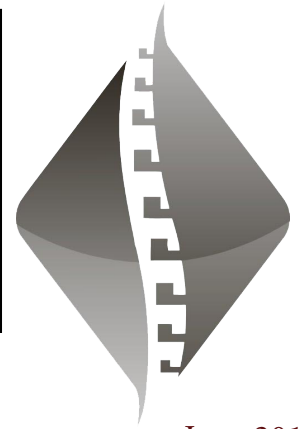


VANDAM CHIROPRACTIC



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THE 3 T's - TOXINS, THOUGHTS & TRAUMA

Dr. Daniel David (DD) Palmer, the discoverer of chiropractic (1895), said that dis-ease (body malfunction) was caused by toxins, thoughts and trauma – the three T's. Modern science is just catching up to his insights; he was far ahead of his time.

Understanding the three T's will help you understand the causes of disease, how to prevent disease and, if you are suffering, how to address the cause. For this issue we're going to discuss toxins.

Toxins

(poisons in the environment) have been linked to cancer, brain tumors, heart disease, Parkinson's, multiple sclerosis, ALS, autism, rheumatoid arthritis, depression, immune system failure and more. Many of these diseases are linked to chronic or long-standing inflammation which is what toxins create. A toxic person is like a walking time bomb, waiting for disease to strike.



How do we become toxic? Toxins come from our external environment (exogenous toxicity) and from our internal environment (endogenous toxicity).

There are so many toxins in our external environment that we can't list them all. They include air pollution, herbicides, pesticides, fungicides, mercury and other heavy metals from dental fillings, chemical factories, waste dumps, toxic chemicals injected via vaccination, outgassing from carpets and various products, the chlorine and fluoride and waste chemicals in our water – the list is long and depressing.

Toxins are so common that researchers have found more than 200 chemicals in newborn umbilical cord blood including the controversial plastics additive bisphenol A, or BPA, which mimics estrogen and has been shown to cause developmental problems and precancerous growth in animals. Is it any wonder why our children are so sick today? (1)

Toxins generated from inside our body include oral pathology such as infected root canals, infected wisdom tooth sockets, infected tonsils, longstanding waste in the colon, intestinal parasites and many others. Toxins generated from inside the body can be just as dangerous as those from outside the body.

What do you do for toxicity? How do you remove toxins? It is done through the process of detoxification.

The 3 T's - Toxins, Thoughts & Trauma.....	1	Referral Incentive.....	2
Chiropractic Q and A.....	2	Research and Chiropractic.....	3
Humor.....	2	References.....	3

Since ancient times, for thousands of years, people all over the world in many cultures have employed numerous detoxification procedures such as fasting, hot baths, sauna, clay, cleansing diets, sweat lodges, exercises, special diets, enemas, colonics, massage, bodywork, sunlight (heliotherapy) and many other procedures.



Modern life today has more toxins than any ancient culture ever had and yet we do less detoxification now. We should be doing so much more. So many people are suffering from chronic illness because they are full of toxins.

How do you start to detoxify? There is much you can do to detoxify. Doctors of Chiropractic, Naturopathy, Homeopathy, Chinese medicine and Ayurveda and other healthcare practitioners from different disciplines often specialize in or work with people who can address toxicity.

CHIROPRACTIC Q AND A

Q: Is chiropractic safe and appropriate for pregnant women?

A: If there is one class of patient that needs chiropractic it is the pregnant patient. Chiropractic can help a pregnant woman experience a more relaxed, comfortable pain-free pregnancy, labor and delivery.



During pregnancy the body secretes a hormone, relaxin, that loosens up the ligaments so that the mother's bones will separate more easily and the baby can more comfortably travel through the birth canal. However, if the mother's spine and body structure (especially the hips, pubic bones and

pelvis) are off balance a "looser" spine can make the imbalance worse. That's a major reason why so many pregnant women have spinal pain. Chiropractic to the rescue!

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.

HUMOR

My goal for 2016 was to lose just 10 pounds ... only 15 to go ...

How to prepare tofu:

1. Throw it in the trash.
2. Grill some meat.

I don't mean to brag but...I finished my 14-day diet food in 3 hours and 20 minutes...

A recent study has found women who carry a little extra weight live longer than men who mention it.

Kids today don't know how easy they have it. When I was young, I had to walk 9 feet through shag carpet to change the TV channel.



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.

A five-year-old with sensory modulation disorder and constipation.

A 5-year-old girl had a history of birth trauma, developmental delays, sensory processing challenges, sleep difficulties and other functional disorders.



Following chiropractic adjustments, she demonstrated more frequent bowel movements, more-restful sleep, improved mood and improved ability to concentrate and engage with her environment. (2)

Seizures and behavioral disturbances following head trauma.

A 2-year-old boy suffering from seizures, behavioral disturbances and cognitive developmental delays following a head trauma was brought to a chiropractic office. Since the accident the boy had 1-3 seizures per week, but occasionally had as many as three seizures a day.

He was also combative, angry, uncooperative with his parents and language delayed. Fifteen months after the trauma the parents sought out chiropractic care for their child.

A chiropractic examination revealed that the boy had a subluxation of the C1 (atlas) vertebra. He had seven chiropractic visits over 5½ months and was adjusted three times over the course of care. There was improvement and eventual cessation of his seizure activity following the chiropractic care

in addition to improvement in his behavior and cognitive development. (3)

Headaches in a six-year-old.

A 6-year-old boy who had been suffering from chronic headaches for the past two years of his life was brought in for chiropractic care.

Medical doctors could not figure out what was causing his headaches. The child was prescribed pain killers (ibuprofen) which were ineffective.



A chiropractic analysis revealed he had subluxations in his upper neck (upper cervical spine) and he began a series of spinal adjustments. After 10 visits over a 2-month period his headaches completely resolved. (4)

From breech to normal birth presentation. A 31-year-old pregnant woman was diagnosed with a transverse breech presentation by her obstetrician when she was 30 weeks pregnant.

She received a special type of chiropractic adjustment known as the Webster Technique that relaxes the pelvis and permits the uterus to expand so the fetus could turn to a healthy presentation for delivery. After 7 visits over 3 weeks of chiropractic care, the patient’s midwife confirmed that the child was no longer in a breech position and had assumed a normal (vertex) presentation. The mother was then able to have a natural home birth. (5)

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