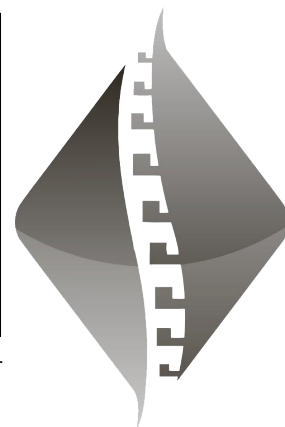


# VAN DAM CHIROPRACTIC



Dr. *Scott A.* VAN DAM

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1203 28th St. S - Fargo, ND 58103 - 701.532.5320 - vandamchiropractic.com

## COLIC AND CHIROPRACTIC

Colic is a condition that usually appears between the 3rd and 6th week after birth, and is characterized by excessive crying. Most cases resolve after 3 months old. Babies with colic can often be seen drawing their arms and legs in as though in pain, and may turn bright red. It is not known exactly what causes colic, but it is thought that certain conditions may contribute to it, such as an immature and irritated nervous system, food sensitivities, and gastrointestinal upset.



As the state of the spine affects the nervous system, gentle chiropractic adjustments are one suggested course of action, and babies with colic treated by chiropractic frequently show improvement as the spinal irritation eases. Given the traumatic experience of child birth, it is not surprising that babies may experience spinal subluxations that cause problems with their delicate nervous systems. Colic is also seen to provoke an increased need for attention in babies, and more sensitivity to the world around them, both of which suggest a neurological cause.

Colic may also be the result of the diet of both mother and baby. Cow's milk and other dairy products are one of the chief offenders in the development of colic. Human milk and cow's milk are not at all interchangeable, and cow's milk is not a suitable substitute. Cow's milk contains the sugar lactose which is difficult for newborn babies to digest, plus many proteins that are detrimental to a young digestive system.

Similarly, the food that a baby ends up absorbing from natural breastfeeding may cause colic if the mother is indulging in unsuitable foods, such as those that are spicy or dairy-based. It hopefully goes without saying that alcohol and tobacco should be totally out of the question for a breastfeeding mother. The best diet is one that is quite bland, and high in (non-dairy) protein, at least for the first three or four months of breastfeeding.

If your baby suffers from colic, here is some helpful advice:

- Seek regular chiropractic treatment for your baby, especially in the first 4 months
- A warm water bottle on your baby's stomach is soothing, as is a warm bath
- Rock your baby in a chair or cradle, or take them out in a car seat for a drive
- Gently rub your baby's stomach
- Smaller, more regular feedings may help
- If using baby formula, avoid dairy- or soy-based products (1)

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## CHIROPRACTIC Q AND A

**Q: How often should I come in for Chiropractic care?**

A: Just as you get your car checked, your piano tuned and have dental checkups so you should have regular chiropractic checkups. No other health care professional is trained to locate and correct health-damaging subluxations – that's the chiropractor's specialty.

Because you live with gravity and deal with physical, emotional and other stresses all your life, subluxations invariably show up and weaken your ability to deal with those stresses.

Exactly how often should you come in for a checkup? Some people come in weekly, some monthly and some even daily if they have acute problems. It all depends on your lifestyle. If you are a cowboy working in the rodeo, a stuntman or woman in Hollywood or an athlete you'd probably need more care than someone who has a desk job, although sedentary workers and students sometimes exhibit more subluxations because of the intense emotional stress they can be under.

The best way to find out is for you to talk to us about how well your body deals with stress so we can develop an optimal care plan for you and for each member of your family.

## TOE WALKING, MENINGEAL TENSION AND CHIROPRACTIC

Toe walking, as is seen in some children, may be a sign of stress or tension on the brain and spinal cord. It is often caused by the tightening of their meninges. The child is relieving the stress by standing on his/her toes.

What are the meninges? The meninges are sheets of connective tissue that wrap around the brain and

spinal cord. The outer layer (dura mater) is like a tough, inelastic sheet. The meninges have many functions, one of which is to protect the nervous system from physical stress and chemical toxicity.

What causes this tension? Serious injuries and burns, infections, toxins and childhood vaccination have all been observed to be linked to meningeal tension.



Toe walkers generally have numerous subluxations in their body structure. All toe walkers need chiropractic care to help release the meningeal tension on their brain and nervous system. With less stress on their brain and nervous system they will function closer to their optimal.

## DID YOU KNOW?

- You share your birthday with 9 million others?
- You burn more calories sleeping than watching TV?
- A group of frogs is called an army?
- DD Palmer discovered chiropractic in 1895?



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 **\$10 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.

**Labor and Delivery.** A 28-year-old woman began seeing a chiropractor for wellness care. Her first pregnancy had been long and difficult and afterwards she experienced tailbone pain.

She received regular chiropractic care before the conception of her second child and continued to receive chiropractic adjustments throughout the pregnancy. Her second labor and delivery experience was both shorter and easier than the first birth. In addition, her earlier pain disappeared. (1)

**Scoliosis and pregnancy.** A 21-week pregnant 28-year-old woman visited a chiropractor. She presented with shoulder and neck pain due to scoliosis and with pregnancy-related complaints. Her pain was constant and rated at 6/10. Seven years earlier she had scoliosis surgery with rods surgically implanted into her spine. The rods locked her spine from T2 (just below the neck) to L3 (the middle of the lower back).

Even with the rods she was able to receive chiropractic care for subluxation correction.

Each visit saw a reduction in pain. By her 13th visit (6 weeks) her pain reduced from 6/10 to 2/10, her quality of life improved and she successfully delivered a 7 lbs. 5 oz., 20" baby vaginally. (2)

**Fibromyalgia, fatigue, depression and headaches.** A 40-year-old woman with an eight-year history of fibromyalgia presented for chiropractic care. She

complained of widespread muscle and joint pain, fatigue, depression and headaches that limited her ability to function and enjoy life.

Analysis revealed postural distortions and spinal distortions indicative of spinal subluxations. She received chiropractic care 44 times over 5 months. She showed improvements in all aspects of life that had been evaluated: emotional well-being, energy/fatigue, general health, pain, physical functioning and social functioning. (3)

**“Stabbing” neck and shoulder pain, arm numbness and weakness.** A 16-year-old girl threw a discus and felt an immediate stabbing, burning pain in her neck and shoulder that she described as 10 out of 10. Within 40 minutes of the injury, her left arm went numb and weak.

She had a history of fatigue, dizziness and headaches, and depression. Medical examination including MRI could not find the cause of her problems so the MDs decided it was psychological and referred her for psychiatric evaluation. She refused and instead received chiropractic care.

After her first visit, she reported a 50% increase in her arm muscle strength. By her 4th visit her arm was back to normal but she still had neck pain and stiffness. By the 6th visit, all the pain and stiffness was gone.

She returned five months later with similar complaints after being hit in the head with a basketball. This time her symptoms completely disappeared after one visit. (4)

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