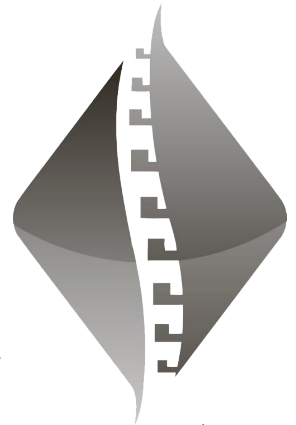


VANDAM CHIROPRACTIC



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CHIROPRACTIC CARE FOR INFERTILITY

Each year more couples suffer from heartache and emotional stress due to infertility. As the number of infertile couples grows, so does the intervention offered by the various health care industries. Up to now, many couples have not been aware of any other option other than conventional medical intervention which often consists of drugs and surgery. However, more couples are exploring and expectantly happy with a more natural and holistic approach.

In their discovery, they have found that current fertility research reinforces that the same method to whole body wellness is the same as the chiropractic wellness lifestyle.

What Are the Causes of Infertility?

Most noted "causes" of infertility are as follows:

Female: endometriosis, ovulatory factors, hormonal dysfunction, pelvic inflammatory disease, infection, and lifestyle habits.

Male: lowered sperm count, hormonal imbalances, exposure to toxins, and lifestyle habits.

The causes are a domino of effects produced by stressors with more base-root foundational dysfunctions.

Addressing Stress Factors

Traumas, Emotional Thoughts, and Toxins are stress factors, which have the potential to manifest as subluxations, or spinal misalignments. The spinal misalignments compress the delicate nerve tissue which is the transmitter line for every cell in the body to regenerate properly. If the signal has interference,

then the cells which make up every organ and body system will begin to degenerate or be in a state of disease. Because of the adverse effects, the stress factors should be eliminated or reduced when possible. Not only do stressors cause subluxations, but a misaligned spine is more vulnerable to damage when stressors are present.

1. Traumas. Traumas can include birth injuries, slips or falls, sports injuries, and automobile accidents as well as repetitive or micro-traumas from occupational habits, improper sitting, sleeping, and exercise habits, lifting, bending, twisting, and other "bad habits."

2. Emotional Stress. Emotional stress might exist from relationships, children, money, careers, fast-paced lives, illness of a loved one, or the underlying stress that mounts as months of failed attempts to conceive.

3. Toxins. Toxins include medications, recreational drugs, alcohol, tobacco, caffeine, artificial sweeteners, food coloring, additives, preservatives, allergens, air pollution, hormone-disrupting chemicals, industrial chemicals, and radiation.

Understanding How Spinal Misalignments Can Affect Reproduction

Subluxations or misalignments in different areas of the spinal vertebra can affect various parts of the reproductive system. From top to bottom, let us quickly review how these restrictions can affect your reproductive system.

Cervical restrictions may affect the hypothalamus and anterior pituitary gland and disrupt the production of

con't on page 2

Chiropractic Care for Infertility.....	1
Chiropractic Benefits for Athletes.....	2
Research and Chiropractic.....	3

con't from page 1

follicle stimulating hormone (FSH) and luteinizing hormone (LH). These hormones are necessary for ovulation and sperm production. Restricted movement of any cranial bone or the sacrum will affect the circulation of cerebrospinal fluid.

Subluxations in the lumbar region have been found to cause fallopian tube malfunction which can lead to infertility or an ectopic pregnancy. Ovarian function may also be compromised with resulting problems with egg maturation and egg release during ovulation. The effects of compressed nerves may also interfere with the corpus luteum which would decrease the production level of progesterone which is needed to maintain the pregnancy. A malfunction in the uterus can cause problems with the development of an adequate endometrial lining for implantation of the embryo and later problems with the placenta.

Sacral subluxations can affect the functioning of the cervix. One result is that fertile cervical fluid, essential for conception to occur, may not be adequately produced. The second is cervical incompetence which may result in a miscarriage during the second trimester.

In the male, spinal misalignments have shown to cause problems with penile and testicular function. Plus, associated problems with sperm production and maturation, erection, and flow of sperm. (1)

CONTINUED FROM LAST MONTH: 3 MORE CHIROPRACTIC BENEFITS FOR ATHLETES

3. Non invasive/drug free treatment

While seeking chiropractic care for back and neck pain caused by injuries suffered in sports like football and rugby would normal, injuries to other parts of the body can also benefit from a visit to the D.C. In fact, many studies have shown that chiropractic treatment helps athletes recover from injuries without the need for painkillers or invasive surgery.

While there are many different types of treatments that chiropractors perform on their patients, Ellen Sonnino's report in US News and World Report discussed four methods that are often used to treat athletes:

Active Release Technique where massage and stretching are combined with moving the effected joint through a range of motion.

Graston Technique that uses stainless steel tools to

break down scar tissue.

Functional dry needling where deep trigger points are focused on to release tension in the muscles through stimulation.

Electrical muscle stimulation to release tension towards the surface of the muscle using contraction caused by electricity.

4. Injury Prevention/Performance Enhancement

Any DC who specializes in treating athletes should be prepared to treat the whole person, and tailor a comprehensive program aimed at injury avoidance. Initial evaluations should include not only traditional orthopedic tests, neurological examinations, and consideration to supplement physical exam findings with any additional diagnostic evaluations, if appropriate or a referral if indicated. Numerous studies support the fact that chiropractic care helps athletes achieve an optimal level of performance. A Canadian research team included chiropractic care in the rehabilitation program of 16 injured female long-distance runners. The runners recovered quickly; seven of them actually scored "personal best" performances while under chiropractic care, although there may be other contributing factors.

5. To Decrease Pain

The spine is an important physical structure that contains many pain-sensitive tissues: Most notably, joints, muscles, nerves, discs and ligaments. If there are any abnormal alignment patterns in the spinal column, this can place an abnormal amount of stress and strain on any one of these tissues. In a recent article reviewing the effectiveness of spinal manipulation, chiropractic adjustments were consistently better than other medical options in reducing the intensity of acute low back pain, plus restoring normal function, both for short-term and long-term effects. (2)

Sources INQUISITR and ACA Today

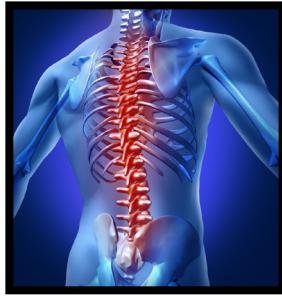
Van Dam Chiropractic would like to thank our patients for their many referrals of friends and family to our office.

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.

Vaginal birth after multiple cesareans. A 39-year-old woman wanted to have a vaginal birth after three prior caesarean sections. She was referred for chiropractic care initially for pregnancy-related low back pain. However, she was pleased to know that chiropractic care could increase her chances.

Her spine and structural system was analyzed using static and motion palpation, postural analysis, prone leg checks, thermography and surface EMG. Following the spinal examination, specific chiropractic adjustments were initiated. She came in for 14 visits over an 8-week period prior to giving birth.

The woman was happy to deliver her baby vaginally. (3)

Improvement in a child with autism following chiropractic care. A 6-year-old autistic boy with aggressive behavior, hindered social and physical activities, poor eating habits and sleep difficulties was brought in for chiropractic care. The boy was previously diagnosed with autism by a neurologist.

The child was assessed for vertebral subluxations and his subluxations were addressed. He had 15 visits to correct his subluxations over a 6-week period. After that period he was assessed using a thermal scan, static surface electromyography, motion and static palpation.

The child improved in the following ways: he would fall asleep in less time after being put to bed and his sleep quality and sleep time increased. His aggressive behavior decreased and he exhibited increases

in alertness, focus and school work. The parents were especially happy to see their child was able to discontinue use of prescription medications he had been prescribed. (4)

Resolution of seizures in a 20-year-old male. A 20-year-old man had been suffering from seizures of “unknown origin.” The seizures had been occurring for the prior 10 months. He was also reporting anger and aggression. He reported having night tremors and waking up multiple times per night.

The seizures were so bad that he was hospitalized three times over the course of a one-year period. He also suffered from severe neck and low back pain.

A case history and physical examination including spinal and structural analysis revealed right head flexion and left posterior pelvis rotation as well as moderate to severe muscle spasms in every area of the spine with limited range of motion and pain/tenderness. Surface EMG (electromyography) scan was performed as well. After the analysis subluxation-based chiropractic care (spinal adjustments) were initiated.

After the patient's first week of chiropractic adjustments, he reported that he no longer experienced any seizures, he also reported sleeping better. The patient remained seizure-free and was eventually taken off all seizure medications by his neurologist after 13 weeks of chiropractic care. (5)



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