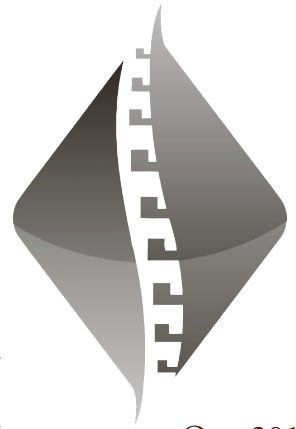


VANDAM CHIROPRACTIC



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YOUR HIPS AND CHIROPRACTIC - A NATURAL ALIGNMENT

You need them for a good golf swing, dancing, a healthy pregnancy and to support your spine (and head). They anchor your legs so you can walk and you sit on them too. They're your hips!

Your hips are really two large bones (each made up of three fused bones) that are attached to your sacrum – the base of your spine. They are strapped to your sacrum with lots of ligaments. Around your hips are lots of tendons that attach to many muscles.

If your spine is out of alignment (it's subluxated), your hips may "do the twist" causing one leg to appear shorter than the other.

One leg isn't really shorter than the other. It just seems that way because your legs attach to your hips. If one hip is a little higher than the other, then one leg appears longer and one appears shorter. This is most obvious when you lie down. That's why chiropractors sometimes have patients lie down (usually face down) to measure their leg length difference. This is one sign your body structure is off-balance.

Apart from causing problems with your tailor, uneven hips can cause unnatural wear and tear on your spine, arthritis and/or lumbar (lower back) disc bulging, any of which can lead to leg and sciatica pain. If your pubic bones (the front of your hips) are not aligned it may cause sacroiliac pain and pain during pregnancy and childbirth.

Unhappy hips also can cause fatigue and exhaustion because you will be out of alignment with gravity.

Signs of hip problems include a bad golf swing, difficulty standing or sitting for long periods, leg problems, knee pain and foot problems such as bunions. Hip problems can also cause shoulder problems – your hips and shoulders work together – if one is moving improperly the other's motion will be affected.

Chiropractic care and your hips

A chiropractic checkup will help ensure a balanced and healthy spine, hip, pelvis and femur (thigh bone) relationship – and thus ensure that you have a more stable, balanced pedestal from which to work, play, carry children (especially if you are pregnant), and be pain-free and have more energy.

A healthy spine-hip relationship is especially important during childhood – that's why infants, babies and children of all ages should get a chiropractic checkup. It can help ensure a healthier body for life. (1)



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DID YOU KNOW?

Your body makes over 3000 mg of cholesterol every day. That's equivalent to eating:

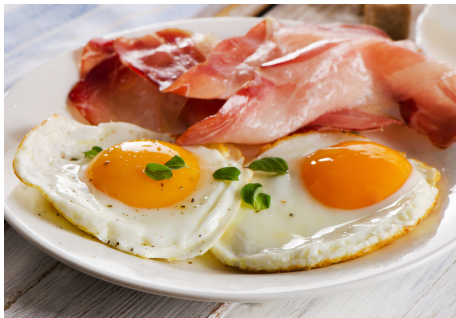
- 1 pound of butter or 300 strips of bacon or 14 eggs each and every day!!!

If you make that much every day, why is it bad? It isn't. Cholesterol is good for you and needed by nearly every cell in your body. Cholesterol is needed to create your hormones and helps your brain, nervous system and internal organs function.

If you have inflammation in your body your cholesterol levels will be high – and for a good reason. Cholesterol is an antioxidant and helps fight inflammation.

Cholesterol does not cause heart disease – that's a myth that has been discredited.

However, if there is high cholesterol it means there is something in you causing inflammation. The goal should be to address the cause of the inflammation rather than to fight the symptom (high cholesterol). (2)



HUMOR

Science and Management

A man in a hot air balloon realized he was lost. He reduced altitude and spotted a woman below. He descended a bit more and shouted, "Excuse me, can you help me? I promised a friend I would meet him an hour ago, but I don't know where I am."

The woman below replied, "You're in a hot air balloon hovering approximately 30 feet above the ground. You're between 55 and 56 degrees north latitude and between 3 and 4 degrees west longitude."

"You must be a scientist," said the balloonist. "I am," replied the woman, "How did you know?"

"Well," answered the balloonist, "everything you told me is, technically correct, but I've no idea what to make of your information, and the fact is I'm still lost. Frankly, you've not been much help at all. If anything, you've delayed my trip."

The woman below responded. "You must be in management." "I am," replied the balloonist, "how did you know?"

"Well," said the woman, "you don't know where you are or where you're going. You have risen to where you are due to a large quantity of hot air. You made a promise which you've no idea how to keep, and you expect people beneath you to solve your problems. You are in exactly the same position you were in before we met, but now, somehow, it's my fault."



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.

Improvement of GERD. A 37-year-old man with a two-year history of GERD (Gastroesophageal Reflux Disease), mid-back (thoracic) pain, neck (cervical) and thoracic vertebral subluxations began chiropractic care.

The patient received 12 spinal adjustments over the span of 3.5 months to specifically correct his cervical and thoracic vertebrae subluxations. He experienced a reduction in frequency of GERD symptoms and vertebral subluxations. He was able to maintain a less restrictive diet and remain asymptomatic and reported both quality of mental and physical health as improved and is currently satisfied with his condition. (3)



Ear infection in a two-year-old.

A 2-year-old girl was suffering from constant ear infections and fever. She started suffering when she was one month old, and since then had constant and regular antibiotics. When she came in for chiropractic care the MDs were recommending ear-tube surgery.



The goal of her chiropractic care was to assess, locate and reduce her vertebral subluxations so that her body would function closer to its optimum. After 36 visits, her otitis media was completely resolved, antibiotic use ceased and she never had ear-tube surgery. (4)

Autism and chiropractic.

Four children diagnosed with neurodevelopmental issues were given chiropractic care using techniques to specifically release stress on the brain and meningeal system.



All four children showed measurable improvement not just in physical abilities but also in social engagement. (5)

Low back pain in an 8-year-old. The boy had been suffering from low back pain for two years. Various indicators for an upper cervical subluxation were found. The Blair upper cervical chiropractic technique was used to identify vertebral subluxations using specific radiographs. He received 5 months of chiropractic care using an upper cervical technique to correct the vertebral subluxation. He reported resolution of his middle and low back complaint. (6)

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