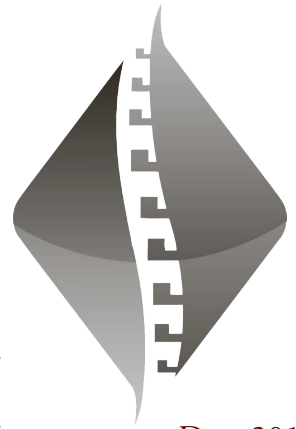


# VANDAM CHIROPRACTIC



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## HOW DID DD PALMER DISCOVER CHIROPRACTIC?



In 1895 Dr. Daniel David Palmer, a popular magnetic (energy) healer, discovered a spinal “bump” on a deaf individual. It appeared as if the spinal bone were out of place. Upon questioning, Dr. Palmer learned that the man had bumped his head seventeen years prior and became deaf shortly afterwards.

Palmer reasoned that the accident may have displaced a vertebra in the man’s spine, hence the slight bump, and that re-aligning the vertebra may give relief. Using his hands, he “adjusted” the bone back into alignment and after 17 years the man could hear again. Shortly thereafter a patient with a heart condition was similarly found to have spinal displacements. When they were adjusted the heart condition improved.

Palmer reasoned that if two conditions so different, deafness and heart disease, could be caused by displaced vertebrae in the spine, could not other conditions be related to spinal displacements (later called subluxations)?

So began the discovery and evolution of chiropractic.

## TRADITIONAL EATING

In one clinical trial, test subjects who consumed high-fructose corn syrup (HFCS) developed higher risk factors for cardiovascular disease in just two weeks, demonstrating just how influential your diet can be on your heart and brain health in the long term. Be aware of where HFCS is often found: baked goods, canned fruits, dairy products, carbonated drinks and most sweetened beverages in the market today! Just look at the labels and find out. (1)



As you avoid HFCS and refined sugar, be aware that artificial sweeteners such as Splenda® and Nutrasweet® are also linked to serious problems including retinal detachments, weight gain and brain tumors. (2)

At Van Dam Chiropractic, we provide Nutrition Counseling. Patients looking for faster healing and better overall health often ask about what vitamins and nutritional needs are necessary. The doctor provides answers to their questions and suggestions for proper nutritional health. He may recommend supplements when it is necessary. Recommendations may be made utilizing products that patients are already taking but are taking the incorrect amount for their stage in life. From infants to the elderly we want to provide you with the answers you need to live a healthier, happier and energetic

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## CHIROPRACTIC Q AND A

**Q:** Why do people see their chiropractor for periodic visits?

**A:** To make sure they are functioning at their peak. People see chiropractors every so often because their spines and structural systems need periodic re-alignment just like pianos and cars need periodic tuning and realignment.

If you have stress in your life you are probably developing subluxations during the day. Subluxations are distortions in your structural system that cause dis-ease or body weakening and malfunction. Subluxations may be expressed as pain, restricted range of motion, imbalance, and in many subtle ways.

Your chiropractor is specially trained to locate and correct subluxations. People visit their chiropractors for periodic checkups for subluxation location and correction thereby permitting their body to function at its fullest. That's why it's good to visit your neighborhood chiropractor.



## DID YOU KNOW?

- An average adult's skin weighs about 11 pounds.
- You're almost a half inch taller in the morning than in the evening.
- All of the blood in your body travels through your heart once a minute.
- Your hair grows faster in warm weather.

## THE WEBSTER TECHNIQUE

The Webster Technique reduces interference to the nerve system and facilitates biomechanical balance in pelvic structures, muscles and ligaments. This has been shown to reduce the effects of intrauterine constraint, allowing the baby to get into the best possible position for birth.



The Webster Technique is a safe means to restore proper pelvic balance and function for pregnant mothers. In expectant mothers presenting breech, there has been a high reported success rate of the baby turning to the normal vertex position once the interference has been removed. The Webster Technique has been successfully used in women whose babies present transverse and posterior as well. It has also successfully used with twins. Any position of the baby other than ROA may indicate the presence of sacral subluxation and therefore intrauterine constraint. At no time should this technique be interpreted as an obstetric, "breech turning" technique.

It is strongly recommended by Dr. Van Dam that this specific analysis and adjustment of the sacrum and pelvis be used throughout pregnancy, to detect imbalance and optimize pelvic biomechanics in preparation for safer, easier births. Because of the effect the chiropractic adjustment has on all body functions by reducing nerve system stress, pregnant mothers should have their spines checked regularly throughout pregnancy, optimizing health benefits for both the mother and baby. (3)

**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.

**Trigeminal Neuralgia (tic douloureux).** For seven years a 77-year-old woman suffered from severe right-sided face pain (trigeminal neuralgia or TN). Her pain was made worse by chewing, talking, and smiling and when her symptoms were at their worst, she was unable to eat or talk well for up to 4 days. Medication gave temporarily relief and at times did not help at all.



When she began chiropractic care she rated her pain 10 out of 10, describing it as a constant hot, throbbing, burning sensation that progressively got worse. Subluxations were located at C1 (upper neck) as well as other areas. The patient was put on a protocol for subluxation adjustment/correction.

After six visits of subluxation correction there was a significant reduction in pain; after four months of care she went off her medication and after 6 months of care was pain free. (4)

**Constipation in an eight-month old.** An 8-month-old baby boy was suffering from constipation. When the mother brought him in for care he had not made a bowel movement for five days. Increased fluid intake was unsuccessful.



Within a short period of his first adjustments, the infant proceeded to have a very large bowel movement while sitting in his car seat. Two hours later additional bowel movements occurred. The



## REFERENCES

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4. Zielinski E, Mankal K, Pirini J. Resolution of trigeminal neuralgia following chiropractic care utilizing Chiropractic Biophysics and diversified techniques: a case study. *Annals of Vertebral Subluxation Research.* November 6, 2014:177-183.
5. Miceli J, Alcantara J. Resolution of constipation in an 8-month-old child following adjustment of vertebral subluxation. *Journal of Pediatric, Maternal & Family Health – Chiropractic.* 2016;1:14-17.