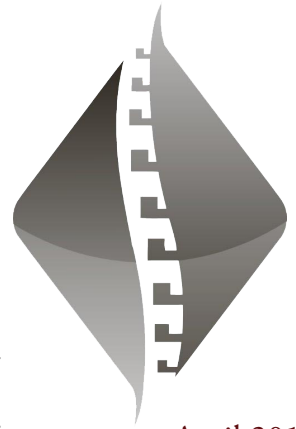


# VANDAM CHIROPRACTIC



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## WHAT IS HEALTH?

Chiropractic is a healthcare profession – a profession whose goal is to help you regain and maintain health. How does it do that? First, we need to explain what health is all about.



Health is your body functioning at 100% efficiency on every level. That means you have lots of energy, you can digest foods to obtain nutrients, your immune system is keeping you free from invaders and toxins, your muscles and joints are balanced and your brain is working to keep you awake, alive and happy and communicating with all your body parts.

Communication is important. Your brain sends nerve messages to coordinate the function of every muscle, gland, bone, joint and body part. Your body parts also send messages to your brain so everything knows how things are going.

Chiropractors have recognized a serious communication disorder that prevents your body from working at its optimum: subluxations. Subluxations are areas of spinal, structural and nervous system stress that interfere with your internal communications – interference between your brain, spinal cord and internal organs.

Without good communication, your body begins to malfunction. A subluxation undermines your health, interferes with your ability to function at your optimum and causes dis-ease or body malfunction. Chiropractors specialize in locating and correcting/adjusting subluxations. Subluxations are often painless – you and your children may have many and not know it – until disease symptoms occur. Make sure you and your family members (especially if they are pregnant) are functioning without subluxations. Come in for a fun, pain-less, drug-free chiropractic checkup.



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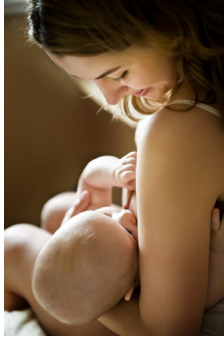
## CHIROPRACTIC Q & A:

### Question:

#### Why do chiropractors encourage breastfeeding?

### Answer:

Chiropractic is a natural healing art that recognizes the wisdom of nature. Nature makes a perfect food for baby for optimal brain and body development. It's called breast milk and the advantages over anything else are many.



### BENEFITS TO BABY:

- Breastfeeding protects against infections including meningitis, bacteremia, diarrhea, respiratory tract infection, necrotizing enterocolitis, otitis media, urinary tract infection and sepsis in pre-term infants.
- Breastfed babies have less Sudden Infant Death Syndrome (CRIB death).
- Breastfeeding is associated with better grades in high school.
- Breastfed babies have less diabetes, lymphoma, leukemia, Hodgkin disease, obesity and asthma.
- Breastfed babies show enhanced cognitive development.

### BENEFITS TO MOTHER:

- Decreased postpartum bleeding
- Faster return to pre-pregnancy weight
- Natural child spacing/family planning
- Decreased risk of breast and ovarian cancer
- Decreased risk of hip fractures and osteoporosis after menopause
- Women in their 60s who breastfed were 10% less likely to develop heart disease, high blood pressure and stroke. (1)

## NOURISHING FOODS

Diet Sodas and Juices Are Linked to Higher Stroke Risk, Study Says.

Researchers found that older women who drank more diet drinks had a higher risk of stroke and heart disease, as well as a higher risk of dying early from any cause, compared to women who drank fewer of the drinks.



Researchers studied data from more than 81,000 post-menopausal women. After an average follow-up of nearly 12 years, the scientists found that women who drank two or more artificially sweetened drinks a day had a 23% higher risk of having any type of stroke, and a 31% increased risk of having a stroke due to clotting in brain blood vessels, compared to women who reported drinking fewer than one beverage a week (or none at all). (2)

A Daily Diet Soda Habit May Be Linked to Dementia – Both Sugar- and Artificially Sweetened Drinks Might Have Negative Effects On The Brain

MRI scans and cognitive exams of about 4,000 people ages 30 and up found that people who consumed more than three sodas per week – or more than two sugary drinks of any type (soda, fruit juice, and other soft drinks) per day – were more likely to have memory problems, a smaller brain volume and a smaller hippocampus (an area of the brain used in learning and memory). Drinking at least one diet soda a day was associated with smaller brain volume, as well. (3)

## DID YOU KNOW?

Your tongue is an incredibly complex organ. You have about 10,000 different taste buds. Most of them are located on your tongue and they are completely replaced every 10-14 days.

But your ability to “taste” foods has nothing to do with your taste buds – your nose does the tasting.

It's true – the scent of food is carried to your brain through your nose which helps you to “taste” your food. Try holding your nose while eating and you'll know this is true.

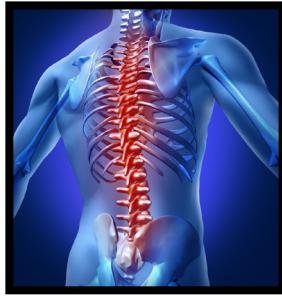
**Van Dam Chiropractic would like to thank our patients for their many referrals of friends and family to our office.**

**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.

**Intention tremor.** A 20-month-old boy was suffering from a shaky right hand. He was diagnosed with intention tremor (kinetic tremor) meaning that the tremor occurs while the arm is moving such as reaching for a toy or food. He also walked with his arms behind his torso and had speech delay.



The child was brought in for chiropractic care and his subluxations were addressed. The parents were told to do cross-crawl at-home exercises as part of the care plan.

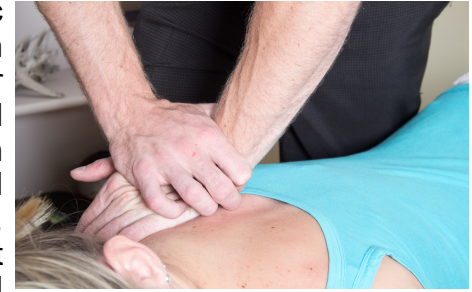
The frequency of his intention tremors significantly decreased and his parents reported a marked improvement in his co-ordination and appetite. Also, his energy levels increased and frequency of colds/ infections had improved. His parents noted that he was speaking in three-word sentences. (4)

**Non-epileptic seizures.** A 36-year-old woman who was diagnosed with a non-epileptic seizure disorder called chronic psychogenic nonepileptic seizures (PNES) began chiropractic care. She was suffering from tremors, loss of muscle control while staying conscious, dizziness, vertigo and fatigue as well as experiencing 6-10 full body convulsions every day lasting from twenty minutes to one hour!

She had been suffering from PNES for approximately six years. Her medical doctors prescribed drugs and

psychotherapy for her conditions but she continued to get worse. In desperation her MD referred her to a chiropractor.

The chiropractic examination found upper cervical vertebral subluxations with related postural and structural distortions. After her first adjustment she had



no symptoms for two days. She had three visits the first week and two per week for the next five months. After five months of chiropractic care she was completely symptom-free. (5)

## HUMOR

- Why isn't a fireman called a water-man?
- If money doesn't grow on trees, how come banks have branches?
- How come lipstick doesn't do what it says?
- Why are goods sent by ship called CARGO and those sent by truck SHIPMENT?
- Why is it called 'rush hour' when traffic moves at its slowest then?
- How come noses run and feet smell?
- Why do they call it a TV 'set' when there is only one?

**this will  
CRACK  
you up!**

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