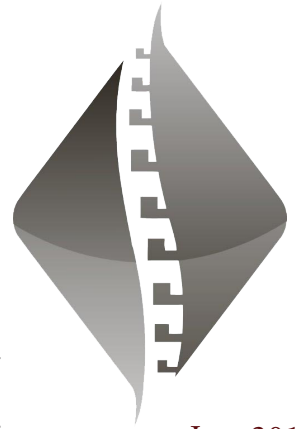


VANDAM CHIROPRACTIC



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HOLIDAYS CAN BE STRESSFUL - CHIROPRACTIC TO THE RESCUE

During holidays families often get together and drive each other crazy. But it doesn't have to be that way. Get your holiday adjustment and have a less stressful holiday season. Come in a few times. You (and your loved ones) will feel better, have more energy, be more balanced and be in a better place to deal with relatives who sit across from you and eat with their mouths open. Or whatever it is that they do to annoy you.

What better way to enjoy a festive season than to have your subluxation stress released? OK, maybe there are a few better ways, but good health is up there with them. It'll be the icing on the cake – and its organic icing.

Get your chiropractic care right away, avoid the holiday rush. Who wants to suffer from carrying lots of heavy gifts? Standing for hours cooking and cleaning? Standing in the check-out line at the post office, at the bank (somebody's gotta pay for all those goodies)? Standing for hours caroling? Praying? Standing for hours sleeping? (Not you, we mean other people.)



And let's not forget lying in weird positions on the couch

watching football – those linebackers think they're tough, they should try that!

But in all seriousness, with all the giving to others this time of the year, don't forget to give to yourself. Attend to yourself so you can stay healthy and happy and strong, and so you may continue to give to and help others. We're there for you – may 2017 be filled with more light, life and health. We hope you and your family had a wonderful Christmas, Hanukkah and a Happy New Year!



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CHIROPRACTIC Q AND A

Q: When should I come in for care?

A: There is no “one size fits all” schedule but there are general guidelines you can follow.

Definitely come in when you are under a lot of stress.



Why? Because stress – whether it is physical (from accidents or carrying Christmas tress), chemical (toxicity in our foods and environment) or emotional (it's holiday season) – causes subluxations in your body. You may not feel any pain, but they are there and sapping your energy.

Did you know there is macro-stress, for example, getting hit by a car or falling, and micro-stress, for example, using a mouse or sitting in a bad position. Both can cause damage – micro-stress takes longer of course – but in time both cause subluxations. It's the same with emotional and toxic stress.

That's why we will often tell you to come back even if you have no pain or other symptom so we can find subluxations before the pain and suffering and before real damage has occurred.

DID YOU KNOW?

Early politicians required feedback from the public to determine what the people considered important. Since there were no telephones, TVs or radios, the politicians sent their assistants to local taverns, pubs and bars. They were told to ‘go sip some ale and listen to people’s conversations and political concerns.’ Many assistants were dispatched at different times. ‘You go sip here’ and ‘You go sip there.’ The two words ‘go sip’ were eventually combined when referring to the local opinion, and thus we have the term gossip.

COMPLIMENT YOUR SPOUSE

An unhappy marriage increases your chances of getting sick and shortens your lifespan. An easy way to instantly improve a marriage (and your health) is to regularly tell your spouse what you admire and respect about him or her.

“It takes less than a minute and it can have a profound impact,” says marriage counselor Mario Alonso, PhD. “Partners who feel secure and well-loved suffer from less depression.” In a study sponsored by the National Institutes of Health, 74 percent of the happiest couples reported that their spouses “often” made them feel good about the kind of person they are (in comparison to 27 percent of moderately happy or unhappy couples).



HUMOR

- *My luck is so bad that if I bought a cemetery, people would stop dying.* Rodney Dangerfield
- *We could certainly slow the aging process down if it had to work its way through Congress.* Will Rogers

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.

Breastfeeding and latching difficulty. A four-week-old baby girl was brought in for chiropractic care by her mother who was concerned about the child's inability to effectively latch onto her left breast when held in the traditional cradle position or any other position.

Multiple subluxations with spasm, limited motion and tenderness were found at the sacrum, the fifth thoracic vertebrae (T5), the atlas (C1) and right TMJ.



Following a specific adjustment to the upper cervical spine and temporomandibular joint (TMJ) the infant could turn her head better and there was a decrease in spasm of the right TMJ-related musculature and the left neck. Immediately afterwards the baby could breastfeed with success and no further issues remained.

The mother reported the baby was able to latch perfectly and nursed without interruption for 30 minutes. The mother returned the next week and reported total resolution of the infant's inability to latch onto her left breast. (1)

Edema and lower back pain in pregnancy. A 28-year-old mom-to-be, pregnant for 33 weeks, presented at a chiropractic office. Her chief complaint was tingling and numbness in the second through fourth fingers on her right hand. She also reported low back pain and right leg swelling. She also had endometriosis, ovarian cysts and two miscarriages.

She was scheduled for 9 visits of care. Within that period of time she received chiropractic adjustments. Her presenting complaints resolved within the time of care. (1)

Chiropractic & exercise: perfect for fibromyalgia.

Fifty-five women with fibromyalgia ages 21-59 years old were divided into two groups: some completed resistance training and the others received chiropractic adjustments in addition to resistance training. The patients who received chiropractic care were more likely to follow the exercise program consistently and had more significant improvements in functionality, balance, flexibility and endurance.



This study confirmed the power of exercise and resistance training to ease the pain of fibromyalgia. At the same time, it demonstrates that combining chiropractic adjustments and physical therapy may enhance the benefits of both treatments. (2)

REFERENCES

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