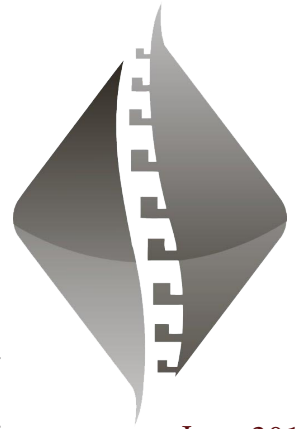


VANDAM CHIROPRACTIC



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ASTHMA AND CHIROPRACTIC

CAN CHIROPRACTIC HELP ASTHMATICS?

About one in 12 people in the United States now has asthma, a total of 24.6 million people, and an increase of 4.3 million since 2001.... The increases come, surprisingly, despite improved air quality throughout most of the country and widespread decreases in smoking. (1)



During an asthmatic “attack” the little tubes that transport the air in your lungs (bronchioles) become swollen, go into spasm and fill with mucous. Asthmatics struggle for every breath, literally gasping and wheezing for life during an attack. In some unfortunate individuals wheezing, gasping and struggling go on continuously and long-time sufferers may develop a barrel chest. Attacks may be triggered by allergic reactions, emotional stress, physical exertion or irritants like cigarette smoke. The most dangerous form of asthma, status asthmaticus, is so severe it can result in death.

Asthma was almost never a fatal disease; medical folk-wisdom used to hold that no child ever died of asthma, but now asthma kills over 5,000 a year. It is the most common chronic condition in children.

Medicine offers no cure for asthma. Patients are told

to avoid physical or emotional irritants and are given temporary relief with cortisone, inhaled corticosteroids or bronchodilators that prevent or reduce swelling inside the bronchi. These drugs may cause severe side effects including addiction.

Is a lifetime of drugs the only answer?

THE CHIROPRACTIC APPROACH

Chiropractic is not a treatment or therapy for asthma and yet for over a hundred years asthma and sufferers of all types of respiratory conditions have sung the praises of chiropractic care. (2)

Typical among case histories is that of an 8-year-old diagnosed with asthma at age five who was using Beclovent™ and Albyterol™ 1-3 times per day. After eight chiropractic adjustments over a period of 2½ weeks, the child had stopped inhaler use, wheezing had ceased, he could run without gasping and was free of asthmatic attacks without medication.

Anyone with asthma, bronchitis, emphysema or other chronic lung conditions needs to ensure their lungs and bronchi are receiving uninterrupted nerve communication from their spines. Chiropractic is a healing art dedicated to keeping the nerve passages between the lungs, bronchi and other structures of the respiratory system open and unobstructed, thus permitting them to heal and to function at their utmost.

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CHIROPRACTIC Q AND A

Q: What's so bad about spinal surgery?

A: Spinal back surgery, also referred to as spinal fusion, is used to relieve back pain. Surgeons fuse the bones together in an operation that can last up to four hours.

Spinal surgery is very dangerous, it can cause blood clots in the legs that may travel to the lungs. It can also cause infection, heart attack or stroke during surgery, or damage to your spinal nerves causing pain, loss of sensation or weakness and triggering more problems later on.

But what's even worse is that back surgery rarely cures chronic back pain. (3) Chiropractic should be explored before anyone considers back surgery.



WE THOUGHT IT WAS GOOD FOR US!

DIET DRINKS, DTROKE AND ALZHEIMER'S

So many things we were told were good for us turned out to be bad for us. People thought margarine was better than butter – now they know margarine causes heart disease. People thought canola oil was a healthy oil but now we know it's related to heart inflammation. We thought vegetable oils were better than animal fats but later the reverse was discovered.

So, here's another thing we thought was good (or at least better) but is actually worse for us: diet soda.

Rather than keeping you slim it was found that diet drinks make you fat; the chemical that makes them sweet makes you crave carbohydrates.



But the commercials show thin people drinking diet soda (the power of marketing).

And now it gets worse. A new study reveals that artificially sweetened soft drinks are associated with an increased risk of ischemic stroke and Alzheimer's. In fact, even drinking just one artificially sweetened diet Coke or Pepsi a day was associated with a three times greater risk of later developing dementia and stroke.

The researchers found that people who drank a diet soda daily were three times more likely to develop a stroke caused by a blockage of blood vessels and 2.9 times more likely to develop dementia than those who drank an artificially sweetened soda less than once a week. (4)

As the old saying goes, "If your grandparents, or great grandparents didn't have it, then don't eat, drink, wash with or breathe it.

DID YOU KNOW?

Bleeding, usually by the application of leeches, was once so common in medicine that "leech" came to mean physician. George Washington was one of many who died as a result of the pernicious practice.



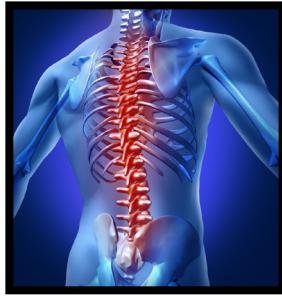
Van Dam Chiropractic would like to thank our patients for their many referrals of friends and family to our office.

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.

Stroke. A 58-year-old male presented to a chiropractic office complaining of left hip pain. He had suffered a stroke 18 years earlier (at age 40!) and still had been experiencing residual paralysis in both hands and widespread muscle spasticity. His right hand was involuntarily contracted in a complete fist. The patient's medical doctor told him that these problems were permanent.

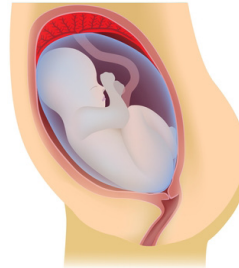
After 13 months of chiropractic care addressing his vertebral subluxations, the patient had improved control of fine motor skills, decreased muscle spasticity and was able to turn pages of a book with his right hand and lay his hand flat on a table with no assistance. The patient was also able to move well enough to put on his own jacket, button and zip it, with no assistance. He can now exercise on his Pilates machine, which he had been unable to do since before his stroke. Incidentally, the patient has not had to increase his eyewear prescription since beginning chiropractic care. (5)



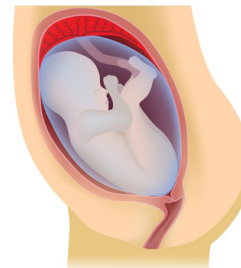
Breech birth. A 35-year-old woman was 34 weeks pregnant when she came in for chiropractic care. She had a history of breech births and cesarean sections. This time she wanted a vaginal birth after cesarean (VBAC). She had heard chiropractic care can help a baby turn from a breech presentation to a more natural position.

Over the course of two weeks of care she had four chiropractic adjustments. The baby turned in a normal vertex position for a vaginal delivery and the patient went on to have a successful, natural, vaginal birth process with no reported complications. (6)

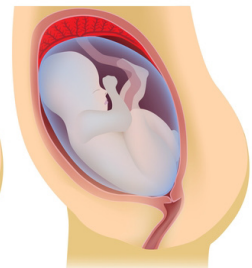
Complete breech



Frank breech



Incomplete breech



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