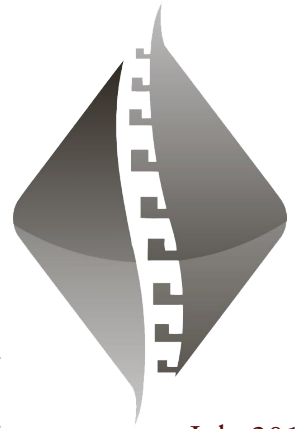


VANDAM CHIROPRACTIC



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July 2018

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THE WORLD CUP AND CHIROPRACTIC CARE

The 2018 FIFA World Cup is upon us and some of the greatest athletes will compete in the most watched sporting event in the world. Soccer fans everywhere will be gathering to watch “the beautiful game” on the most exciting stage in sports.

For many of these athletes, in addition to their nutritional and sports training protocols, chiropractic care has played an important role in helping them achieve peak performance levels and as a part of their lifestyle. Many of the MLS players utilize chiropractic care and many of the teams have chiropractors that they work with directly. Dr. Monte Layton, for example, has been the official chiropractor of the Real Salt Lake since its inaugural season in 2005. Dr. Layton, like many other chiropractors, takes care of top athletes in many sports including PGA tour players, Olympians and the Utah Jazz.

Dr. Mike Foudy of Mission Viejo, CA, was the team chiropractor for the Women’s World Cup Championship Team in 1994. “All but one member of the team received regular chiropractic care during their training and on the days of their matches. Chiropractic adjustments balanced their spine, removed nerve pressure and optimized the function of their bodies. They felt like they healed quicker from injuries and that the care gave them a competitive edge.”

In 2015, Master’s Champion Jordan Spieth thanked his chiropractor during his Green Jacket speech.

Tom Brady and Sidney Crosby have been vocal advocates. Top athletes in nearly every sport have made chiropractic care a core part of training including NFL Hall of Famers and legends Jerry Rice, Emmitt Smith and Roger Craig to name a few.

As the team chiropractor for the Georgia State University Mens Soccer team and U-17 National Champion Alpharetta Ambush team, I was always inspired by the way athletes respond to the care. During a winning streak that led to a National Championship, our team received adjustments before and after the games. During tournament weekends, while the other teams were scrambling to change their lineups due to injuries, our team bounced back fast and brought an energetic advantage to field. The players and coaches agreed that chiropractic care helped the players compete at the highest level and avoid injuries.”



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CHIROPRACTIC Q & A:

Question:

How do infants benefit from chiropractic care?

Answer:

Chiropractic for infants? They have back pain? Infants need chiropractic care to ensure that the stress of labor and delivery hasn't damaged their spines and structural systems. In addition, nearly half of all babies have had a fall from a height (changing table, bed, etc.). Chiropractic helps ensure a baby has better resistance to disease and the ability to discharge toxins, and helps a baby who is ill return to health more quickly.

There are many case histories of chiropractic helping babies and children with asthma, colic, difficulty breastfeeding, ear infections, autism spectrum disorder, vision and hearing disorders, and neurological conditions. (2-5)



It doesn't matter what conditions you have – you need a healthy spine to maximize your healing potential. That's especially true if you are dealing with serious health concerns.

DID YOU KNOW?



Early chiropractors were arrested for practicing "medicine and surgery without a license" even though they performed neither medicine nor surgery. The medical profession had the laws written up to restrict all healing to MDs.

Chiropractors practiced in violation of these unfair state laws and were usually turned in to the district attorney's offices by local MDs. At times patients actually picketed the courthouse or juries would refuse to convict the chiropractor. However often chiropractors were fined and/or imprisoned. Chiropractors and the public lobbied for laws protecting the chiropractic profession

which were eventually passed in every state.

DD Palmer, the discoverer of chiropractic, was one of those who were jailed for giving spinal adjustments.

WHAT DO CHIROPRACTORS DO?

Chiropractors are specially trained in locating and correcting tiny distortions that interfere with energy and information traveling over your nervous system and body. These distortions, referred to as subluxations, can occur as a result of any kind of stress: physical, emotional or chemical (toxins, etc.).

The most important thing to remember is that most subluxations are painless. You may have many in your body and not know it.

Chiropractors spend thousands of hours learning how to locate and correct these health-damaging distortions in your body.

For a healthier pregnancy, infancy, childhood, adolescence and adulthood, keep your body free of subluxations: see your chiropractor for periodic checkups.



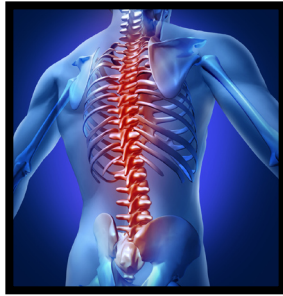
Van Dam Chiropractic would like to thank our patients for their many referrals of friends and family to our office.

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.

Colic and failure to thrive. A 3½-month-old girl with severe infantile colic, poor weight gain and breastfeeding difficulties was diagnosed with failure to thrive.

MDs prescribed Zantac®, Prevacid® and Kerafe® medications for acid reflux with no improvements. She was hospitalized for a few days due to weight lost early in the first month of her life.



She received eight chiropractic adjustments. The pediatrician at follow-up saw she had gained weight and referral to a gastrointestinal specialist was cancelled. (6)

Neck pain and arm tingling. A 28-year-old man came to the chiropractor's office with neck pain, right-hand numbness and nerve sensations that he had been suffering with for five months.

The chiropractic examination revealed a subluxation of the C1 (atlas) vertebra, as well as the C2 and C5 vertebra.

The patient received nine chiropractic adjustments over 1½ months. By the eighth visit he reported resolution of the neck pain and hand paresthesia. (7)

Infertility and back pain. A 30-year-old female nurse began chiropractic care. Her main complaint was infertility but she also reported headaches, low back pain (LBP) and middle back pain (MBP).

One year earlier she had been diagnosed with infertility. She was taking Clomid® (100mg throughout days 5-9 of her cycle) for infertility and was working with a midwife. She had also received previous chiropractic care.



The patient also demonstrated vertebral subluxations, a loss of all sagittal spinal curves and leg length inequality.

After 30 chiropractic visits she reported having conceived. Her care was reduced to a maintenance schedule of two times a month to keep her spine free from subluxations. She also reported decreases in all pain areas and an improvement in quality of life as noted on several indices of the SF-36. (8)



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