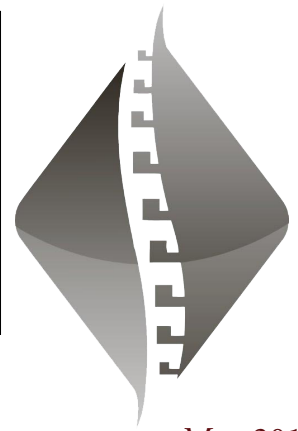


VANDAM CHIROPRACTIC

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May 2016

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WHY SHOULD I RETURN (ESPECIALLY IF I'M FEELING FINE)?

You entered our office feeling terrible and now you feel great. So why does your chiropractor suggest coming in again? "Why can't I return when I'm feeling bad?" you may ask.

"I FEEL FINE" HEALTH CARE

We've all seen people looking like death warmed over who say they "feel fine." Yet they have no energy, sleep poorly, are tired, depressed, have aches and pains, headaches or backaches. Too many people who "feel fine" have a sudden heart attack, stroke, debilitating pain or are diagnosed with a serious disease.

Sadly, too many people have lost touch with how they really feel. They've lost sensitivity or ignore their body's subtle signs of dis-ease. Don't make that mistake!

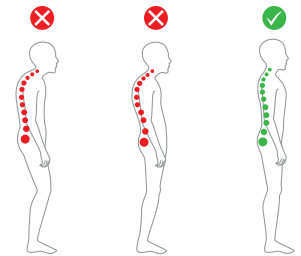
WHY MORE VISITS?

Most people first visit our office after they've had years of long-standing subluxations. By that time "gunk" (scar tissue or fibrosis) builds up around the spinal discs, nerves and joints and prevents complete healing. That's one reason why 86% of those in automobile accidents still have symptoms ten years later. (1)

POSTURE

Long-standing subluxations also cause postural changes and tender muscle areas (trigger or tender

spots). (2) You may "feel fine" but when someone touches a "hot spot", you jump! Scar tissue may require months or years of adjustments before your spine is strong again. (3) The longer you wait, the more scar tissue "gunk" builds up. (4)



Because of that there's a good chance that you'll be back in our office in the not-too-distant future with symptoms that may take longer to go away ("I don't understand it doc, the last time I felt better after a couple of visits...").

WHY SETTLE FOR LESS?

Many people visit chiropractors only when they're sick or in pain. That's a lot better than using drugs or surgery, but chiropractic has so much more to offer. Keep your body free of subluxations so it may continue healing; so that it may promote a healthier body, with less stress, more energy and greater resistance to disease.

Why be content to be merely free from pain when you can also ensure better health, vitality, and strength for yourself and your entire family for their entire lives? Are you and your family carrying the silent killer, the subluxation? Only a chiropractic checkup can tell; come in for a checkup – and bring the family too!

Why Should I Return?.....	1	Referral Incentive.....	2
Traditional Eating.....	2	Research and Chiropractic.....	3
Chiropractic Q and A.....	2	References.....	3

TRADITIONAL EATING

Q: The #1 Nutrition Mistake?

A: Not Eating Nutrient Dense Foods.

Some foods give you an abundance of life-sustaining nutrients – these are known as “nutrient dense” foods. Other so-called “foods” have no nutritional value or even negative nutritional value – they drain you of nutrients. These are processed “junk foods” manufactured with sugar, high fructose corn syrup, hydrogenated or partially hydrogenated vegetable oil and white flour. Soda (pop), margarine, canola oil are toxic and artificial sweeteners such as NutraSweet™ (aspartame), Splenda™ and Equal™ are linked to brain tumors, memory loss and vision damage. (5)

GM or genetically-modified foods are to be avoided. Soy is especially unhealthy because it is often genetically modified, difficult to digest and affects the thyroid and hormones. Exceptions are fermented soy products such as soy sauce, natto, tempeh and miso.

Nutrient dense foods include healthy fats and oils (olive oil, coconut oil, butter, tallow, duck fat, lard), grass-fed beef and non-pasteurized raw milk and raw milk products. Bone and chicken broths are excellent sources of minerals and trace elements. Also make sure your food is certified organic. Organic foods have far less toxic pesticides, fungicides and herbicides than conventional foods.



CHIROPRACTIC Q AND A

Q: How old is chiropractic?

A: Chiropractic was discovered (or really rediscovered) in 1895 in Davenport, Iowa by Dr. D.D. Palmer. Dr. Palmer learned that the owner of the janitorial service in his office building had been deaf for many years after an accident. Dr. Palmer analyzed the man's spine and located a displaced vertebra. He laid him down on a bench and gave him the world's first chiropractic adjustment. The man's hearing

returned.

Dr. Palmer thought he had discovered the cure for deafness but shortly thereafter Dr. Palmer



had a patient suffering from heart trouble. He found a spinal distortion (subluxation) in the man's spine, corrected it, and the heart trouble was relieved.

How could two conditions so different as deafness and heart trouble be helped by spinal adjustments? So began the birth of chiropractic. Dr. Palmer's successes attracted people from far and wide and in time he opened the world's first chiropractic school – The Palmer College of Chiropractic – which is in existence today.



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.

Difficulties in concentration, stomach pain and abdominal migraines. A 6-year-old girl was suffering from difficulties in concentration and learning since beginning school over a year prior. She also suffered from severe stomach pain for over two months that was diagnosed as “abdominal migraines”. She received weekly care over a period of six weeks.

Improvements were seen in concentration and learning along with a complete resolution of her “abdominal migraines”. The results documented in this case suggest comorbidity between difficulties in concentration, learning and abdominal migraines. (6)



Disc protrusion. A 43-year-old man complaining of left-sided low back pain that radiated down to the left leg, down the lateral calf, to the foot and heel came in for chiropractic care. He rated the pain as 8 out of 10. He was unable to work or sleep through the night.

An MRI revealed a left lower spine (L4-L5) disc protrusion. To make things worse, a disc fragment was extruding out of the spine. MDs recommended an epidural block or low back surgery.

The patient had received treatment via prescription

drugs prior to the office visit. The patient had been prescribed Advil 200 mg, Percocet 5 mg-325 mg, Valium 5 mg and Tramadol; none of which took away the pain.

Upon a friend's recommendation, the patient decided to visit a chiropractor. The patient was cared for with spinal adjustments over the course of 15 visits over 5 weeks. By that time he was able to work 12-hour days feeling slightly stiff and was able to sleep through the night without pain. He was also able to sit and lay down without any pain. His slight remaining pain at the one-month point of care was rated as only a 2 out of 10, and his muscle strength and movement were greatly improved. (7)

Meniere's Disease and chiropractic. A 63-year-old woman suffered for 10-years with right sided Meniere's Disease with tinnitus, severe hearing loss and vertigo. Her chiropractor found a vertebral subluxation complex of the first cervical vertebra (atlas or C1).

The patient came one year after surgeons cut her vestibular nerve in an unsuccessful attempt to cure her. After her atlas vertebra was adjusted her Meniere's symptoms reduced. She will probably not heal completely because of the surgical cutting of the vestibular nerve. (8)

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