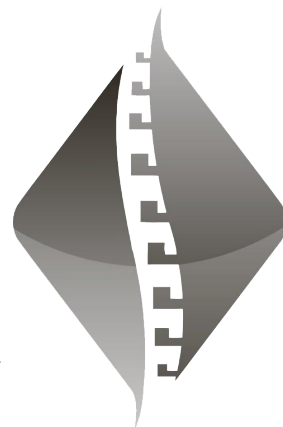


VAN DAM CHIROPRACTIC

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April 2018

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NOURISHING TRADITIONS

We have heard about “dangerous” cholesterol for years, but cholesterol is essential for proper brain function, energetic muscles, a strong immune system and even a long, healthy life. Cholesterol is so important it is made by nearly every cell in your body. In fact, recent studies reveal that the higher the cholesterol level in the elderly, the longer they live! (1-2) High cholesterol has repeatedly been shown not to cause heart attacks or cardiovascular disease.

If a person’s cholesterol is higher than average that is a sign that there is inflammation somewhere in the body. Inflammation is associated with cancer, heart disease, arthritis, diabetes – in fact all the “diseases of civilization.”

Cholesterol is anti-inflammatory; it fights inflammation. Cholesterol molecules are like firemen in your body – they help put out the fire of inflammation. If you see high cholesterol you should put out the fire (the inflammation), not shoot the firemen.

What can cause elevated cholesterol? Stress – physical, chemical and emotional stress – such as dental infections, subluxations, toxicity and an unhealthy diet full of bad oils, poor quality fats, refined foods, sugar, high fructose corn syrup, etc.

Because your body needs cholesterol to work properly, if you eat a “low-cholesterol” diet your cells will simply make more cholesterol to keep your amount at a

healthy level.

That is why cholesterol-lowering drugs that interfere with cholesterol synthesis, cause muscle pain, cancer, dementia,

suicide, depression and paradoxically, sudden heart death! In addition, cholesterol-lowering drugs don’t get to the cause of inflammation; they are suppressing a beneficial symptom.



Do your heart, brain, nerves and muscles a favor and enjoy cholesterol. Include lots of healthy fats in your diet such as butter; coconut, olive and avocado oils; lard, tallow (beef fat), chicken fat and duck fat to fight inflammation. Just as importantly avoid unhealthy fats such as vegetable oils like canola, soy, corn, cottonseed, safflower, peanut and other unnatural oils. Especially stay away from trans-fats and hydrogenated fats such as Crisco™ and margarine and fake butter “spreads.” They are a “heart attack in a can.”

Great information about cholesterol, good fats and bad fats can be found at www.westonaprice.org. For example, type “cholesterol” in the search engine and see what comes up.

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CHIROPRACTIC Q & A:

Question:

If I'm feeling fine do I really need a chiropractor?

Answer: More than ever! Why?

By the time a person has symptoms they may have been in a weakened, dis-ease state for a long time. Don't wait until you have serious symptoms; chiropractic can locate hidden blockages or interferences to proper function (subluxations) now before they become more obvious and painful or disturbing later.

It's sometimes helpful to think of chiropractic as you would dental care. For example, you may have dental cavities, an infected root canal or other dental infections and yet you may feel no pain. All the while, there is a problem silently festering, sometimes for years, that may be affecting your entire body and can ultimately ruin your health. You get your teeth checked periodically – what about your spine and structural system? That's where chiropractic comes in.

You can also think of chiropractic care as similar to good nutrition – always important to maintain good health and absolutely necessary if a person has a health problem.

Want to make sure you are healthy? Visit your chiropractor for a checkup on a regular basis.

So even though you might be feeling fine you may be carrying in your body serious stress causing dis-ease preventing you from functioning at your potential.

So, do you really need to come in for chiropractic care if you aren't in pain or suffering from a disease? Absolutely. Don't wait until there is long-standing stress and possible damage. Make an appointment today.

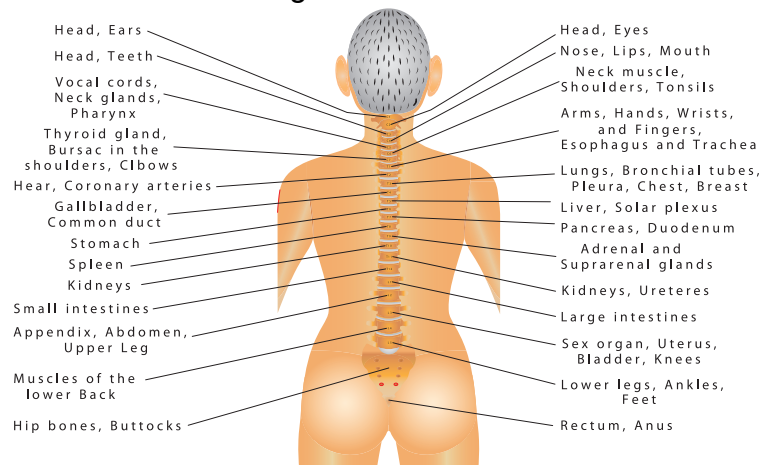
PS. Tell your friends too!

HOW DO ADULTS BENEFIT FROM CHIROPRACTIC CARE?

Let us count the ways. Physical, emotional and chemical stresses accumulate as we age. Every system in our body needs energy, and stress interferes with the flow of energy. Our ability to heal, to grow and to repair is diminished. We age faster than we should and dis-ease (body malfunction) eventually causes

disease.

For improved function of your immune, digestive, eliminative, cardiovascular and other systems, your body needs unobstructed communications. You need to reverse the damage stress causes.



That's why, for a healthier life, chiropractic care for everyone is absolutely essential. Chiropractic helps people live free of obstructions caused by subluxations – structural distortions that interfere with internal nerve communication and energy flow. Study after study shows how important a subluxation-free body is to your health. And the millions of chiropractic patients over a hundred years prove it works. No matter what the named disease or condition a person may be diagnosed with, a subluxation-free body is essential. (1-5).

For that reason, you and your loved ones need periodic chiropractic checkups and adjustments. Everyone,

Happy Easter!
HE IS RISEN INDEED!

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.

Adolescent idiopathic scoliosis (AIS). A 21-year-old woman began chiropractic care complaining of low back pain and of radiating numbness into her legs and feet. X-ray and other analysis revealed a left-sided scoliosis (her spine was twisted to the left) plus an exaggerated mid-back (thoracic) and lower back (lumbar) curve.

She was analyzed for subluxations. Her chiropractic care addressed and corrected her subluxations and over a period of five months of care (a total of 62 visits) her left-leaning scoliosis reduced from 20° to 12.5°. Additionally, her mid-back curve reduced from 63° to 40° and her low-back curve reduced from 70° to 65°.



By seven months of care she experienced improvement of over 50% in well-being and a 50% reduction of her physical complaints. (6)

Crohn's disease and chiropractic. A 60-year-old man diagnosed with Crohn's disease was suffering from abdominal pain and cramping, stiffness all over his body, diarrhea and a generalized feeling of sickness and malaise. His symptoms had begun six years prior and developed gradually.

When he began chiropractic care, he was taking multiple medications for his condition that he felt were not helping. He was unable to go more than one hour without experiencing symptoms.

Chiropractic examination revealed subluxations at multiple levels as well as a poor diet. Subluxation-centered chiropractic care was initiated and his diet was addressed to restore proper intestinal

gut flora. The patient reported immediate relief following his first and second adjustments with complete resolution of Crohn's disease over the course of care. He was able to stop taking all medications after nine months of care. The patient's complete remission was confirmed by his endocrinologist. (7)



Fainting. A 57-year-old woman complaining of sudden blackouts (fainting) was diagnosed with “vasovagal syncope” (VVS), a sudden, brief, temporary loss of consciousness (LOC).

She also had constant neck pain primarily on the right and inability to turn her head fully to the right.

She had tried prescribed medication and her MD recommended surgically implanting a pacemaker to regulate her nerve function. She refused.

Chiropractic examination and X-ray analysis revealed vertebral subluxations of the upper neck or cervical vertebrae (C1 and C2).

Her VVS completely disappeared and never returned after her first visit. By her fourth visit her neck pain and limited range of motion greatly diminished. (8)

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