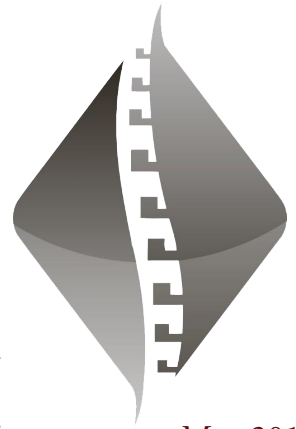


# VANDAM CHIROPRACTIC



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## NOURISHING FOODS

To keep your internal drugstore working you need your information channels functioning without subluxations and you also need good raw ingredients. With great nutrition, your internal pharmacy will create the best quality drugs.

There are many “superfoods” in nature. An excellent one for your body chemistry is coconut oil. In addition to having many nutrients that are good for many organs, especially your brain, cooking with and adding coconut oil to your foods will ensure that your internal pharmacy gets excellent raw materials to make the best drugs possible.

For example, coconut oil is shown to balance your hormones, aid detoxification, make your skin look younger, help you lose weight, control your appetite, increase muscle mass, combat yeast infections, protect your heart, manage diabetes, strengthen bones, maintain healthy teeth, fight (and prevent) kidney infections, fight inflammation, boost your immune system, protect against cancer as well as alleviate age-related cognitive deficits and neurodegenerative diseases such as Alzheimer’s



disease and Parkinson’s. (1)

In one study researchers found significant improvements in Alzheimer’s patients after 45 to 90 days of using coconut oil in the form of medium chain triglycerides (MCT oil). (2)

An easy way to use coconut oil is to add it to your morning coffee. A great recipe to keep you healthy and “well oiled” is to add one tablespoon of coconut oil and one tablespoon of organic, grass-fed butter or ghee to a big mug of coffee. The butter or ghee has its own special benefits. Now you put it in a blender and blend it up (it’ll taste like a latte). Add some stevia, monk fruit or other natural sweetener instead of sugar.

You can find some recipes at:

<https://www.thecookierookie.com/bulletproof-coffee-recipe/>.

Don’t like coffee? Use an herbal coffee substitute or tea. Check out these recipes at:

<https://www.theorganickitchen.org/bulletproofing-for-coffee-and-non-coffee-drinkers/>.



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## CHIROPRACTIC Q & A:

### Question:

**Can a chiropractor see things that I can't?**

### Answer:

**Yes!** When you see people walking down the street, do you notice if their shoes are pointed in the same direction or does one stick out or in more than the other? Do you notice if their heads are balanced front to back, side to side, on their necks?

Do you notice if one hand seems to be a little lower on the body than the other hand? Do you notice if one arm swings a little more than the other? If the hip swings more on one



side than the other when a person walks? If, when lying down, one leg appears shorter than the other?

These, and other seemingly minor differences are common and can be very important. Yet most people don't notice or appreciate them. But your chiropractor often notices them and sees the tremendous importance in body balance and symmetrical movement.

Now you know why top professional and Olympic athletes visit chiropractors – for better balance, coordination and movement plus more energy and efficiency of motion.

## WORLD'S GREATEST DRUGSTORE

What would the world's greatest drugstore be like? Well, it'll have every drug and chemical you need to live a long, healthy life, free of disease, pain and disability. The drugs from this drugstore would never have a side-effect. This drugstore would be open 24 hours a day, never close and be at your beck and call – delivery would be instantaneous. Also, all the drugs would be free. Well, such a drugstore does exist! It's your own body!

Yes, every drug and chemical you need to live a long and healthy life is made by your body, in the exact right amount, just when you need it, 24 hours a day.

Your body makes drugs (chemicals) to raise your

blood pressure and lower your blood pressure, relax you and make you hyper-vigilant (for example, when you are in danger); drugs to create inflammation and drugs to dissolve inflammation, painkillers and pleasure creators as powerful as heroin. Further, your body manufactures chemicals that create tumors and chemicals that dissolve tumors; chemicals to raise and lower your blood sugar; raise and lower your cholesterol and even ... drugs to make you hungry, to make you feel satiated, drugs to build up bone, drugs to break down bone, drugs to build muscle, drugs to break down muscle, drugs to stimulate you as well as drugs to depress you.

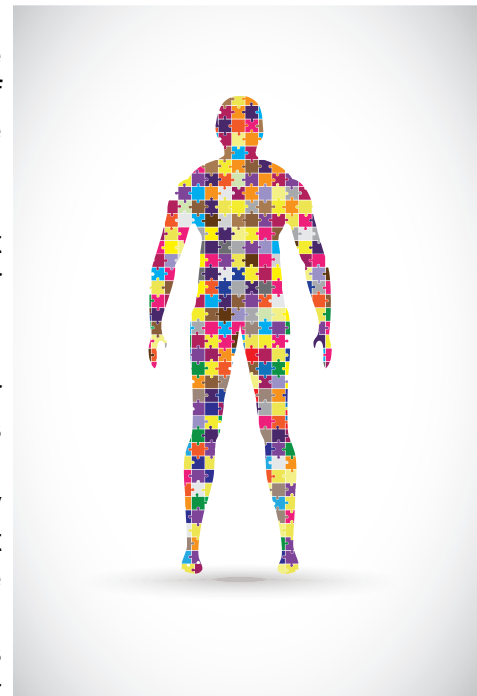
These drugs are perfectly designed for your unique needs, your unique genetic expression – and they have no side-effects or adverse reactions.

Further, these drugs are made in the exact right amount and delivered to the exact part of your body that needs them at the exact moment it needs them. Some of these drugs are unique to you – no one else has them. No man-made pharmacy can do that.

Yes, get your body working at its full potential and it'll provide you with all the drugs you need, in the right amount and tailored to your unique body – and all these drugs are natural and organic!

Chiropractic care, by correcting subluxations, helps to “wake up” your internal pharmacy so it will function close to its potential.

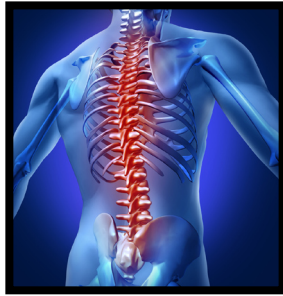
Subluxations are misalignments of your body structure that interfere with the energy and communication that travels over your brain, spinal cord and spinal nerves. Without proper communications your internal pharmacy may not get the right information to give you everything you need at a moment's notice in the exact amount.



## RESEARCH AND CHIROPRACTIC

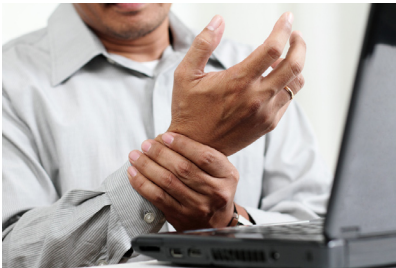
THERE SEEMS TO BE NO END TO THE CONDITIONS THAT RESPOND TO CHIROPRACTIC CARE – PHYSICAL AS WELL AS PSYCHOLOGICAL CONDITIONS.

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.

**Rheumatoid arthritis, headaches and neck pain.** A 59-year-old man suffering from headaches, neck pain, and rheumatoid arthritis began chiropractic care. Over a period of 10½ weeks he received eight chiropractic adjustments. He reported complete resolution of his headaches and neck pain following the first adjustment. In addition, his rheumatoid arthritis symptoms decreased to such an extent that he was able to discontinue his medication. (3)



**Posttraumatic epilepsy (PTE).** PTE sufferers have recurrent seizures following an injury to the brain. These injuries are often the result of a traumatic brain injury (TBI) or a brain operation.

A 19-year-old man was diagnosed with posttraumatic epilepsy. He had a traumatic brain injury six months prior to coming to a chiropractor's office.

His vertebral subluxations as revealed by X-ray were corrected. Almost immediately the frequency of his seizures began decreasing and then completely resolved. Additionally, the headaches and dizziness from which he suffered also improved. He remained seizure free in a 10-year follow-up. (4)

**Vaginal birth of twins after a caesarean (VBAC).** A 34-year-old woman 16 weeks pregnant with twin girls began chiropractic care. Her chief complaint was severe left sacroiliac, hip and buttock pain. She had been suffering for 3 weeks. She also mentioned that she wished to have a natural childbirth since having

had a pregnancy and caesarean birth two years prior.

Over a period of 19 weeks she received 18 adjustments. Her sacroiliac, hip and buttock pain abated and at 36 weeks' gestation, she successfully delivered twins via vaginal birth after caesarean (VBAC). (5)

## JUST THINK ABOUT IT...

- If poison expires, is it more poisonous or is it no longer poisonous?
- Which letter is silent in the word “Scent,” the S or the C?
- Do twins ever realize that one of them is unplanned?
- Why is the letter W, in English, called double U? Shouldn't it be called double V?
- Maybe oxygen is slowly killing you and It just takes 75-100 years to fully work.
- Every time you clean something, you just make something else dirty.
- The word “swims” upside-down is still “swims”
- 100 years ago everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses.

**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.**

## REFERENCES

1. Pérez-Guisado J, Muñoz-Serrano A. The effect of the Spanish Ketogenic Mediterranean Diet on nonalcoholic fatty liver disease: a pilot study. *J. Med Food.* 2011 Jul-Aug;14(7-8):677-680.
2. Henderson ST, Vogel JL, Barr LJ et al. Study of the ketogenic agent AC-1202 in mild to moderate Alzheimer's disease: a randomized, double-blind, placebo-controlled, multicenter trial. *Nutr Metab (Lond).* 2009 Aug 10;6:31.
3. Slagel J. Resolution of headaches & neck pain in a 59-year-old male with rheumatoid arthritis undergoing upper cervical chiropractic care: a case report. *Journal of Upper Cervical Chiropractic Research.* March 14, 2019:19-27.
4. Why is the letter W, in English, called double U? Shouldn't it be called double V?
5. Maybe oxygen is slowly killing you and It just takes 75-100 years to fully work.