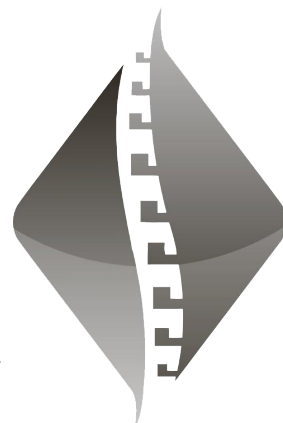


# VAN DAM CHIROPRACTIC

Dr. *Scott A.* VAN DAM



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

## COLDS, FLU & CHIROPRACTIC

Chiropractic for the flu and common cold? Absolutely! "But isn't chiropractic just for backs?" we hear you ask. Chiropractic is for the entire body. Many people seeing chiropractors for pain find a general improvement in their health that includes fewer and less severe colds, flu and other respiratory problems.

### What Causes the Common Cold?

It's not just germs. For germs to grow in you, you must first be fertile soil. For example, cold viruses were placed on the mucous lining of the nose in test subjects, yet only 12% got a cold. (1) Obviously, there is more to the cold than germs. For that reason, chiropractic doesn't "treat" the common cold. It does, however, help awaken your inner healer, your natural resistance – the only "cure." Natural resistance is the only reason why your cold goes away rather than lasts for weeks, months, years or your entire lifetime!

Chiropractic helps raise your natural resistance to disease by removing a serious interference to your proper body function: subluxations, permitting your body's natural resistance to disease (immunity) to function at greater efficiency.

There are numerous case histories of chronic cold and flu sufferers having less or no colds after chiropractic care. (2-4) If you want protection from colds and flu, see your chiropractor for natural healing and prevention!

### There Are Benefits to Getting Colds and Flu

It's been said that there can be no cure for the common cold because the common cold is the cure. This is nothing new or really unusual. This approach has been known for thousands of years. Hippocrates, the "father" of medicine wrote: "Diseases are crises of purification, of toxic elimination. Symptoms are the natural defenses of the body. We call them diseases, but in fact they are the cure of diseases."

Symptoms are defense mechanisms, helping us detoxify and destroy infection. An infectious disease leaves a healthier person in its wake. In one study, a history of common colds or influenza was associated with less stomach, colon, rectum, breast and ovarian cancer. (5)

Other researchers found that having two childhood viral infections reduces the coronary risk by 40%, four infections reduced it by 60% and six viral infections lowered the risk by 90%. (6)



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If you have a cold come in for chiropractic care. A chiropractic adjustment could make the difference between a quick recovery and a lingering illness. Especially do not interfere with your body's natural healing ability with drugs; permit the symptoms of colds and flu to take their natural course. Do everything to give comfort and build up your natural immunity (chiropractic, hydration, essential oils,

## CHIROPRACTIC Q & A

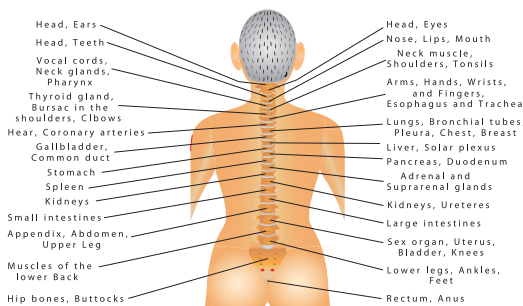
### Question:

#### How many nerves come out of your spine?

Answer: A lot. About 100 billion nerve cells (neurons) are in your spinal cord. Neurons are specialized cells that transmit and receive electrical impulses. They are like wires and can be as much as a few feet long or a fraction of an inch long. All 100 billion are packed into your spinal cord that is a little thicker than a pencil. Your spinal cord goes down your spine or backbone.

Your nerves inside the backbone branch off from your spinal cord and travel through little holes between your spinal bones (vertebra).

These nerves connect your brain to your heart, lungs, kidneys, muscles, intestines, glands and all your other body parts.



Your brain and nerves coordinate the function of all the organs in your body so you function as a whole – so your organs all communicate with each other and all your systems work together.

But if your nerves are stressed by your spine being out of proper alignment then you will have nerve interference; messages won't travel properly through your body. Chiropractors refer to this as a subluxation.

As a result of subluxations, your body won't be able to function at 100% efficiency and you'll suffer from disease: your resistance may be lowered; your muscles may not work properly; your balance, brain, vision,

hearing, digestion and hundreds of other things may be adversely affected.

Chiropractors are specially trained to locate and correct (adjust) subluxations. Come in for a checkup, and bring your family to make sure they are subluxation-free

## ARE THERE COINCIDENCES?

After September 11 one company invited the remaining members of other companies who had been decimated by the attack on the Twin Towers to share their available office space. At a morning meeting, the head of security told stories of why these people were alive; all "little" things:

- One person was late that day because his son started kindergarten.
- Another fellow was alive because it was his turn to bring donuts.
- One woman was late because her alarm clock didn't go off in time.
- One was late because of an auto accident on the turnpike.
- One of them missed his bus.
- One spilled food on her clothes and had to take time to change.
- One's car wouldn't start.
- One went back to answer the telephone.
- One had a child that dawdled and didn't get ready as soon as he should have.
- One couldn't get a taxi.
- One man put on a new pair of shoes that morning but developed a blister on his foot and stopped at a drugstore to buy a Band-Aid.

When we are stuck in traffic, miss an elevator, turn back to answer a ringing telephone ... all the little annoying things, perhaps this is exactly where God wants us to be at that very moment. So, the next time your morning seems to be going wrong, the children are slow getting dressed, you can't seem to find the car keys, you hit every traffic light, don't get mad or frustrated; God is at work watching over you.

*Merry Christmas*

## 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.

**Sleep apnea and chiropractic care.** Obstructive Sleep Apnea (OSA) is described as loud snoring, choking and awakening due to gasping that occurs especially during dreaming and may repeat all night. It is believed to be due to a loss of tone in the upper throat muscles. People with OSA have a greater chance of getting into car accidents (because of lack of sleep) and a greater risk of heart attack and stroke. CPCP therapy, placing a mask over the face, is a popular treatment (not a cure). Even throat surgery has been used.

In this case, a 51-year-old man suffering from OSA for eight years began chiropractic care. He began to see improvement after three visits and after 33 visits his OSA completely resolved. (7)

**Resolution of plagiocephaly in a 4-month-old male.** Plagiocephaly (Greek for oblique head) is a common skull deformity seen at birth in as many as 61% of deliveries. They are often the product of stress applied on the skull during difficult delivery associated with forceps or vacuum-assisted delivery.

Conventional treatment methods for plagiocephaly include and are not limited to skull-molding helmets, osteopathy, physical and positional therapy, botox injections into the muscles and surgery.

In this case, a 4-month old baby boy had plagiocephaly and in addition could barely move his neck. Chiropractic examination revealed subluxations at the upper neck (C1) and the sacrum. They were corrected. Improved

neck motion was observed immediately and the plagiocephaly completely resolved. (8)

**EACH STEP CREATES**

**3.5x**

**THE PERSON'S  
BODY WEIGHT  
WHILE RUNNING**

**WE CAN HELP**

ASK ABOUT FOOT LEVELERS ORTHOTICS

This means a  
person who weighs  
**160 lbs**  
will feel  
**560 lbs**  
of force while  
they're running.

**FOOT LEVELERS  
CUSTOM ORTHOTICS**  
help by using shock absorbing  
materials in the heel to help  
alleviate the force of heel strike.

**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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