

VAN DAM CHIROPRACTIC

Dr. *Scott A.* VAN DAM

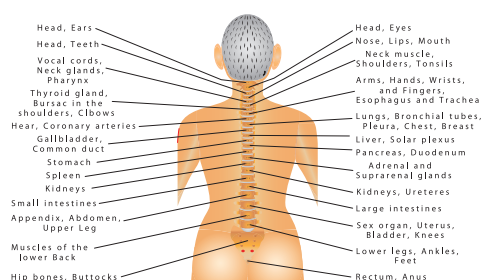
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1203 28th St. S - Fargo, ND 58103 - 701.532.5320 - vandamchiropractic.com

OUR CONNECTIONS



The illustration on the left might look like a strange collection of wires and body parts but it shows how your body communicates

and connects so that all your parts work together to make you healthy and whole.

Your internal organs send messages to your brain and your brain sends messages back to your internal organs. This back and forth goes through a vast communications cable made up of hundreds of millions of nerves: your spinal cord. This is how your parts are connected.

This incredible “cable” of nerves or spinal cord goes down your back. You can’t see your spinal cord because it’s encased in a protective boney canal called the spinal column made up of 23 bones called vertebrae.

Your spinal column includes 7 neck or cervical vertebrae, 12 mid-back or thoracic vertebrae and 5 low back or lumbar vertebrae. Under the lumbar is a fused triangular bone called the sacrum and below that is your tiny tail bone or coccyx.

Also let’s not forget that between your vertebrae are discs – little shock absorbers to prevent your bones from crashing into one another every time you walk.

Watch out! Injuries, accidents and stress of all kinds can misalign your vertebrae so they won’t move properly. If that happens you might have nerve irritation that can interfere with the function of many nerves, glands, muscles and organs. The result is a subluxation causing lowered immunity and detoxification, pain, and less balance, strength and energy. With subluxations your body parts are less connected to each other.

Your chiropractor’s job is to make sure your vertebrae are in the right place and are moving properly so that there is no nerve stress.

Using various tools (and years of specialized training) doctors of chiropractic can locate spinal nerve stress or subluxations and, using their hands or various instruments, realign the vertebrae and reduce spinal nerve pressure. This is called an adjustment. The adjustment reconnects you to ... you.

Millions of people are disconnected from themselves. They are carrying spinal nerve stress in their bodies and don’t even know it. Do you or your loved ones have this condition? Your chiropractor can find out with a simple analysis. It could make the difference between a life of health and vitality and one of disease and weakness.

Stop by for a chiropractic connection adjustment. Make 2016 a more connected year.

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GO FOR A WALK & LIVE LONGER

Dr. Sanjay Sharma, professor at St George's University Hospitals in London, discussing his research findings at the European Society of Cardiology (ESC) Congress, stated that regular exercise, just 25 minutes of daily brisk walking, could add 7 years to your life. A group of 69 healthy non-smokers, aged between 30 and 60, who were not regular exercisers were tested as part of a university study.

Blood tests taken during six months of regular aerobic exercise, high-intensity interval training and strength training showed that an anti-aging process had been triggered and helped repair old DNA.

"Exercise buys you three to seven additional years of life. It is an antidepressant, it improves cognitive function and there is now evidence that it may retard the onset of dementia," said Sanjay Sharma.

They said that by measuring the increase of telomerase activity and decrease of senescence marker p16 (both markers of cellular aging in the blood) over a six-month period, doctors were able to show that regular exercise had triggered the anti-aging process. (1)



DID YOU KNOW?

- Your body gives off enough heat in 30 minutes to boil half a gallon of water.
- The enamel in your teeth is the hardest substance in your body.

TRADITIONAL EATING - SOAK UP THE SUN

It may not be eaten with a knife and fork but it's one of the most nutritious things your body needs – sunlight – and that's especially true during these winter days of darkness.



The most powerful cancer fighter ever discovered is naturally occurring vitamin D. (2)

Vitamin D lowers the risk of all cancers by 77%! (3). Vitamin D also fights inflammation and that can mean:

- Enhanced mood
- Stronger immune system
- Prevention of bone and muscle weakness
- Lower risk of heart disease and diabetes
- Improved arthritis, pain and inflammation
- Prevention of Parkinson's disease and multiple sclerosis

The easiest, safest and cheapest way (it's free) to get Vitamin D is to increase the amount of vitamin D your body produces from sunlight. Make sure you get out and take a "constitutional" when the sun is highest in the sky (mid day). You may also take vitamin D as a supplement too. Ask us about it.

HONEY FOR SORE THROAT

Hey, it's winter and how about a little folk medicine that has stood the test of time?

Some people believe that honey is an even better treatment for coughs and colds than over-the-counter medicine. Squeeze the juice from a lemon and mix it with some honey. Stir until blended. Drink. Works like a charm.



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.

Infant constipation. A 3-week-old boy was presented by his mother to a chiropractic office with complaints of constipation since birth.

The patient received chiropractic adjustments to address subluxations of the atlas (C-1) vertebra, thoracic (mid back) spine and sacrum (lower spine).

The mother reported an immediate, dramatic improvement in the boy's bowel function following the first chiropractic adjustment. Consistent normal bowel function after each feeding was reported thereafter. (4)

Neurofibromatosis. A 3-year-old boy with a history of Neurofibromatosis Type I, asthma and ear infections required emergency room visits two times per month. His mother sought chiropractic care to control his asthma attacks. He also had a previous RSV (Respiratory Syncytial Virus) infection.

He received chiropractic adjustments two to three times per week and within one month after beginning care his violent asthma attacks stopped and he was able to sleep through the night and decrease his rescue inhaler usage. He continues care. (5)

Resolution of trigeminal neuralgia (tic douloureux). This case study is of the reduction of trigeminal neuralgia attacks in a patient who underwent upper cervical chiropractic care.

The patient is a 58-year-old woman diagnosed with trigeminal neuralgia six years prior by a neurologist. She was taking anticonvulsive medication to control the painful attacks that occurred above her right eye, but, when it was no longer effective, she felt it was time to try something new. She sought chiropractic care. During her nine weeks of care she reported improvement in symptoms and had not experienced a single attack of trigeminal neuralgia. (6)



**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.**

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