

VAN DAM CHIROPRACTIC

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Dec. 2015

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WHY SHOULD YOU RETURN FOR CARE?

The stress of birth, accidents, emotional issues, work and finances, unhealthy eating and life in general is relentless. How do you recover your health? How do you keep your health?

WHERE TO TURN?

Many people turn to drugs. While necessary at times, in most cases drugs merely cover up or suppress symptoms but do not promote healing. You may feel a little better but you are still sick – you just aren't experiencing the pain or other warning signs your body is giving you. If drugs healed then those taking the most would be the healthiest. But aren't they the sickest?

Surgery may be necessary at times. This is a serious intervention as every surgery is fraught with risks and dangers. In addition, you're never the same after you've had organs tampered with or removed.

THE CHIROPRACTIC APPROACH

Many people are exploring safer, natural, drug-free methods before resorting to more extreme procedures; many make the chiropractic choice.

Chiropractic is not only a great way to get your body working properly; it is a great way of KEEPING your body working properly. Why wait until you are sick to do something about your health? Chiropractic helps you prevent health problems and to feel your best every day of your life!

HOW DOES CHIROPRACTIC WORK?

Chiropractors locate and correct subluxations in your body.

Subluxations are internal distortions that weaken your body, unbalance your skeletal system, put stress on your brain, nerves and organs, lower your resistance to disease and sap your energy.



Subluxations are unfortunately very common – and painless! You could have multiple subluxations in your body and have no idea something is wrong – until disease or illness “suddenly” strikes you. Even babies, from the stress of birth may have them.

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IT TAKES TIME TO GET SICK

No one goes from perfect health to illness overnight – it takes time. The first stage is dis-ease: your resistance is lowered, your body may be accumulating toxins and you've lost that healthy bounce to your step. Your body is slowly breaking down. Now is the time for a chiropractic visit!

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STAY SUBLUXATION-FREE

It is important to keep yourself subluxation-free. Since you don't necessarily know if you have subluxations, periodic chiropractic checkups will help you maintain your improved health and continue the healing process that you've already begun. Most people wait until they are ill before addressing their

health. Why not work to prevent disease, to prevent deterioration, to maintain and optimize your health? That is the goal of chiropractic.

YOU DESERVE IT

You deserve to live the rest of your life in the best possible health, tapping in to your full potential, maximizing your life expression.

And that goes for your family too!

DID YOU KNOW?

There are whales alive today who were born before Herman Melville wrote Moby Dick (1851)? A bowhead whale can live over 200 years.

TRADITIONAL EATING

A general rule of nutrition is don't eat anything that wasn't around when your grandparents were children.

Your grandparents didn't have high fructose corn syrup, hydrogenated vegetable oils (Crisco™, "butter spreads" or canola, corn, peanut and safflower oils), fluoride, all the sugary drinks, and all the junk food and bizarre breakfast cereals we have today with added synthetic vitamins (they ate eggs and oatmeal and cream and meats for breakfast – a healthier choice).

They also didn't have all the diabetes, cancer, heart disease, autism, allergies and all the other conditions considered common today. Do your family a favor – explore traditional eating.



HUMOR

Conversations from actual computer support files (so we're told).

Customer: I can't get on the Internet.

Tech support: Are you sure you used the right password?

Customer: Yes, I'm sure. I saw my colleague do it.

Tech support: Can you tell me what the password was?

Customer: Five dots.

Customer: I have a huge problem. A friend has placed a screen saver on my computer, but every time I move the mouse, it disappears.

Tech support: 'Bob, let's press the control and escape keys at the same time.

That brings up a task list in the middle of the screen. Now type the letter 'P' to bring up the Program Manager.'

Customer: I don't have a P.

Tech support: On your keyboard, Bob.

Customer: What do you mean?

Tech support: 'P'... on your keyboard, Bob.

Customer: I'M NOT GOING TO DO THAT

Customer: This is Martha, I can't print. Every time I try, it says 'can't find printer'. I've even lifted the printer and placed it in front of the monitor, but the computer still says he can't find it.



**LOOKING TO HAVE A PRESENTATION
ON INJURY PREVENTION, NUTRITION
AND/OR THE FUNCTION OF
THE NERVOUS SYSTEM FOR YOUR
BUSINESS OR GROUP??**

**CALL 701.532.5320
TO GET IT SCHEDULED!!**

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.

Pregnant woman didn’t need Caesarian. A 24-year-old woman who was 26 weeks pregnant sought chiropractic care. It was her first pregnancy.

She suffered from severe neck pain that extended to both of her shoulders, migraine headaches and double vision.

She had 14 visits over a five-week period. Although she was scheduled for a Caesarean section at 37 weeks she was able to successfully deliver vaginally at 30 weeks gestation. (1)

Bedwetting. The first patient, a 10-year-old boy who was diagnosed with Asperger’s at 6 years of age, was brought in for care because of neck pain following a fall from a trampoline. He also suffered from bedwetting (nocturnal enuresis) since he was two.

Chiropractic examination revealed that he had subluxations in his neck, upper back and hip.

The second patient was a 9-year-old boy with Asperger’s who also had been bedwetting every night since age 5. Subluxations were detected in his neck, mid-back and sacrum.

The 10-year-old’s bedwetting completely ceased following the first visit. The 9-year-old’s bedwetting ceased after his 10th visit. On long-term follow-up, both patients remained free from bedwetting. (2)



Van Dam Chiropractic would like to thank our patients for their many referrals of friends and family to our office.

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. Edwards J, Alcantara J. Chiropractic care of a pregnant patient presenting With pseudo tumor of the cerebrum, neck pain, migraine & vertebral subluxation. Journal of Pediatric, Maternal & Family Health – Chiropractic. 2015;3:108-111.
2. Neally R, Alcantara J. Resolution of chronic nocturnal enuresis in children with Asperger’s Syndrome following subluxation based chiropractic care: a case series. Journal of Pediatric, Maternal & Family Health – Chiropractic. 2015;4:131-139.