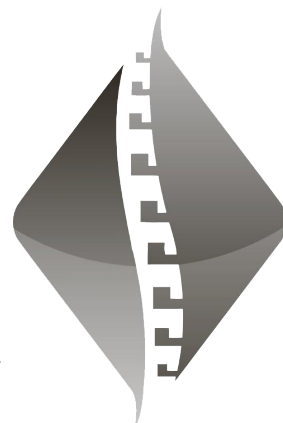


# VAN DAM CHIROPRACTIC

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## OPIOIDS & CHIROPRACTIC - HOPE FOR RECOVERY?

America is experiencing an opioid epidemic or crisis due to the increase in the use of prescription and non-prescription drugs that act on the opioid receptors to produce morphine-like effects. These drugs include painkillers such as OxyContin®, Percocet®, Vicodin® and fentanyl. They are strong, and also addicting, and can cause fatal overdoses. The drug sedates that part of the brain that regulates breathing which can cause respiratory failure and death.

According to the U.S. Drug Enforcement Administration the opioid problem has reached “epidemic levels.” Nearly half of all opioid overdose deaths in 2016 involved prescription opioids. Is there something that could be done? How about a drug-free approach to healthcare? How about chiropractic?

Although it’s only a single case report, this can be an inspiration for others who are hooked on prescription and recreational drugs of all kinds. In a study published in the journal *Annals of Vertebral Subluxation Research* we see the clinical case of a 21-year-old man under chiropractic care who was an opioid addict.

The 21-year-old came to a chiropractic office suffering from opioid addiction, anxiety, depression, insomnia and cluster headaches. His medical doctors had placed him on four different medications in an attempt to manage his symptoms and withdrawal. This approach had interfered with his life; he had dropped out of college 11 months prior due to the adverse

effects on his daily life as well as the destructive coping mechanisms he had adopted.



The chiropractor examined the young man, took x-rays and found structural/spinal distortions in his neck, mid-back and low back that can cause nerve interference (subluxations). In addition, x-rays also revealed scoliosis and a loss of the normal curve in his neck.

Chiropractic care was begun to reduce his vertebral subluxations with the result that the patient recovered from opioid addiction and was able to stop all prescribed medication. His headaches, anxiety, depression, and insomnia resolved completely.

Prior research has shown that chiropractic can have a profound effect on brain function and mental health, including ADHD, pervasive developmental disorder, Tourette’s Syndrome, obsessive compulsive disorder and other neurodevelopmental disorders. (1)

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## CHIROPRACTIC Q & A:

### Question:

**Why is chiropractic considered a treatment for back and neck pain by many people?**

### Answer:

It's a matter of real estate, i.e. location.

Doctors of Chiropractic work on your spine and structural system in order to release nerve interference or nerve stress (subluxations). We work on that part of the body because that's where the nerves are. Because



chiropractors work on the spine it is assumed we are treating spinal pain. But why do children with asthma, bedwetting and allergies respond to chiropractic care? Why do women with menstrual cramps or those with headaches and migraines respond to chiropractic care? Why is there better sports performance and improved balance, vision and hearing?

That's because nerves from your spine are like telephone wires connecting your brain to your internal organs, glands, muscles and many other body parts. They need to communicate with no static or interference. However, if your spine has subluxations (distortions affecting nerves), your communication system breaks down, affecting your entire body and that can affect the organs your nerves connect to. See the illustration showing how nerves from the spine (and brain) connect to your organs, etc. Chiropractic is good for your whole body – it's holistic.

After all, chiropractic was discovered by DD Palmer (pictured right) when a patient's hearing returned after a spinal adjustment.

So yes, nerve-muscle-spine (neuromusculoskeletal) pain responds very well to chiropractic adjustments but chiropractors work on the spine to help the whole body. Don't limit chiropractic care to aches and pains – it can help people in many ways.

## CHIROPRACTIC CARE FOR KIDS

It's amazing what a newborn child has to go through to become a part of this world. If you think about the incredible stress that happens to a baby and a mother

during the birth process, it's not surprising to see how they can be subluxated not to mention when something goes wrong!

### When Does a Baby Need a Spinal Checkup?

- After the birth process
- When the baby starts to hold his/her head up
- When the baby sits up
- When the baby starts to crawl
- When the baby starts to stand/walk

Did you know that the best time to get your spine checked for subluxations is when you're an infant? The nervous system is needed for proper growth and development of children. There are "windows of opportunity" when certain parts of the body and brain grow. If the nervous system is not working when the opportunity arises, it could be missed. So, get them checked early!

### Benefits of Chiropractic Care as Infants

- Helps to prevent scoliosis
- Helps to reduce the number of ear infections
- Helps to reduce colic
- Improve ADD/ADHD
- Improve asthma
- Improve indigestion
- Improve sleeping habits
- Help with feeding

You want the best for your newborn and that includes optimum health. Chiropractic care provides a natural alternative for treating common newborn problems. And a gentle adjustment just may make a dramatic difference.(2)



## 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.

**Ejaculatory pain in a 25-year-old.** A 25-year-old male suffering from 1½ years of pelvic floor muscular pain, ejaculatory pain and ringing in the ears sought chiropractic care for the relief of pain and associated symptoms.

The patient had 41 office visits and received an adjustment by hand or instrument on 38 of these visits. Upon X-ray re-examination, the patient's spinal curves had improved. Subjectively, the patient reported “much improvement” in the pelvic floor pain, with both the ejaculatory pain and the ringing in the ears described as “totally better.” (3)

**Asthma in a six-year-old.** A 6-year-old boy had a four-year history of asthma, suffering from nightly attacks. He was taking Flovent™, Albuterol™, Orapred™ and Flonase™. Chiropractic analysis revealed subluxations in his cervical, thoracic and lumbar spinal regions and in his sacroiliac joint region?



The child had chiropractic care three times per week and was re-examined every 30 days. On re-evaluation, his mother reported continued decrease in medications and improved sleep. (4)

**100% disabled before chiropractic care.** A U.S. military veteran had been suffering from severe low back and neck pain for the past 12 years. Due to his pain he was considered 100% disabled by the Veterans Affairs Medical Center.



During his six months of care the patient was continually re-evaluated as care progressed. The patient's Lumbar Oswestry, Neck Disability Index, vitals, range of motion, orthopedic and neurological findings all improved under care. By this time, the patient was able to walk without assistance and regained the ability to perform many activities of daily living. (5)



**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.

## REFERENCES

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