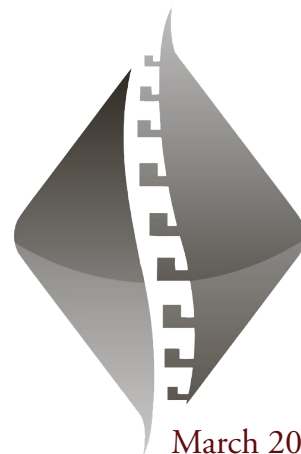


# VANDAM CHIROPRACTIC

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## RHEUMATOID ARTHRITIS

Rheumatoid arthritis (RA) is a serious illness. It can cripple with inflammation, pain, stiffness, swelling and loss of function. It typically affects (and can deform) the hands and feet, but sometimes it affects the skin, eyes, lungs and blood vessels. About 1.5 million people in the United States have rheumatoid arthritis (RA) including many children!

RA is considered an “autoimmune disease” because the body is believed to attack itself. But why would the body attack itself for no good reason? There must be a reason. A major hidden cause of RA appears to be infected root canals, gum disease and the infected sockets of extracted teeth. Gerald Smith, DDS, a dental researcher and clinician, reports that dental infections can harbor:

... 300 to 400 different pathogens (bacteria, viruses and fungi or other toxins) [from dental infections] and can concentrate within a knee, hand, finger or other joint [to] cause inflammation.

As an example Dr. Smith tells the story of MT, a patient who suffered from RA for 34 years:

Her condition gradually worsened until she experienced severe painful joints throughout her body. Medical treatment included the use of the steroid, prednisone, a chemotherapy drug, methotrexate, and a deactivating drug, Enbrel.

One to two years before the onset of her RA, she had a root canal ... this seemingly innocuous dental procedure resulted in a streptococcus infection that



remained present for 34 years. Unfortunately, a high percentage of root canal treated teeth (75% or more) become infected, exhibit none of the usual clinical signs and symptoms of pain, swelling or redness yet spew out their toxic waste products that affect distant sites.

MT's rheumatoid arthritis resolved by 90% and she stopped taking the Enbrel.... The key factor was the removal of the underlying cause – infected root canal tooth. Note: An x-ray of the infected tooth showed no visible pathology. (1)

Other case histories are reported. For example, a paper in the journal Clinical Experimental Rheumatology describes the case of a woman suffering from 16 years of RA. Her symptoms completely disappeared after her root canals were removed. The patient continued to remain symptom free 16 years later (when the paper was published). (2)

Others have noticed personal healing of RA after oral pathology was addressed: **con't on page 2**

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Many patients, once confronted with root canals or teeth extractions being possible sources of illnesses, recalled how their Rheumatoid Arthritis (RA) seemingly began right after a root canal treatment or a tooth extraction. The cases were usually that when these infected gums were removed, many found their RA disappear. (3)

Anyone suffering from RA should ensure that they are free of oral pathology. Biological/holistic dentists specialize in locating hidden dental infections.

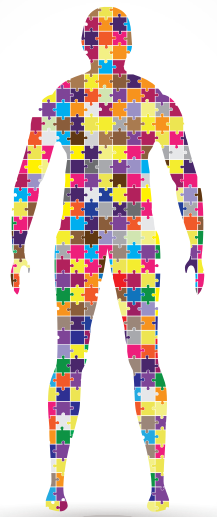
In addition, all RA sufferers need to ensure that their body is free from subluxations. By correcting subluxations chiropractic care helps promote healthy joints, nerves, discs and overall body function. In doing so chiropractic care has been beneficial for patients who have RA or any other form of arthritis. (4-6)

## YOU ARE THE WORLD'S GREATEST DRUG STORE

Your body manufactures antibiotics, insulin, painkillers, blood pressure and heart drugs, and hormones and chemicals to regulate your brain chemistry and mood, digestion, elimination, growth and blood chemistry (as well as hundreds of other drugs, many still undiscovered). The greatest drug store in the world is your own marvelous body, as long as your body is functioning properly. That's where chiropractic care helps.

Chiropractors help keep your internal drug store functioning optimally by locating and correcting a very common condition that causes your body to malfunction. That condition is called a subluxation. A subluxation is usually found in your spine and although it often causes pain, it may also be painless.

Want to keep your internal drug store (the World's Greatest) making and delivering all the drugs you



need for your whole life? In addition to a nutrient-rich diet, make sure your body is free of subluxations – that's the specialty of your chiropractor. Come in for a chiropractic checkup. Your internal drug store will thank you for it.

## DID YOU KNOW?

Where the Wild Things Are was originally titled Where the Wild Horses Are until Maurice Sendak realized he was really bad at drawing horses.

Jadav Payeng started planting trees on a barren Indian sandbar when he was 16 years old in 1979. Today he lives in the forest he planted which covers over 1,300 acres and is home to rhinos, tigers, deer, apes and elephants.

## HUMOR

- Why do they sterilize needles for lethal injections?



- Is it true that cannibals don't eat clowns because they taste funny?

- Isn't Disney World a people trap operated by a mouse?

- Since light travels faster than sound, isn't that why some people appear bright until you hear them speak?

- How come abbreviated is such a long word?

**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.**

## 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.

**Improved behavior in a 10-year-old boy.** A 10-year-old boy would exhibit dramatic behavioral changes from a calm manner to suddenly becoming violent. He was also reported to have difficulty sleeping due to emotional detachment disorder and frequently suffered from panic attacks. His behavioral instability caused him to be suspended from school.

He was brought in for chiropractic care. He received adjustments to correct upper cervical, thoracic and lumbopelvic subluxations.

His behavior and violent outbursts dramatically improved after 8 chiropractic adjustments. Further improvements were noticed with sleep and anxiety. (7)

**Gastro-esophageal reflux disease.** Gastro-esophageal reflux disease (GERD) is common during the first year of life, peaking at 4 months of age. In this case a 4-month-old baby girl with gastro-esophageal reflux disease and plagiocephaly, a flattening of parts of the skull, was brought by her mother for chiropractic care. The mother reported the child had multiple episodes of reflux and vomiting per day.

Subluxations were found and adjusted in the child's neck (C2 and C4 vertebrae), lower lumbar (L4) vertebra and sacroiliac joints.

The day after the first chiropractic visit that included spinal and cranial care the mother reported that her

daughter had a large bowel movement and a longer than normal sleep. The child continued to receive chiropractic care twice a week for two weeks and then once a week for the next four weeks. By the second visit the mother reported that the vomiting and reflux had decreased. Over the next 3 weeks both the number of episodes per day and number of days with vomiting and reflux decreased. By three weeks of care the child had no more reflux or vomiting. In addition, her skull flattening had disappeared. (8)

### Reflux, irritability and more in 7-month-old boys.

This is the case of two seven-month-old premature fraternal twin boys with chronic reflux, breastfeeding difficulties, general irritability, excessive crying, skull distortion and a premature closing of the cranial sutures.

The children received spinal and cranial adjustments. After 8 weeks of chiropractic care the mother reported a decrease in severity of the twins' reflux, lessened breastfeeding difficulties and decreased irritability. After 16 weeks of chiropractic care the twins' reflux had ceased and their cranial symmetry had markedly improved. (9)

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