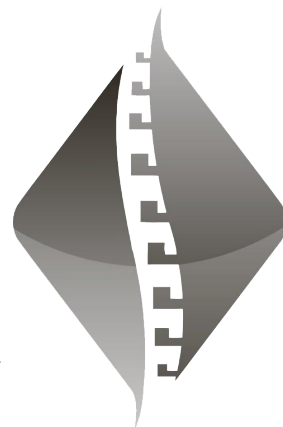


VAN DAM CHIROPRACTIC

Dr. *Scott A.* VAN DAM



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WHAT EXACTLY DOES A CHIROPRACTOR DO?

Maybe you're wondering about going to a chiropractor or maybe you're asking yourself, "What is the doctor doing when I'm in his office?" We're glad you asked. Here's a simple explanation and it's the reason why chiropractic has become the most popular drug-free healing art in the world today.

Using his/her hands and various instruments, Doctors of Chiropractic locate and release a serious form of stress in your spine and body structure called a subluxation. Chiropractors are the only professionals trained to do this.

WHAT IS A SUBLUXATION?

A subluxation is a tiny distortion in your spine and structural system that irritates your nervous system and stresses your entire body. These distortions may be tiny but they can cause big problems.



HOW?

Subluxations make you off balance. This causes your ligaments, tendons and muscles to work harder because an off-balance person is not in harmony with gravity. Sitting, standing and moving take more

energy resulting in fatigue and ultimately a feeling of being exhausted all the time.

A person who is out of balance often has "hot spots" or painful areas in their muscles and joints due to overworking certain muscle groups and underworking other muscle groups. Additionally, subluxations can affect your internal organs and glands – even your brain.

DID YOU KNOW?

- Each time you see a full moon you always see the same side.
- Stewardesses is the longest word that is typed with only the left hand.
- Honey is the only natural food which never spoils.
- The longest street in the world, Yonge Street in Toronto, Canada, is 1,178 miles long.

WORDS OF WISDOM

Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive.

– Howard Thurman

A 'No' uttered from the deepest conviction is better than a 'Yes' merely uttered to please, or worse, to avoid trouble. – Dalai Lama

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CHIROPRACTIC Q AND A

Q: Can chiropractic care help reading and schoolwork?

A: You might be surprised to learn that students (including adults) under chiropractic care have shown improvements in school work and even IQ.

Many parents have noticed improvements in grades, concentration and conduct of their children after they've seen their Doctor of Chiropractic. Chiropractic doesn't only help people with learning problems, chiropractic also helps good students become great students. (1-4)



YOU HAVE A SECRET SUPER POWER

Just like a super hero you have a super power. If you use it you'll be happier, live with reduced stress, avoid depression and even have more energy. We call it vitamin G. You don't get this vitamin in your foods – you can make it yourself. What is this mysterious vitamin? Gratitude. Research shows that expressing gratitude makes people happier, healthier and more alive.

HOW DO WE CULTIVATE VITAMIN G?

Some ideas:

Start by making an effort to thank people more often. Then advance to counting your blessings at least once a day for 30 seconds. Do it now! We'll wait. OK, finished? Don't you feel better? See, it didn't take long and you can do it whenever you have down time.

Here are some more gratitude ideas:

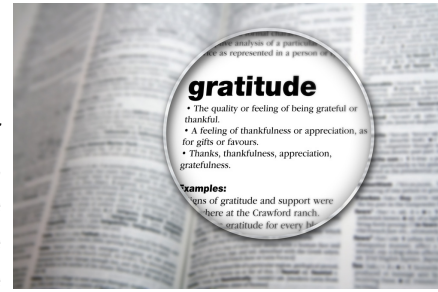
- If you're in the car thank it for running properly and even thank your mechanic for doing such a good job (we realize at times this is a bit of a stretch).
- Be grateful for your health (be sure to mention your chiropractor).
- If you don't have ideal health send gratitude to your

parts that are working properly.

Be grateful for your family and friends and always thank the Rocky in you. The Rocky in you? We

mean your ability to go ten rounds with the champ, getting punched and clobbered, and still be standing. Nurture your inner Rocky – no matter what life hits you with, you can take it, grow and learn from it.

You can do it – it's really powerful. Those who use this secret super power always benefit from it. (5)



HUMOR

My luck is so bad that if I bought a cemetery, people would stop dying.
– Rodney Dangerfield

Money can't buy you happiness but it does bring you a more pleasant form of misery. – Spike Milligan

I don't feel old. I don't feel anything until noon. Then it's time for my nap. – Bob Hope

I never drink water because of the disgusting things that fish do in it. – W.C. Fields

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.

Ear infections and prenatal drug exposure. A 13-month-old baby girl with otitis media had been born premature and delivered through cesarean section with a vacuum used for extraction. At birth her blood contained opiates, methamphetamine and other amphetamines. She had been experiencing bouts of otitis media since three months of age and had previously been managed by medical doctors with rounds of antibiotics and nasal saline.

Chiropractic analysis revealed subluxations in the cervical, thoracic, lumbar and sacroiliac regions. The girl was checked and adjusted where vertebral subluxations were found and corrected. Her mother reported that her otitis media resolved the following week. She continues regular chiropractic care and has not been on any antibiotics since 13-months of age. (6)



Infertility. A 24-year-old woman began chiropractic care with a chief complaint of back pain and a 3.5-year history of infertility. She had infrequent progesterone-induced menstrual



cycles.

Physical examination showed postural abnormalities, paraspinal muscular tenderness, myospasm and vertebral subluxations. She was managed for vertebral subluxations through specific chiropractic care. By the ninth visit she had her first normal menstrual cycle since the start of chiropractic care and by the twelfth visit she was pregnant. (5)

DR SCOTT WILL BE OUT OF THE OFFICE
MARCH 13-MARCH 17.
THE OFFICE WILL BE OPEN AND WITH
DOCTORS AVAILABLE IF NEEDED.



REFERENCES

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