed cluster headaches as they tend to hit up to four times a day over several days. The good news is that another bout may not occur again for months or years. Cluster headaches are similar to migraines in that they are likely caused by a dilation of the blood vessels in the brain.

Chiropractic adjustments have been shown in many research studies to be very effective at treating tension headaches, especially those that stem from the neck. A 2001 report by researchers at the Duke University Evidence-Based Practice Center in Durham, NC, found that chiropractic manipulation provided almost immediate improvement, with far fewer side effects and more long-lasting relief than prescription medications. Another study found that just four weeks of chiropractic treatment was enough to provide a sustained benefit that far outweighed anything delivered by pain medication.

Each case is different and must be individually evaluated before any chiropractic care can be delivered. Having said that, the majority of cases are greatly improved by manipulation of the upper two cervical vertebrae and the vertebrae at the junction of the cervical and thoracic spine. (2)



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.

Improvements in an 82-year-old woman with osteoarthritis. An 82-year-old woman suffered from lack of movement and lack of function due to chronic osteoarthritis of both knees. She also had degenerative disc disease in her lumbar (lower back) spine that affected her posture. Her physical problems were interfering with her quality of life and causing emotional stress.

As a result of chiropractic care she experienced physical improvements in mobility and improvement in her overall physical and emotional wellbeing (determined using both RAND36 and PHQ-4 assessment instruments). (3)



Constipation in three-year-olds. Three-year-old male and female children were brought in by their parents for chiropractic care. Both suffered from constipation. The boy had only one bowel movement per week since birth whereas the girl had experienced only one or two bowel movements per week two weeks prior to presentation.

Despite adding raw fruits and vegetables and lots of water to their diets, they continued to suffer.

The boy’s mother used to resort to using a rectal

thermometer once a week to stimulate her son’s bowel movement as his pediatrician was of the opinion that no pathology existed.

However chiropractic examination revealed subluxations in both children. The girl received care in 6 visits over 6 weeks and the boy received care in 11 visits over a 2½-month period. Constipation resolved in both. (4)



Neck and shoulder pain in a 67-year-old. A 67-year-old man presented to the New Zealand College of Chiropractic, Chiropractic Centre with severe neck pain (cervicalgia), right arm paraesthesia (weird nerve sensations) of two years duration, and adhesive capsulitis (frozen shoulder) of his left shoulder of 20 years duration.

His neck pain was constant and rated 8/10 at its worst and his left shoulder abduction was restricted to 90°.



The chiropractor corrected the patient’s subluxations and after 4 visits over a 4-week period the patient regained the full range of motion in his left shoulder, his neck pain subsided to 1/10 and his paraesthesia disappeared. (5)

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