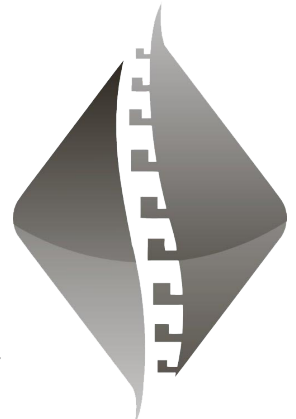


VANDAM CHIROPRACTIC



Dr. *Scott A.* VAN DAM

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1203 28th St. S - Fargo, ND 58103 - 701.532.5320 - vandamchiropractic.com

CHIROPRACTIC CARE AND YOUR IMMUNE SYSTEM

The nervous system and immune system are hardwired and work together to create optimal responses for the body to adapt and heal appropriately.

Chiropractic adjustments have been shown to boost the coordinated responses of the nervous system and immune system.

One of the most important studies showing the positive effect chiropractic care can have on the immune system and general health was performed by Ronald Pero, Ph.D., chief of cancer prevention research at New York's Preventive Medicine Institute and professor of medicine at New York University.



Dr. Pero measured the immune systems of people under chiropractic care as compared to those in the general population and those with cancer and other serious diseases.

In his initial three-year study of 107 individuals who had been under chiropractic care for five years or more, the **chiropractic patients were found to have a 200% greater immune competence** than people who had not received chiropractic care, and

400% greater immune competence than people with cancer and other serious diseases.

The immune system superiority of those under chiropractic care did not diminish with age.

Dr. Pero stated:

"When applied in a clinical framework, I have never seen a group other than this chiropractic group to experience a 200% increase over the normal patients. This is why it is so dramatically important. We have never seen such a positive improvement in a group"

Pero R. "Medical Researcher Excited By CBSRF Project Results." The Chiropractic Journal, August 1989 (1)



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CHIROPRACTIC Q & A:

Question: What is the most important area of the spine needing adjustment?

Answer: There is much discussion and debate about this. Many doctors hold that the top of the spine, the area immediately below the skull, the “upper cervical” (top of the neck/C-1) also known as the “sub-occipital” (base of the skull) is the most important area of the spine. That is because a subluxation there can directly stress the brain and upper spinal cord where millions of nerves may be affected. Indeed, many powerful healings have occurred when this area has been adjusted.

However (there always seems to be a “however” when it comes to the body), there are chiropractic researchers who claim the base of the spine, the sacrum, to be of paramount importance



because that area supports the spine. In addition, wrappings around the brain (meninges) anchor to the lower spinal area. Indeed, many powerful healings have occurred when this area has been adjusted.

What is correct? In all probability, both are! Everyone is different and each person needs to be evaluated for their individual needs. For some people the upper spinal/sub-occipital area needs correction, for others the sacrum or base of the spine needs correction. For others both areas need to be addressed.

CHIROPRACTIC FOR DOGS & CATS?

Sure! Why not? Of course, chiropractic is for dogs and cats. After all, animals that have spines can have subluxations that chiropractors can correct – to the benefit of all creatures with spinal columns.

In fact, since chiropractic’s inception in the American Midwest (Davenport, Iowa) in 1895, Doctors of Chiropractic have had many different kinds of four-legged patients: dogs, cats, horses, sheep, goats, cows, bulls, etc.

Chiropractors have taken care of championship race horses, expensive show animals and everyday dogs

and house cats. It’s a shame that many people don’t know about “animal chiropractic” so in this issue we have highlighted a recent chiropractic animal adjustment case study.

A 14-year-old female Boston terrier was brought in for chiropractic care, referred from a veterinarian. The dog had constipation for six days, constant drinking (polydipsia), generalized weakness, a history of impacted anal glands, dry skin and obesity (46.10 lbs.). The dog had been prescribed a non-steroidal anti-inflammatory drug as well as Chinese medicines. There was no change in her condition.



She was brought in to the chiropractic clinic in a wagon because she was unable to walk by herself. She had to be lifted out of the wagon and placed on the floor. And was unable to even stand without her hind limbs collapsing.

Subluxations were found in the upper neck, mid-back, lower back and sacrum. Immediately after the adjustment the dog could stand and walk a couple of steps without assistance, was taken outside and had a large bowel movement. By her second visit she was healthier than she had been in years. (2)

RESOLUTION OF INFERTILITY & CHIROPRACTIC CARE

It’s common for people to visit their chiropractor for problem A and then discover that problems B, C, D and E also have resolved. That’s because the purpose of chiropractic is to free the body from subluxations. With corrected or reduced subluxation stress, all aspects of a person’s physiology may improve.

This paper reports the case of a 32-year-old woman with a history of infertility who presented for chiropractic care for help with abdominal, neck and head pain.

She received only two adjustments over a six-week period after which she reported she was pregnant. (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.

Enuresis, constipation & dysautonomia in a 9-year-old child. A 9-year-old child suffering from chronic constipation and day and night time bedwetting (enuresis) began chiropractic care for management of subluxations.

Postural abnormalities, vertebral subluxations and nervous system imbalance (dysautonomia) were found upon examination.

The child received adjustments to the upper cervical spine (C1 vertebra) and to the sacrum over a 7-month period. After receiving the first adjustment the parent was thrilled to report that her child had multiple bowel movements as well as cessation of enuresis for three consecutive nights.

The patient continued to report no daytime or nighttime loss of urine control as well as one to two bowel movements per day after receiving specific chiropractic care. (4).

Increased telomere length, neck and mid-back pain, and quality of life. A 35-year-old woman, an elementary school teacher, had been suffering from chronic neck and mid-back pain for 5 years following a motor vehicle collision. She also suffered from nocturnal polyuria (frequent urination at night).

Chiropractic examination revealed a forward head posture and loss of normal neck curve consistent with subluxations. Quality of life measures were determined by the Short-Form 36 health survey, and heart rate

variability was measured.

After 36 visits, she reported improvement in her nocturnal polyuria, neck and mid-back pain and quality of life. X-rays showed correction of her neck curve (cervical lordosis) and forward head posture. A blood test showed significant improvement in patient telomere length and heart rate variability improved from a health risk to within normal limits.



Telomere length? Telomeres are parts of our genes that shorten with each cell division; at a critical length, the cell stops dividing or dies. Increasing telomere length can indicate reversal of aging and increase of life span. (5)

HAPPY HALLOWEEN!

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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