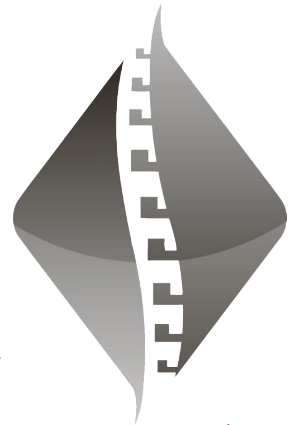


VAN DAM CHIROPRACTIC

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CAN WE REVERSE AGING?

Does getting old really have to mean getting frail and forgetful? Is that a reality or a bias?

Ellen Langer, Ph.D., a

Harvard psychologist, performed a fascinating experiment to find out.



This is what she did. She brought eight men in their 70s to stay in a converted monastery for five days. Unbeknownst to them when they passed through the doors they entered another time.

Everything inside—including the books on the shelves and the magazines left out to read—were designed to bring on the feeling of actually living in 1959—Perry Como and other singers came from a vintage radio. Ed Sullivan chatted away to his TV audience on a black-and-white television, and everything there was from 22 years ago.

They were also treated like they were younger. For example, when they arrived, they had to bring their things up to their rooms on their own, even if they could only carry one shirt at a time.

There were no mirrors in the house, so there was nothing to visually show them that they were elderly. Everything around them kept affirming that they were their younger, healthier selves.

After five days, they began to change: they all started acting, feeling and looking younger, physically and according to their body chemistry.

The men became flexible, had greater manual dexterity and even sat taller. Even more dramatic was that their vision improved and they looked younger. To the surprise of the researchers, a spontaneous touch-football game erupted among these formerly frail seniors while waiting for the bus to leave.

How does someone go from barely being able to put on their socks to hosting a dinner party, full of energy and interest in less than a week? How can a man enter a five-day experiment in a wheelchair and leave walking out with a cane?

When our brains think that we are younger, we become younger. We begin to experience life as younger versions of ourselves. This is more than positive thinking—it is an actual change in our biological reality. Imagine what would happen if YOUR brain saw a younger, healthier, stronger, more optimistic, inspired version of yourself in the mirror each morning? (1)

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CHIROPRACTIC Q & A:

Question:

Is it safe to have chiropractic care if I had back surgery?

Answer:

In most cases it is perfectly safe for a person who had spine and/or disc surgery to receive chiropractic care.

Since back surgery has such a high failure rate (see above), many people find that their pain and disability returns. In many cases their MD (usually an orthopedic surgeon) will recommend a second (even a third or a fourth!) operation.



Wait! Before rushing to surgery again, why not explore chiropractic care? While chiropractic is well known to help people with spine and disc problems avoid a back operation, what about people who have already had spine and/or disc surgery and are still suffering? Is it too late for them?

Happily, there is often help. Even if a person had prior spine surgery chiropractic may still help them! Here is one published case history as an example (this is one of many such examples):

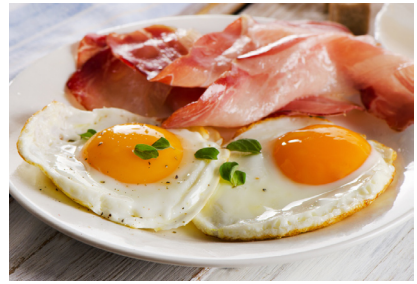
A 62-year-old woman suffering from constant low back pain following failed spinal surgery began chiropractic care. She was diagnosed as having “surgical syndrome” from an L5 disc operation that included fusion of L5-S1 (low back and sacrum). In fact, she had two such operations. The second operation was seven years after the first operation.

By the time she began chiropractic care she was taking 13 different medications!

Chiropractic examination revealed a 25.3° right scoliosis at T4-L3. She carried her head in front of her hips and her left hip was misaligned. She received two chiropractic adjustments each week for six weeks and then once per week for another six weeks. After the first 3 months of care her hips were balanced, her posture was improved, her scoliosis slightly improved, her back pain decreased and she had improved function and quality of life. (2)

NOURISHING FOODS

It's official – saturated fat is good. The Dietary Guidelines Advisory Committee recommends dropping limits on dietary cholesterol, citing “no appreciable relationship



between dietary cholesterol and serum cholesterol or clinical cardiovascular events in general populations.” Enjoy saturated fat, something our ancestors have known for hundreds of generations. (2)

There's more. A meta-analysis of 21 studies published in 2010 in the American Journal of Clinical Nutrition concluded: “consumption of saturated fat had no observable correlation to [stroke] and heart issues” after observing 347,747 people for 14 years. (3) The real cause of health problems – carbs. The authors write, “high carbohydrate intake was associated with higher risk of total mortality, whereas total fat and individual types of fat were related to lower total mortality.” (3)

Enjoy coconut oil, butter, cream, tallow and lard, replacing carbohydrates with these good quality fats. Especially avoid cooking with or eating foods made with vegetable oils including canola, soy, cottonseed, sunflower seed and others.

DID YOU KNOW?

- An airplane mechanic invented Slinky while he was playing with engine parts and realized the possible secondary use for the springs.
- Coconuts kill more people in the world than sharks do. Approximately 150 people are killed each year by falling coconuts.

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.

Ear infection in a one-year-old. Parents brought in their one-year-old infant who was suffering from chronic, recurrent ear infections; having had four bilateral ear infections in a period of six months. The ear infections interfered with the child's sleep and caused extreme irritation in the child's attitude. Medical care consisted of prescribed antibiotics.

Chiropractic spinal examination revealed multiple subluxations. The patient received a total of nine adjustments and the ear infections completely resolved. (4)



Irregular bowel movements in an eight-year-old. A young girl with a history of irregular bowel movements was brought in by her parents for chiropractic care. Previous attempts of altered potty training habits and stool softeners were unsuccessful in regulating her bowel movements.



Examination revealed vertebral subluxations that were periodically corrected. After two weeks of care the parents noticed initial improvements and after six weeks of care the fecal incontinence was resolved; the child was having no “accidents” for the first time in her life. (5)

Sciatic pain and hot flashes. A 57-year-old woman was suffering from right-sided sciatic nerve pain as well as approximately 10 hot flashes per day.

Chiropractic examination revealed upper cervical (upper neck) subluxations that were addressed. After receiving nine upper cervical adjustments over a period of six weeks, she reported complete resolution of hot flashes and improvement in sciatic pain. (6)



- Did you know that dolphins are so smart that within a few weeks of captivity, they can train people to stand on the very edge of the pool and throw fish to them?
- My therapist says I have a preoccupation with vengeance. We'll see about that.
- I think my neighbor is stalking me as she's been Googling my name on her computer. I saw it through my telescope last night.
- If you think nobody cares whether you're alive, try missing a couple of payments.
- My therapist said that my narcissism causes me to misread social situations. I'm pretty sure she was hitting on me.
- My 60-year kindergarten reunion is coming up soon and I'm worried about the 175 pounds I've gained since then.

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