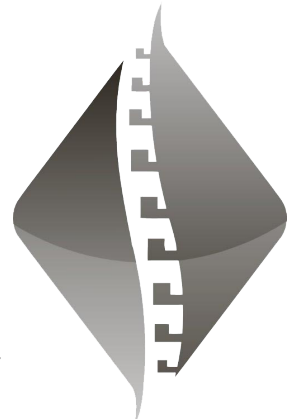


# VANDAM CHIROPRACTIC



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## CHIROPRACTIC CARE & SCHOOL PERFORMANCE

***Chiropractors correct abnormalities of the intellect as well as those of the body.***

D.D Palmer, Discover of Chiropractic

Want to give your child an edge in his or her studies for their academic (and athletic) best? For over a century chiropractic's beneficial effect on brain and neurological function has helped students improve their school experience.

Clinical studies and case histories have reported on the effectiveness of chiropractic care for brain function, concentration, balance and coordination. This is especially important information for the millions of children in the US with a neurological and/or learning disorder such as dyslexia, ADD (attention deficit disorder) ADHD (attention deficit hyperactivity disorder), minimal brain damage, Tourette's syndrome, seizures, asthma, depression, obsessive-compulsive disorder, bipolar disorder, autism, Asperger's syndrome and many others.

Exactly how does chiropractic improve brain function? Initial research indicates that blood flow to the brain improves (1-3) and that chiropractic adjustments decrease inflammation and stress on the nervous system leading to decreased anxiety, improved well-being and improved brain function. (4-6) Adjustments appear to balance nerve reflexes in the spinal cord. (7-9) Other mechanisms may be involved as well.

It is most important that all students get their spines checked by a Doctor of Chiropractic so they may function at their best. Give your child a winning edge – bring them in for a chiropractic checkup.



## HUMOR

Henny Youngman was king of the one liners. Here are a few of them:

Getting on a plane, I told the ticket lady, "Send one of my bags to New York, send one to Los Angeles, and send one to Miami." She said, "We can't do that!" I told her, "You did it last week!"

A doctor gave a man six months to live. The man couldn't pay his bill, so he gave him another six months.

My doctor grabbed me by the wallet and said, "Cough!"

The doctor called Mrs. Cohen saying, "Mrs. Cohen, your check came back." Mrs. Cohen answered, "So did my arthritis!"

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# CHIROPRACTIC Q & A:

## Question:

How often should I receive chiropractic care?

## Answer:

The answer is – whenever you have subluxations. Because subluxations are painless and may occur anytime it's good to get checked periodically.



Dr. DD Palmer discovered chiropractic. The first chiropractic patient was deaf and his hearing returned while the second patient had heart problems that resolved after an adjustment. Chiropractic is not, and never was, a backache treatment.

Just as you get your eyes, your blood pressure and your teeth checked periodically so you need to get your spine checked. That's especially true if you are under a lot of stress – physical, emotional and even chemical.

Subluxations damage your spine, nerves, discs, ligaments, muscles and tendons and can cause immune system and overall body malfunction (disease). Because subluxation damage builds up and can cause disease we recommend that entire families, all the generations, receive periodic chiropractic care.

## A NEW DISCOVERY ABOUT HOW YOUR BODY WORKS

You'd think we knew pretty much everything we need to know about how the body works. But we are in the dark ages in many ways. For example, earlier this year it was discovered that the brain connects to the immune system and that communication is especially important when we sleep.

And more recently, UC San Francisco scientists have discovered that the lungs do more than breathe. The lungs play an important role in blood production. Yes, blood is made in the lungs. Using a special tracking system, researchers discovered that the lungs produce more than half of the platelets – blood components

needed for clotting to stop bleeding, among other critical roles, in many conditions.

Blood cells were also found to travel back and forth between the lung and bone marrow. It appears that the stem cells that produce blood travel in the bloodstream to other organs and adapt to their needs. (10)

**OUT OF THE OFFICE**

Dr. Van Dam will be out of the office  
October 19th & 20th.

# HAPPY HALLOWEEN!



**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.

**Chronic constipation in a 5-year-old.** A 5-year-old girl suffering from abdominal pain (gastritis) and chronic constipation began chiropractic care. MDs could not find any cause. A high fiber diet and laxative use as directed by her medical doctor was not effective.

Chiropractic care was initiated. She was seen and adjusted two times a week for two weeks, followed by one visit a week for 10 weeks.



At visit number 12, the patient no longer complained of abdominal pain and the patient's mother reported an improvement in the patient's demeanor as well as a complete resolution of her chronic constipation. (11)

### Brain wave improvement, emotional improvement.

A 7-year-old female had slow physical skill acquisition, difficulty with coordination (since birth), an aversion to using utensils (preferring to use her fingers to eat), emotional outbursts, and low self-esteem. This had been going on for two years.



After two months' care, analysis revealed improved brain alpha waves, improved coordination, spontaneous use of silverware for self-feeding and an improvement

in emotional regulation. (12)

### A 26-year-old with MS.

A 26-year-old patient with multiple sclerosis, numbness and neck pain sought chiropractic care. A complete history and objective examination revealed several vertebral subluxations and a reversed neck (cervical) curve.



He was seen twelve times in one month while receiving nine adjustments for vertebral subluxation correction. His neck curve improved 60%, and neck pain, headaches and numbness greatly improved. His multiple sclerosis symptoms dramatically reduced. (13)

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