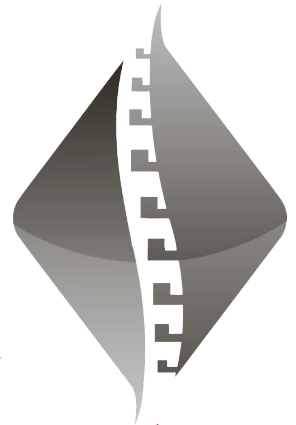


# VANDAM CHIROPRACTIC



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## HOW CHIROPRACTIC CARE CAN HELP TREAT A COLD & FLU

Your immune system is your primary defense against infection and your body has several strategies to ward off invaders. These include physical barriers like mucous membranes, the juices produced by your digestive track, and weapons such as a fever to wash your system of intruders. These weapons are effective as long as they work correctly. All too often, our bodies are not working at their optimal level. This compromises our immune system and leaves us vulnerable to illness. Your spine houses your nervous system which controls your immune system's response. Hundreds of years of observation have proven that chiropractic treatment improves immune function.

### Cold vs. Flu: What is The Difference?

It's important to know the differences between flu and cold symptoms. A cold is a milder respiratory illness than the flu. While cold symptoms can make you feel bad for a few days, flu symptoms can make you feel quite ill for several days or weeks. The flu can also result in serious health problems such as pneumonia and may lead to hospitalization. Typically, flu symptoms include fever, body aches, fatigue, and dry cough. Symptoms for the common cold are usually runny nose, congestion, and sneezing.



### High Risk Flu Patients

Children younger than 5 years of age and especially children younger than 2  
Adults 65 years of age and older  
Pregnant and postpartum women  
Residents of long-term care facilities  
Native Americans and Alaskan natives  
Patients with chronic disease or weakened immune system

### Viral vs. Bacterial Infection

As you might think, bacterial infections are caused by bacteria, and viral infections are caused by viruses. Perhaps the most important distinction between bacteria and viruses is that antibiotic drugs usually kill bacteria but aren't effective against viruses. Viruses hijack your normal cells and use them to multiply. Some common cold and flu viruses cannot be treated through the use of antibiotics. However, some common bacterial infections like strep throat and urinary tract infections can be treated with antibiotics. As antibiotic use has become widespread, some strains of bacteria are becoming antibiotic resistant. This poses certain risks and indicates that use should be limited. Some common infections like pneumonia, ear infections, and sinusitis can be bacterial or viral. Many people turn to over-the-counter medications to mask the symptoms of the cold and flu but these often come with side effects and may or may not relieve the symptoms.

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## The Lymphatic System, Central Nervous System, and Chiropractic Lymphatic System

Parts of these systems include tissues, organs, bone marrow, spleen, thymus, and lymph nodes that produce and store cells that fight infection and disease.

The channels that carry lymph are also part of this system. This system is a major and important part of the immune system, the lymph nodes of the body make immune cells to help fight infection. One of the characteristics of the central nervous system is the lack of a classical lymphatic drainage system. It is now accepted that the central nervous system (the brain and the spinal cord) is connected to the lymphatic system. This connection between the musculoskeletal system, central nervous system, and lymphatic system help explain how a chiropractic adjustment can improve the function of the immune system. The chiropractic adjustment removes subluxations in the spine, which occur when a vertebrae move out of position and can prevent proper communication within the central nervous system. (1)



## DID YOU KNOW?

### Which of your organs is the largest?

Is it your liver? Brain? Intestines? None of those – it's your skin! It's gigantic. Your skin includes everything that covers your body and that includes your hair and fingernails. Your skin is rather heavy – it accounts for about 16% of your entire body weight.

Even though it's heavy, it is very thin. At its thickest, the bottom of your feet, it is 1.5mm thick (as thick as a grain of rice). At the thinnest, your eyelids, its only 0.5mm.

We know you can recognize people from looking at their face; you can also recognize them from their liver, stomach lungs, heart, eyeballs, spine – our parts are unique. Every part of your body is like your fingerprints, unlike any other fingerprint in the world. Even identical twins have different fingerprints!

Speaking about fingerprints, they are not just useful to the police for identification. Fingerprints give your skin friction so you can pick things up and hold them.

Your skin is also a barrier to protect you from infection and also serves as a major waste disposal site – using sweating, rashes, boils, pustules and other yeechy mechanisms to keep you healthy and free from toxins.

Perhaps most amazing is that your skin completely renews itself every 27 days! Even during this complete change, your fingerprints remain the same. So, you can improve your looks by eating better, getting a massage, sitting in a sauna, fasting and cleansing, but it'll take about a month to see the difference. (2)



## CHIROPRACTIC Q & A:

### Question:

**Do you have to be in pain for chiropractic care?**

### Answer:

It's quite possible to have significant spinal damage and yet feel no pain. In fact, many of your nerves do not carry pain impulses – those nerves can be damaged or stressed by subluxations and you may not feel anything! And yet damage is still going on.

Over the years falls, accidents, sports, and sitting and working in a stressful position and even emotional stress can cause insidious spinal damage known as a subluxation. So yes, you should come in for a periodic spinal checkup. Don't wait until you are having serious health problems before you address your spine. Get a chiropractic checkup! And bring your family!



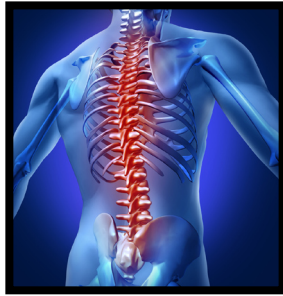
**Van Dam Chiropractic would like to thank our patients for their many referrals of friends and family to our office.**

**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.

**Bedwetting in 17-year-old.** A 17-year-old male presented for a chiropractic consultation and possible care with his parents. He was complaining of low back and upper back pain. The patient's pain complaint was attributed to sports injury from hockey. However, he mentioned that he also suffered from chronic nocturnal enuresis (bedwetting) since early childhood. When he would go to sleepover he would have to wear Pull-Ups® but they would soak through during the night.

Medical care and acupuncture were ineffective for addressing his bedwetting. He was cared for with various types of chiropractic techniques to reduce his vertebral subluxations – especially to C-1 (atlas), T-10 and sacrum.

After his 12th visit, he acknowledged that he did not have any wet nights since starting chiropractic care. He had a total of 24 visits over a four-month period. He was free of all his back pain by the 12th visit. (2)

**Seizures in a 15-month-old.** A 15-month-old male infant had a traumatic birth including Caesarean section and epidural. At six months of age he had his first seizure. He experienced another one eight months later and began to experience two to three seizures a week, each one lasting one to two minutes.

When the child was 15 months old his parents brought him in for chiropractic care. Chiropractic adjustments were directed at subluxations of the cranium and all areas



of the child's spine. The child had 17 visits over the period of eight months. The child's seizures completely resolved. (3)

**Dizziness, neck pain and headaches in a 44-year-old woman.** A 44-year-old woman with a three-year history of dizziness, neck pain and headaches, which began immediately after a motor vehicle accident, presented for chiropractic care. She was stopped at a red light and struck from behind. She suffered with vertebral subluxations, vertigo, facet syndrome with ligament sprain and tendon strain, as well as headaches. These are common whiplash symptoms.

Chiropractic care was used where indicated to correct the subluxations that were found. The patient was also advised to do balancing and vision exercises.

Her symptoms markedly decreased, including the frequency and duration of her vertigo with a significant improvement in balance measurements, in addition to the decrease in severity of her neck pain and headaches. The patient's frequency of vertigo went from a nightly occurrence, lasting anywhere from five minutes to three hours, to once a week lasting no more than five minutes. (4)



## REFERENCES

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