

# VAN DAM CHIROPRACTIC

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## CHIROPRACTIC AND VALENTINE'S DAY



What's the connection between chiropractic and Valentine's Day? It's simple; chiropractic removes interference – permitting you to connect.

Chiropractic fosters internal connections (your brain and body are talking to each other without interference) and that fosters external connections – so you can communicate better with those around you.

When you feel good about yourself it's easier to feel good about others. The more connected you are to yourself the more you can connect with others sharing more love, intimacy, openness and honesty. Emotionally grounded, relaxed and flexible you reflect more of your natural state as you radiate happiness, joy, hope, optimism and compassion.

Isn't that what every relationship needs?

The happier you are the healthier and longer you will live. Sensitivity, inspiration, empathy, compassion and intuition increase. You experience more synchronicity (meaningful coincidences), reflecting your connection to your purpose in life.

The more connections you have the longer and healthier you will live.

Bernie Siegel, MD, the famous cancer surgeon and author of Love, Medicine and Miracles, has observed:

*People, relationships are what nourishes and keeps everyone alive ... connections, which may be keeping a plant growing, a goldfish, a child or a spouse. That's why women live longer than men and married men with cancer live longer than single men with the same cancers. If you have connections, you keep going. (1)*



Keep going!

There are so many ways we can be disconnected from physical, mental and spiritual wholeness. Unnatural childbirth, trauma, lack of bonding, poor nutrition, lack of love, comfort and security; lack of stimulation will interfere with our optimal physical/emotional/spiritual development and growth. Our genes will partially sleep, our life will be clouded, our heart will be contracted, our vision will be limited.

To the degree that our connection is interfered with we are less alive. We have dis-ease, we are out of synch to our inner potential and cannot adapt as well to life's stresses.

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When a chiropractor locates and corrects your subluxations that cause blockages, interference and imbalances you are more connected and more alive.

## THE SUPER BOWL

**Chiropractic to help you run faster, jump higher, be stronger**

Hey, it's Super Bowl time. Chiropractic really does help sports performance. It should come as no surprise that every professional football team employs chiropractors to



keep their players' body structure balanced, their nerve systems healthy, their muscles functioning at their peak and to help them recover faster from injuries.

Name the sport – golf, tennis, football, soccer, track, swimming, hockey, martial arts, wrestling and all the others – chiropractic can give you the winning edge.

Chiropractic is not only able to help prevent sports injuries it can also help an injured player return to the game or competition faster.

Of course you don't need to be an Olympian to go to a chiropractor; anyone who uses his/her body needs it to function at its peak. That means everyone. (2-4)

## DID YOU KNOW?

- Your teeth start growing 6 months before you are born.
- When you are looking at someone you love, your pupils dilate, and they do the same when you are looking at someone you hate.
- Your thumb is the same length as your nose.

## ANTS AND ARTIFICIAL SWEETENERS

If you happen to spill aspartame (i.e. Equal®, NutraSweet®) or other artificial sweeteners on the ground you'll see something very rare – ants will walk around it. That's correct – ants do not eat artificial sweeteners. Do they know something we don't?



The synthetic chemicals in "diet" drinks and foods are toxic and have been linked to health problems such as brain tumors, diabetes, detached retinas and even weight gain compared to people who drink regular (non-diet) soda. (4)

But please avoid soda with high fructose corn syrup – it's bad for the liver. Do yourself a favor and use natural sweeteners such as honey or stevia. You know something? Even refined white sugar is less dangerous (and you'll gain less weight).

## WHY IS PUBERTY ARRIVING YOUNGER

Puberty



A 2011 study from the University of Cincinnati showed that US girls are entering puberty younger and younger. This trend has been

going on for decades. (6)

Why? A main reason is the use of soy formula. Soy is filled with plant-based female hormones (phytoestrogens) and one bottle of infant formula has the estrogen equivalent of five birth control pills. This affects the sexual development of girl as well as boy babies. If formula must be used, avoid soy-based formula. For information on soy damage and natural formula alternatives go to [www.westonaprice.org](http://www.westonaprice.org).

## 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.

**Morton’s neuroma.** Morton’s neuroma is a nerve tumor in the foot. It is a painful condition that people describe as “walking on a marble.” It usually affects the ball of the foot, often between the 3rd and 4th toes and may cause a sharp, burning pain or numbness. The medical or podiatric approach is to give corticosteroid (cortisone) injections or surgically to cut out the tumor.

This is the case of a 63-year-old woman who suffered with Morton’s neuroma in her right foot for ten years. She sought chiropractic care for a variety of health complaints.

For one month her vertebral subluxations were addressed and reduced using specific chiropractic care. During this period her Morton’s neuroma symptoms completely disappeared and in addition she reported improvement in her digestion, sleep and ability to move without pain. (6)

**Failure to thrive, oral thrush and inconsolable crying in a 4-month-old.** This is the case of a baby medically diagnosed with “failure to thrive” (FTT). FTT is determined when a baby’s weight or size is significantly below that of other children of similar age and same gender. The infant was reported to have had birth trauma from a nuchal cord – the umbilical cord was completely wrapped around the fetal neck (360 degrees).

The child was 4-months-old when she was brought to the chiropractor. She was suffering from inconsolable crying, oral thrush (an overgrowth of the fungus

*candida albicans* in the mouth and throat), chronic diarrhea and was dangerously underweight.

Chiropractic examination detected vertebral subluxations at C1-C4 (upper neck) and T3-T4 (upper back).

She received chiropractic adjustments from the first visit and afterwards was checked for vertebral subluxations that were corrected when indicated for seven weeks. Her FTT symptoms began to resolve after the first visit and completely resolved by the seventh week of care. (7)



**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

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