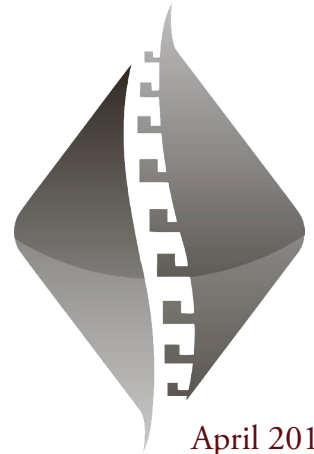


VANDAM CHIROPRACTIC



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PREGNANCY AND CHIROPRACTIC

If there's any class of patients that need chiropractic care the most it's pregnant women.

Pregnancy changes a woman's life in many ways. One way is a special chemical called "relaxin."



Relaxin is a hormone produced by the ovaries and the placenta that effects the female reproductive system especially during pregnancy. In preparation for childbirth, it relaxes the muscles, joints and ligaments in the pelvis, softens and widens the cervix and relaxes the smooth muscle in the uterus. It does even more by increasing heart and kidney blood output. In males relaxin enhances the motility of sperm in semen.

Sometimes there's a down side to relaxin. If the spine and pelvis are unbalanced or subluxated then the relaxin can make the subluxations and

distortions worse! The result is spine and pelvic pain which is too common in pregnancy. Additionally, the unbalanced body needs more energy for walking, standing, sitting and moving causing fatigue and exhaustion.

Chiropractic can help ensure that the pregnant body is balanced and that the pelvis is relaxed and open to its maximum so the developing baby has the ideal amount of room in which to develop. That is why clinical reports reveal that breech presentations have been corrected, with the fetus turning into a healthy position, as a result of chiropractic adjusting

procedures. Clinical reports show chiropractic also helps with breastfeeding and the return to a pre-pregnancy figure. (1-7)



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CHIROPRACTIC Q AND A

Q: Where did chiropractic come from?

A: Chiropractic was rediscovered and named in 1895 in Davenport, Iowa by DD Palmer, a magnetic healer and teacher who performed the first chiropractic adjustment on his deaf janitor. When the man's hearing returned Palmer began to investigate the relationship between health and the spinal column.



Q: Why “rediscovered?”

A: Spinal healing had been practiced for thousands of years in nearly every civilization on earth. It has stood the test of time, having been a blessing to millions of people for millennia. But its ancient techniques and principles became lost as humanity became enthralled with drugs and surgery. Dr. Palmer revived and began to teach this old/new healing art.

Q: Was chiropractic accepted at first?

A: People flocked to the first chiropractors. Here was a non-drug, non-surgical approach to healthcare that was safe and effective. The number of Doctors of Chiropractic grew from one man in the American Midwest to thousands in a short time. Chiropractic especially grew in popularity during the 1919 flu pandemic when people under chiropractic care had almost no mortality while people under medical care suffered many deaths.

Q: Did the medical profession accept chiropractors?

A: The medical profession saw chiropractic's drug-free approach as a threat to their monopoly in healthcare and attacked chiropractors claiming they were practicing “medicine and surgery without

a license.” Many chiropractors were actually jailed, fined or imprisoned – but they refused to surrender. Eventually the laws were changed to permit more freedom for non-medical healthcare professionals.

Q: So there is peace now between the healing arts?

A: Not exactly. As more and more people turn to non-medical practitioners the medical profession is finally accepting competition. The medical monopoly is slowly but steadily breaking. There are different philosophies of health and healing; chiropractic/natural healing approaches and medicine are on opposite sides of the spectrum and disagree strongly on many healthcare issues. The result is that people have access to more information from other perspectives, are often better informed and can make better decisions.

WHAT IS SPRING BUTTER

Spring butter is different from regular butter because the cows in the spring cow eat new growing grass filled with healthy growth enzymes full of lots of minerals and vitamins. The butter looks different – golden yellow as opposed to pale yellow or straw colored you see in the supermarket. It also tastes much better.

Where can you get it?

Ideally you get it from a local farm where the cows spend their days in the fields eating the various plants that



they are attracted to. The cows' milk is rich in butterfat and the butter is a nutrient dense “superfood.”

Don't live near a farm? It would be worth traveling to one; the butter can stay in your freezer all year. You can also locate sources for spring butter by checking the Weston A. Price Foundation web site (www.westonaprice.org). Spring butter is available in some health food stores.

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.

Headache and neck pain in an eight-year-old girl.

An 8-year-old girl was brought in for chiropractic care suffering from neck pain and headaches. According to the patient’s mother, her daughter reported her headaches and neck pain had been going on for four months with approximately two episodes per week.

Medical examinations did not find any problem and the doctors recommended treating the neck and headache symptoms with Tylenol. Following four chiropractic visits, the child’s neck pain and headaches completely resolved. (8)



Erb’s Palsy and chiropractic. Erb’s Palsy is a paralysis of the arm caused by nerve damage (to the brachial plexus) in the neck. It is most often caused by obstetrical mistakes. These injured children grow into adults with permanent nerve and arm damage – a shorter and smaller arm – unless corrected. This is the story of one lucky baby.

In this case a 5-month-old girl diagnosed with right-sided Erb’s Palsy was brought in for care to

a chiropractic office. Under chiropractic care the infant’s symptoms resolved within two months. (9)

Neurofibromatosis. A 3-year-old boy with a history of Neurofibromatosis Type I, asthma and ear infections was brought in for chiropractic care. His asthma attacks were so severe he required ER hospital visits two times per month.

He received chiropractic adjustments two to three times per week. Within one month after beginning care he no longer had violent exacerbations of his asthma and was able to sleep through the night. As of this writing he continues to improve and has decreased his inhaler usage. (10)

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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