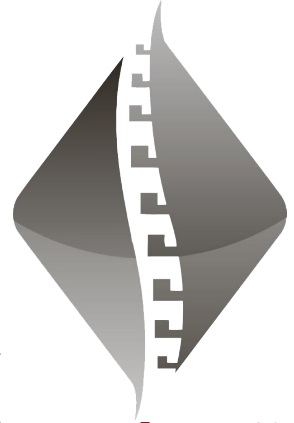


VANDAM CHIROPRACTIC



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SMART GOALS - HOW TO MAKE YOUR GOALS ACHIEVABLE

A good portion of people make resolutions at the start of every year. But what's the best way to make your goals achievable?

Setting SMART goals means you can clarify your ideas, focus your efforts, use your time and resources productively, and increase your chances of achieving what you want in life.

What are SMART goals and how can you use them to achieve your objectives?



What Does SMART Mean?

SMART is an acronym that you can use to guide your goal setting.

Its criteria are commonly attributed to Peter Drucker's Management by Objectives concept. The first known use of the term occurs in the November 1981 issue of Management Review by George T. Doran. Since then, Professor Robert S. Rubin (Saint Louis University)

wrote about SMART in an article for The Society for Industrial and Organizational Psychology. He stated that SMART has come to mean different things to different people, as shown below.

To make sure your goals are clear and reachable, each one should be:

- S**pecific (simple, sensible, significant).
- M**easurable (meaningful, motivating).
- A**chievable (agreed, attainable).
- R**elevant (reasonable, realistic and resourced, results-based).
- T**ime bound (time-based, time limited, time/cost limited, timely, time-sensitive).

Professor Rubin also notes that the definition of the SMART acronym may need updating to reflect the importance of efficacy and feedback. However, some authors have expanded it to include extra focus areas; SMARTER, for example, includes Evaluated and Reviewed.

Benefits and Drawbacks

SMART is an effective tool that provides the clarity, focus and motivation you need to achieve your goals. It can also improve your ability to reach them by encouraging you to define your objectives and set a completion date. SMART goals are also easy to use by anyone, anywhere, without the need for specialist tools or training.

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CHIROPRACTIC Q & A:

Question:

What Do Doctors of Chiropractic Do?

Answer:



Doctors of chiropractic promote physical and emotional wellbeing. Chiropractic has become the largest natural, drug-free healthcare system in the US (and world) because chiropractors perform a unique

service. Doctors of chiropractic are able to locate and correct subluxations, a condition that damages nerves, muscles, fascia, meninges and other tissues. Subluxations cause joints to “freeze” or lose normal movement, causing damage to the involved area.

Subluxations cause imbalance, weakness, pain, inflammation, abnormal body function – and much more.

Under chiropractic care your head is more balanced, your hips and shoulders are more level and stress is taken off the joints and muscles throughout your body. Because less of your energy goes into supporting an unbalanced spine and skeleton, you may immediately discover more energy, greater ease in movement and improved relaxation.

A healthy spine and structural system can make the difference between a life of pain, suffering and disability and one of ease, healing, happiness and freedom. Subluxations may be caused by stress that overwhelms us. For that reason, it is important to see your chiropractor to be “de-stressed” periodically. Why wait? Come in before it causes damage. And bring your family so everyone can enjoy a healthier holiday season and New Year.

NUTRITION & ACUPUNCTURE

Nutrition Counseling

Patients looking for faster healing and better overall health often ask about what vitamins and nutritional needs are necessary. The doctor provides answers to their questions and suggestions for proper nutritional health. He may recommend supplements when it is necessary. Recommendations may be made utilizing products that patients are already taking but are taking the incorrect amount for their stage in life. From infants to the elderly we want to provide you with the answers you need to live a healthier, happier and energetic life.



Acupuncture

Acupuncture, simply stated, is a health science which is used to successfully treat both pain and dysfunction in the body. The pain and dysfunction may be caused by an imbalance in the body's systems. The imbalances may be due to: Physical stressors e.g. (chronic pain and multiple injury), emotional imbalance related to chronic stress e.g. (death of a close friend or relative, work responsibilities, family problems etc.), and/or chemical imbalance e.g. addiction or long term use of nicotine, alcohol, OTC or prescription drugs etc.) Some historians have stated “more people have benefited from Acupuncture over the course of fifty centuries than the combined total of all other healing sciences, both ancient and modern”. (2)



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

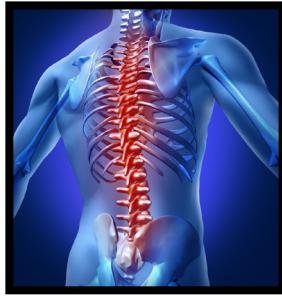
As a special thank-you, if you refer someone to Van Dam Chiropractic and they put down your name as the referral Dr. Van Dam will send out a \$10 GIFT CARD TO STARBUCKS
We know there are a lot of choices of doctors for your healthcare and we thank-you for choosing us.

2018
Happy New Year

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.

Multiple Sclerosis (MS) and chiropractic. A 39-year-old wheelchair bound woman with a 20-year history of MS wished to begin chiropractic care. MRI confirmed her diagnosis revealing that she had multiple brain lesions. The patient had been under medical care and was experiencing increased disability with multiple movement and sensory deficits. She also had pain, visual loss and inability to walk.

Vertebral subluxations were located. X-ray and other analysis revealed C2 and C3 (upper neck) subluxations. Chiropractic adjustments were given only at the C2 vertebral segment level. The patient's care plan was over 18-36 months.

A follow-up MRI revealed no active plaques in her brain. Concurrently she experienced decreased multiple sclerosis symptoms. She had improved function that included the ability to walk. (3)

Breech delivery turned with chiropractic. A 38-year-old woman pregnant with twins began chiropractic care in her 30th week of pregnancy. The twins were breech, in a “footling” presentation.



Over a two-week period, she received five chiropractic visits that included correction of a sacral subluxation, following the principles of the Webster Technique. Both turned to normal vertex presentation and the woman was able to have a successful vaginal birth of the twins without medication. (4)

Resolution of blindness in an 18-year-old. An 18-year-old woman was complaining of migraines; seizures; mid-back, neck and low back pain; shoulder pain and numbness and tingling in both arms and into her left leg and foot. She had suffered a stroke four years prior and had brain surgery. Immediately following the surgery, she reported blurry vision and a loss of the lateral portion of the visual field of her left eye which continued to diminish before becoming completely blind. She suffered from migraines and seizures as well.



Immediately after the adjustment was given the patient reported seeing “sparkles” in the left eye. She was left to rest on the table. After approximately 15 minutes of rest, the patient experienced a full resolution of the vision loss in her left eye.

After 11 weeks care her eyesight was still intact and her migraines and seizures reduced in frequency and severity. Her neck and back pain resolved and her arm and foot symptoms continue to improve. (5)

DID YOU KNOW?

- 11% of people are left handed
- August has the highest percentage of births
- Unless food is mixed with saliva you can't taste it
- The average person falls asleep in 7 minutes
- Lemons contain more sugar than strawberries (6)

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