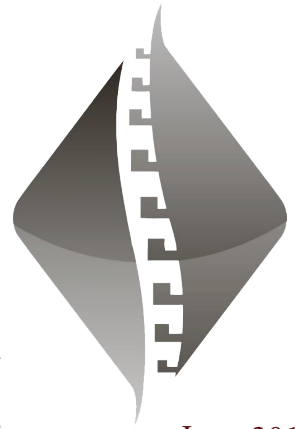


# VANDAM CHIROPRACTIC



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## CHIROPRACTIC AND STRESS

Life is full of ups and downs that are stressful. Even good events such as marriage, the birth of a child, buying a home, family reunions, vacations and many other joyful activities register quite high on the stress meter – as high in stress as when really bad things happen.

The difference is whether you hold on to your physical and emotional stress or you let your stress go once the event is over. If you had a bad event (getting fired, losing a big game, a bad relationship) it's totally understandable that you experienced a lot of stress.



But if you always carry around the hurt (stress) then it's chronic stress and that ultimately wears you down.

If only the good feelings, the happy events, the exciting times stayed! But we're not supposed to be high all the time, that too would be draining! We're not meant to be on highs and lows all the time.

Many people are walking around with lots of painful memories—layers and layers of emotional and physical

traumas they don't need to hold on to anymore. One of the powerful miracles of chiropractic care is that it interrupts painful stress responses. Sometimes a chiropractic adjustment is referred to as a "pattern interrupt." That is, the memory may continue to exist but it doesn't eat you up inside. Technically speaking, you are no longer somaticizing your emotional stress. This frees up energy for healing and happiness.

When chiropractors address your body for subluxations, they are locating and ultimately releasing deep mind-body stress that can have powerful healing repercussions. The emotional benefits of chiropractic are so powerful that in the US alone many mental institutions were founded that used chiropractic care.

For that reason alone, everyone should have a periodic chiropractic checkup (and adjustment) in order to release stress that's burdening them and affecting their physical and mental health.

### IN THIS ISSUE:

Did you know that chiropractors used to run mental institutions because of the power of the adjustment? Yes, chiropractic is for much more than back problems; find out why.

Discover a special fluid in your brain, and more, in this issue.

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## CHIROPRACTIC Q & A:

### Question:

**Do chiropractors help more than back problems?**

### Answer:

Spend some time in a chiropractor's waiting room (such as ours) and you'll see people with lots of different problems coming in for care: babies with ear infections; kids with asthma; pregnant women wanting an easier labor and delivery; people with colds, flu, digestive issues, headaches and migraines, menstrual problems, fertility problems, elimination problems, hearing and vision problems and of course, back, neck, arm, leg, shoulder, hip and other pains.

Why? It's because the nerves that come from the spine go to all your internal organs and if there is a blockage where the nerves emit in the spine (a subluxation) it can and often does affect the function of the organs, and even the function of the entire body.

It's understandable that people think that chiropractors are "back doctors" because they work on the spine, but chiropractic care is for the whole person and chiropractors work on the entire body – they just do it through the spine because that's where many health-damaging subluxations appear.

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

## DID YOU KNOW?



Your brain has a special fluid circulating inside it called cerebrospinal fluid (CSF). Lots of veins and arteries in your brain are filled with blood yet there are special cavities and passageways in your brain and spinal cord filled with CSF.

What is CSF? It's like your blood plasma – that is, blood without the red blood cells. It does amazing things. For one thing the CSF helps your brain pulsate and that is reflected in the pulsing of your skull (cranial)

bones that creates a wave-like motion 8-12 times per minute. (1)

Other things your CSF does:

- Temperature control (brain anti-freeze)
- Waste removal
- Nutrition
- Creates cranial bone motion and brain (dural) tension
- Protective barrier against trauma
- Chemical buffer against toxins
- Gives the brain buoyancy, physical and chemical support

Chiropractic adjustments, by releasing stress on the structural system, help promote the unobstructed flow of CSF through the brain and spinal cord.



- I just read that 4,153,237 people got married last year. Not to cause any trouble but shouldn't that be an even number?
- Today a man knocked on my door and asked for a small donation towards the local swimming pool. I gave him a glass of water.
- If I had a dollar for every girl that found me unattractive, they would eventually find me attractive.
- I find it ironic that the colors red, white, and blue stand for freedom until they are flashing behind you.
- A recent study has found that women who carry a little extra weight, live longer than the men who mention it.

**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.

**Woman with 20 years of pain.** A 75-year-old woman was suffering from neck and shoulder pain for over 20 years. In addition, she had insomnia, intermittent low back pain and moderate spinal degeneration (as seen on X-ray). She was taking codeine on a regular basis.

Spinal subluxations were located and corrected. She had improved mobility, less physical pain and reported improved quality of life. (2)

**Asthma, insomnia, headaches and other disorders in a 9-year-old child.** A 9-year-old boy diagnosed with asthma, insomnia, headaches, dizziness, neck pain, low back pain, stomachaches, constipation, diarrhea, allergies, eczema and ADHD entered a chiropractor's office. He had been under medical care throughout his life and had multiple visits to the emergency room.

Multiple levels of vertebral subluxation were found on examination and addressed or corrected.

All the child's problems, including asthma, insomnia, headaches, neck and back pain, allergies, ADHD, etc. resolved or greatly reduced. His medication reduced greatly and he had no more emergency room visits. (3)

**Autism.** A 10-year-old girl diagnosed with Autism Spectrum Disorder (ASD) complained of neck pain, low back pain and insomnia; in addition, she exhibited head banging and other uncontrolled behavior.

A total of 12 chiropractic adjustments were delivered to her occiput, C1, C2, sacrum, and coccyx over an eight-week period. When she first came to the clinic

she held herself in a protective position: taut and rigid. However, after an adjustment she became much more relaxed, her outbursts ceased, she was calmer and her sleep improved. (4)

**Ankylosing Spondylitis in a 38-year-old.** A 38-year-old man entered a chiropractor's office complaining of upper back pain, neck pain, left groin and bilateral buttock pain, right patella and right medial heel pain. Ten years prior, the patient sought medical consultation with a rheumatologist and was diagnosed with Reiter's Syndrome, which was later amended to Ankylosing Spondylitis (AS). He was told he'd continue to deteriorate over the years.

Medical care consisted of Pamidronate and Alendronate (prescription medications) that he had discontinued on his own.

The patient reported relief of all his pain symptoms, increased mobility and improved posture. He had 16 appointments for care over a one-year period with constant improvement. He continues care on a periodic basis. (5)



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