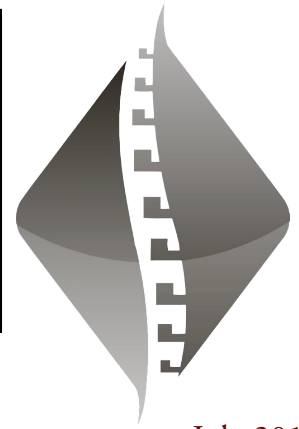


VANDAM CHIROPRACTIC

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THE 3 T'S -- MENTAL HEALTH & CHIROPRACTIC



Dr. Daniel David (DD) Palmer, the discoverer of chiropractic, was a man ahead of his time. He had an impressive library of scientific insights. Drawing from his studies he came to the conclusion that disease (body malfunction) was caused by three T's:

1. Toxins
2. Thoughts and
3. Trauma

Today's scientific community is verifying those profound insights. Last month we discussed toxins. Now let's look at thoughts.

Thoughts (emotions) are powerful. The body affects the mind and the mind affects the body. Years ago it was believed our thoughts had no bearing on our health. During the mid-20th century the term psychosomatic illness was used to refer to a few conditions believed to be caused by emotional stress. But that was only just the beginning.

Today many healers agree that it is rare to find a physical illness that cannot be affected by our emotions and just as impossible to find an emotional illness that has no physical effects. Mind and body interact in all circumstances. Today the term mind/

body or body/mind is used to describe this complex interrelationship.

From a physical standpoint we know that emotional stress affects our hormonal system and our immune system. We also know that physical stress, changes in body chemistry, can cause or contribute to changes in brain chemistry.

Life-threatening, even terminal illnesses such as cancer have been reversed when individuals have had an emotional catharsis or an experience inspiring great hope and optimism. Emotional illness has reversed when people have experienced a physical healing. (1)

THE CHIROPRACTIC CONNECTION

Chiropractic is a mind/body or body/mind healing art. The mind healing (psychotherapeutic) effects of chiropractic care were observed over a century ago and resulted in the creation of the Clear View and Forest Park Sanitariums devoted to caring for people suffering from mental and emotional disorders such as anxiety, "nervous disorders" (as they were then called) and more severe forms of emotional illness such as schizophrenia.

In fact, over a forty-year period, Doctors of Chiropractic and chiropractic schools operated nearly two hundred hospitals demonstrating that chiropractic care, with proper subluxation correction,

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THE 3 T'S...CON'T

along with a nutritious diet, exercise, fresh air and sunlight, had powerful healing effects. (2) Both Clear View and Forest Park Sanitariums consistently reported greater success than the state mental hospitals. (3) The results so impressed North Dakota circuit court judge A.W. Ponath that he consistently refused to send a patient to the state mental hospital unless they first spent time in the chiropractic institution. (4)

Why? Because without drugs, surgery (pre-frontal lobotomies) and electric shock therapy, chiropractic promoted real brain health and had a greater healing success rate.

Today chiropractors see many patients suffering from anxiety, depression, addiction, ADD, ADHD, autism and other conditions. (5)

CHIROPRACTIC Q AND A

Q: Can chiropractic help colic and infant vomiting?

A: Although a lot of people associate chiropractic with low back, neck and hip problems or headaches and migraines, chiropractic care doesn't "treat" a particular disease. Rather it corrects a dangerous form of spine/nerve stress called the subluxation. Infants may suffer from subluxations as a result of a difficult birth (especially when forceps or vacuum extraction are used) or a fall, in which case the child begins life with subluxations in his/her body and the potential for serious health problems any time in their life.

In fact, any time an infant has any health problems it is essential they be checked for subluxations. In this newsletter we've reported on case



histories showing that babies and toddlers with colic, projectile vomiting, failure to thrive, sleeping problems, eczema, vision and hearing problems and many other conditions respond to chiropractic

care.

Every baby and child should have a chiropractic checkup. They may not be able to complain about pain or a problem now, but we can locate and correct subluxations in them before they are able to verbalize their problems.

DID YOU KNOW?

People who laugh a lot are much healthier than those who don't. Dr. Lee Berk at the Loma Linda School of Public



Health in California found that laughing lowers levels of stress hormones, and strengthens the immune system. Six-year-olds have it best – they laugh an average of 300 times a day. Adults only laugh 15 to 100 times a day.



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.

High blood pressure and chiropractic. A 72-year-old man with a history of hypertension, arthritis, ringing/buzzing in the ears and numbness/burning in his shoulder sought out chiropractic care. He was on blood pressure medication for one year prior to beginning chiropractic care. During this time his blood pressure had decreased from a baseline of 174/94 to 150/90.

He had a history of traumas that included a motor vehicle accident, a fall from a tree, and a twenty-year involvement with Judo.



For the next three months the chiropractor located and corrected (adjusted) his vertebral subluxations.

His blood pressure decreased over the course of care to 132/80. Also his emotional/mental state, stress and life enjoyment, based on a self-rated survey, showed improvements in all categories. (6)

Pervasive developmental disorder. A 33-month-old boy was diagnosed with Pervasive Developmental Disorder (PDD) and Sensory Processing Disorder (SPD). His symptoms included delays in communication, speech, cognitive function,

gross and fine motor skills, “fist walking,” bruxism (grinding teeth), as well as delays in social and emotional development and in self-help skills.

He was on ADD medications, antidepressants, anti-seizure and antipsychotic medications to treat his symptoms. Medically there is no cure.

Chiropractic care consisted of the location and correction of his subluxations. After ten months of care his language skills had improved greatly and his sensory processing issues had reduced. His mother said, “He seems much more comfortable in his personal space.” In addition, his bruxism reduced, he was no longer “fist walking” and he had stopped swaying and rocking. His mother reported that he was also beginning to read at a level above his age.

He continues to improve in areas of socializing and continues with chiropractic care. (7)



Dr. Van Dam will be out of the office from
July 4th - July 8th



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