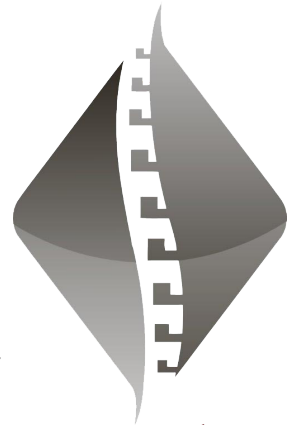


VANDAM CHIROPRACTIC



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November 2018

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HOW NUTRITION & CHIROPRACTIC GO HAND IN HAND

A lot of people don't think about the impact nutrition has on their overall physical health and wellness. But if you really sit down and think about it, it seems pretty clear that the foods you eat to nourish your body play a huge role in your health. When you receive chiropractic care, your chiropractor works with you to ensure you are doing what you can to support a healthy body, and nutrition is part of that. Here's what you should know about what you should be eating and how your chiropractor may be able to help!

YOUR DIET

If you're not eating foods that have enough of the nutrients your body needs, then it won't be performing at its best. You also won't feel all that great! When your body doesn't get what it needs, then it may begin to breakdown. This can manifest itself as inflammation, joint pain, and other health conditions.

YOUR CHIROPRACTOR

When you're receiving treatment from a chiropractor, you can maximize the benefits of your chiropractic treatments by taking care of your body in other ways, such as eating a healthy diet and practicing self-care.

You should make sure you're getting the best nutrition you can, that you're drinking enough water, and getting exercise and proper rest right along with your regular chiropractic visits if you want to be at your very best.

WHAT YOU SHOULD EAT

It's not always obvious to people what kinds of foods they should be eating in order to achieve optimal health. Your chiropractor happens to know a few things about nutrition from their training and can help you to understand the types of foods you should be eating.

VARIOUS FOODS HAVE DIFFERENT BENEFITS -- This includes:

Fresh vegetables – These foods include things like fresh spinach, carrots, peppers, cabbage, tomatoes, kale, and legumes. They are often high in fiber as well as vitamins and minerals your body needs to work at its very best. You need about nine servings a day.

Fresh fruit – Whatever is in season where you live is going to be best. Berries, pomegranates, grapes, and cherries are great options to help supply your body with antioxidants to keep your cells healthy.

Whole grains – Whole grains are important to supply your body with fiber and amino acids. Make sure you eat grains that aren't highly processed. (1)



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5 WAYS TO REDUCE HOLIDAY STRESS

The holiday season can be a stressful time of year. Extra stress can be particularly challenging for people with chronic pain conditions like fibromyalgia and migraine, since stress can exacerbate pain. If you suffer from chronic, here are five tips to help you manage your stress and pain levels during the holidays:

1. Set your priorities

There's a lot demanding your time and attention at this time of year. Don't feel pressured to do it all. Take a minute to think about which holiday activities mean the most to you, and focus on those.

2. Take time for yourself

With busy holiday schedules, people often forget to take breaks. Consider scheduling time for yourself to do something relaxing and enjoyable. Especially if the holidays are emotionally difficult of you, it's important to take care of yourself and seek support when needed.

3. Exercise

In addition to easing stress, exercise has been shown to reduce the frequency and duration of migraines, as well as lessen the pain and disability of fibromyalgia, sciatica, and whiplash. Exercise can also speed the recovery time of many pain conditions and injuries. Your chiropractor can help you find safe, effective ways to help you keep your energy level up.

4. Be mindful of your nutrition:

The holidays are full of food and drinking temptations. While it's okay to indulge yourself in moderation, over eating or eating from stress can make you feel worse in the end. Developing a healthy eating plan and getting adequate levels of vitamin C and Omega 3 fatty acids can help your body's response to stress. Your chiropractor can advise you on healthy eating habits and nutrition.

5. Chiropractic Adjustments:

Finally, chiropractic itself can help you manage your pain and stress level. In fact, a research study in 2010 showed that chiropractic adjustments helped reduce levels of cortisol, a stress hormone known to cause inflammation and irritation.

This holiday season, remember you don't need to suffer from pain and stress. (2)



MEXICAN QUINOA CASSEROLE

Taco Seasoning

1 T. chili powder
 1 ½ tsp. ground cumin
 ½ tsp. salt
 ¼ tsp ground black pepper
 ¼ tsp dried oregano
 ¼ tsp. garlic powder
 Pinch of cayenne pepper

Casserole

1 cup water
 ½ c. quinoa (rinsed)
 2 cups diced zucchini
 1 medium red bell pepper diced
 1 medium green (or yellow) bell pepper
 1 (14 oz) can black beans (drained and rinsed)
 ¼ c. sliced green onion
 1 cup prepared salsa (mild, medium or hot)
 1 cup shredded aged cheddar cheese
 1/3 c. sliced black olives
 sour cream (optional)

Combine all ingredients for the taco seasoning in a small bowl. Set aside. Bring water and quinoa to a boil in a small saucepan. Reduce to a simmer, cover and cook for 10 minutes. Turn the heat off and leave the covered saucepan on the burner for an additional 4 minutes. Remove the lid and fluff with a fork. Set aside.

Preheat the oven to 350 degrees, grease a 9×13 dish and spread zucchini and peppers in the bottom. Sprinkle with 1 tsp. of taco seasoning. Combine the beans and the cooked quinoa, green onion and 1 T. of taco seasoning and mix well. A small amount of taco seasoning will be left over, but it is not required for the recipe. Place the bean-quinoa mixture over the vegetables in the baking dish. Spread a layer of salsa on top of the quinoa mixture then top with the cheese and black olives. Bake for 25-30 minutes, until cheese has melted and the casserole is hot throughout. Serve immediately and top with sour cream if wanted. (3)

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.

Children, mothers and chiropractic. Chiropractic care is the most common complementary and alternative (CAM) intervention for children, with wellness care cited as the most common reason for care.

This study included five children (3 boys and 2 girls, ages 9-13) who were under chiropractic care since birth. In fact, all the mothers were under chiropractic care before, during and after they became pregnant.

All the mothers reported a decrease in symptoms such as low back pain, extremity numbness and generalized soreness while pregnant. Four of the children were born vaginally with no complications and one was delivered via an obstetrician-recommended cesarean section. All the children were either fully or partially vaccinated; all were breastfed.

The parents reported that their children experienced a higher level of health and quality of life than other children of the same age. (4)

Rib and low back pain in a 26-year-old. A 26-year-old man complaining of rib and low back pain began chiropractic care. Chiropractic analysis revealed subluxations and an unbalanced nervous system; the patient received 17 adjustments over a 10-month period and experienced a significant improvement upon his first post-examination at one month and second post-examination at 10 months of care.

In addition to his rib and low back pain relief, the patient

demonstrated long-term curve correction as well as improvement in his autonomic nervous system. (5)

An “immune-deficient” 5-year-old. A 5-year-old girl diagnosed as immuno-deficient with recurrent respiratory illnesses was brought in for chiropractic care.

Her history included a premature birth, birth trauma, torticollis, constipation, frequent ear infections, tympanostomy (ear) tubes, tonsillectomy and adenoidectomy.

Under chiropractic care her vertebral subluxations were immediately addressed and corrected. The mother reported a decrease in her daughters' respiratory illnesses and related symptoms and an increased ability to respond to infections more efficiently. She was able to stop all medication with only occasional use of an inhaler at night. (6)

**Ability is what you're capable of doing.
Motivation determines what you do.
Attitude determines how well you do it.**

— Lou Holtz

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.

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