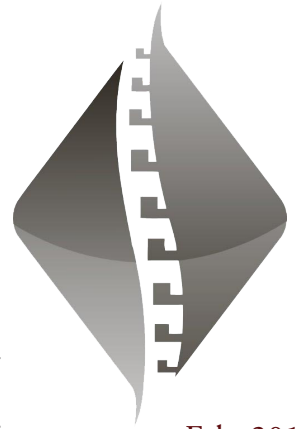


# VANDAM CHIROPRACTIC



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## NECK & LOWER BACK PAIN

Did you know that neck and lower back pain often accompany one another? Nearly every chiropractic patient who complains of chronic or even occasional lower back pain reports that they have occasionally woken up with neck pain or neck stiffness. Coincidence?

It's no coincidence – although your spine is made up of many different spinal bones (vertebrae) going from your lower back (lumbar area) up to the top of your neck (cervical area), your spine is one entire unit. Therefore, each part can affect the other parts.

By the way, that includes more than your spine. Your entire body may be affected: your arms, hands, legs, feet, head, internal organs, brain, muscles, tissues, glands and more may be affected.

Now you know why chiropractic care is so powerful. When your subluxations are located and corrected, your entire body benefits in many ways. Chiropractic helps your nerves communicate better so all your parts work together more efficiently.



The most powerful cancer

## THE GREAT CANCER FIGHTER

fighter ever discovered is naturally-occurring vitamin D. One study found that low vitamin D significantly increases overall cancer risk. (1) While another study showed that the



vitamin D you make from sunshine lowers your chances of dying from 15 kinds of cancer. (2) Another study found that vitamin D can lower the chance you'll get cancer by 77% (3) and production in the skin decreases the likelihood you'll get stomach, colorectal, liver and gallbladder, pancreas, lung, breast, prostate, bladder and kidney cancers. (4)

Vitamin D also enhances mood; boosts your immune system; prevents bone and muscle weakness; fights heart disease; prevents diabetes; fights arthritis, pain and inflammation; prevents Parkinson's disease and multiple sclerosis.

The easiest, safest and cheapest way (it's free) to increase the amount of vitamin D your body produces is through regular exposure to sunlight, which is not easy, especially during the winter months. Many nutritionists therefore recommend 5,000 IU every day with the D3 form especially important.

Nutritional sources of Vitamin D include: fatty fish (like herring, sardines, tuna, mackerel, and salmon), beef liver, cheese and egg yolks.

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## CHIROPRACTIC Q AND A

Q: What diseases do chiropractors treat?

A: None of them and all of them. Chiropractic is not a treatment for named diseases but should be sought out no matter what conditions or diseases a person suffers from or is diagnosed with – back pain, depression, cold, flu, cancer, autism, allergies, asthma – everything from A to Z. How can that be? It's because chiropractic's purpose is to release subluxations – blockages or interferences in your body that prevent you from functioning at your best.



Think of chiropractic subluxation correction as you would good nutrition. What diseases do you need good nutrition for? All of them! The chiropractic message is simple: do not live with subluxations and do not let your children, your spouse and your friends and relatives live with subluxations.

One day going to the chiropractor for a subluxation checkup will be done by most everyone on a regular basis. We need to start more conversations with, "Hey, did you see your chiropractor this week?"

## DID YOU KNOW?

- The smallest bones in the human body are found in your ear?
- Cats spend 66% of their life asleep?
- Money is the number one thing that couples argue about?
- When lightning strikes, it can reach up to 54,000 degrees Fahrenheit?

## TIME FOR BED

**Wear socks to bed ...**

Swiss researchers found that people fell asleep quickest when their hands and feet were warmest. This happens because warm feet and hands cause blood vessels to enlarge, allowing more heat to escape your body, which in turn lowers your core temperature faster and causes you to fall asleep. Putting on socks may help you fall asleep in half the time it normally takes. (5)



**... But not a bra**

Bras, with their straps and hooks and especially underwires, dig into the skin and interfere with the flow of lymph through your lymphatic system. The result can be health problems that, apart from irritations, welts, indentations and cysts, include an increased risk of breast cancer. One 1991 Harvard study found that wearing a bra 24/7 increased the incidence of breast cancer by 100%. (6)



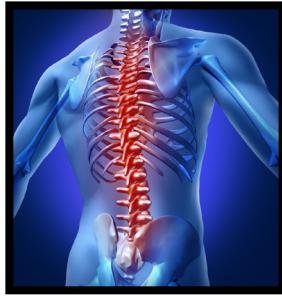
**Van Dam Chiropractic would like to thank our patients for their many referrals of friends and family to our office.**

**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.

### Two children with neurodevelopmental issues.

**Case 1: An 11-year-old girl with ADHD.** She had difficulties with reading comprehension, handwriting and mathematics. Since beginning chiropractic care, her social interaction and emotional state improved. By her 23rd visit she was in the A range and selected to be tested for the honors program. (7)

### Case 2: Developmental delays in crawling and walking in a 13-month-old girl.

The mother described the child's crawling as a 'scooting' motion since the patient's buttocks remained in contact with the ground. She also was not standing on her own or trying to walk. After four adjustments, she was crawling normally, had taken four steps unassisted, and had not performed the scooting motion since the second visit. (8)



### Bilateral sciatica in a 77-year-old man.

The patient was examined for the presence of vertebral subluxation complex using infrared thermography, radiography and video fluoroscopy. Vertebral subluxations and a deviated sacrum were located. After



1½ months of care there was a marked reduction in sciatica symptoms. (9)

**Fatigue, loss of energy and depression in a 30-year-old male.** He also complained of occasional headaches and acid reflux. Over an eight-month period the SF-36 general health survey demonstrated significant improvement particularly in the areas of General Health, Mental Health, and Mental Component Summary with improvements in fatigue and malaise. (10)



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