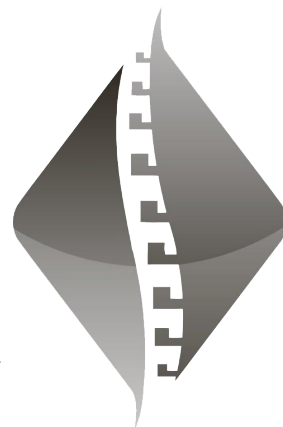


VAN DAM CHIROPRACTIC

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CHIROPRACTIC AND ALLERGIES

Your immune system keeps you 100% natural, organic, unadulterated you! It recognizes and destroys anything not supposed to be in you: bacteria, viri, pollutants, dust, pollen, drugs, tumor, and even artificial hearts and donor organs. (Metal and plastic, however don't trigger an immune reaction.)

The most common immune system disorder is the allergy. That occurs when the immune system overreacts to an allergen (dust, pollen, milk, dog or cat dander, strawberries, etc.) and produces too many neutralizing chemicals (especially histamines) to counteract it.

The Medical Approach

Because runny eyes, irritation, redness, fullness in the sinuses and other allergy symptoms are caused by chemicals we produce known as histamines, antihistamines are often prescribed to counteract the symptoms caused by histamines. However, antihistamines can cause serious heart problems and should not be used with alcohol, sedatives or tranquilizers. Antihistamines do not get to the cause, but only deal with the symptoms of allergies.

The Chiropractic Approach

The cause of the allergies, the over-acting immune system, needs to be addressed and that is why allergy sufferers have praised chiropractic care for over a century. The goal of chiropractic care is to locate and correct a serious type of spine and nervous

system stress called the vertebral subluxation complex (VSC). By releasing stress on the nervous system, chiropractic permits the immune system to function more effectively—something all allergy sufferers need. A nervous system with less stress improves immune system function.



One review of patients at a chiropractic college clinic found that pediatric patients commonly had complaints of allergy, ear infection, sinus problems, bedwetting, respiratory problems and gastrointestinal problems. Complete or substantial improvement occurred in 61.6%. (1)

Your nervous and immune systems are interrelated and the health of one affects the health of the other. For over a hundred years chiropractors have, by reducing the nervous system stress caused by vertebral subluxations, helped people adapt better to all the stresses in their environment, including those relating to allergies.

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DID YOU KNOW?

You can get more exercise in a 12-minute workout than in 90 minutes of exercise? It's called high intensity interval training (HIIT) and it's so simple – for 30-60 seconds you intensively run, or jump, or do something that makes your heart pump and your lungs heave. Then stop for a minute or two and do it again, a few times. So HIIT is made up of short, intense exercise with a recovery period.



CHIROPRACTIC Q & A:

Question: How can you tell you need a chiropractic visit?

Answer: There are many ways.

Some are obvious, some are not so obvious. Many people visit chiropractors because they are suffering, in pain or ill. Those are serious symptoms that you can't miss. Everyone who is expressing symptoms needs a body free from subluxations (spinal nerve stress).

But there are also subtle signs something is not quite right – that you have subluxations – and if addressed early, will prevent or mitigate serious symptoms.

These include:

- Can you turn your head more to one side than the other?
- Is one hip higher than the other?
- Is one shoulder higher than the other?
- Does one arm move out or up more than the other when walking?
- Does one foot flare out or in when walking?
- Is there a lack of energy?
- Are you unusually clumsy?

There are many other subtle body functions that chiropractors are trained to look for to determine if you need a chiropractic adjustment. Many are not painful – but they can ultimately wear down the body and create dis-ease or overall body malfunction that can lead to disease.



Some people “live with it” and hope their symptoms will go away. In many cases what we call disease are really disease symptoms. Rather than considering them as bad or something to get rid of, we should appreciate symptoms because symptoms are mechanisms the body uses to restore balance, detoxify and heal.

COOKING OIL

Commercial fats and vegetable oils such as corn, canola, margarine, soy, cottonseed, sunflower, Crisco™ and others (not olive or flax seed oil) are inexpensive compared to animal fats but are some of the worst things you can cook with or put on your salad.

Commercial vegetable oils are produced under high pressure and temperature and have been found to increase the growth rates of tumors. Vegetable oils are polyunsaturated fats (PUFAs) and are high in Omega 6 fatty acids. PUFAs are highly volatile and easily go rancid in the body. In this study it was found that PUFAs cause free radicals which inflame the cellular structures involved. Inflammation has been recognized as a cause of chronic illness such as cancer, heart disease, diabetes, arthritis, obesity and other conditions.



What should you use? The healthiest fats are the saturated fats such as butter, coconut oil, cream, ghee, tallow and lard. These oils and fats don't oxidize easily, and cause less inflammation and free radical formation in the body. They are also nourishing and help transport essential vitamins to all your cells. (2)

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.

Breech presentation and low back pain. A 31-year-old woman who was 25 weeks pregnant and was suffering with low back pain sought chiropractic care. An analysis discovered vertebral subluxations in her cervical (neck), thoracic (midback), lumbar (low back) and sacroiliac (hip) regions. In addition, the baby was in a breech position. After nine chiropractic visits, her low back pain completely resolved and the breech fetal position of the baby resolved (the baby turned to a vertex [normal] fetal position). (3)



Bell's Palsy. A 68-year-old man with drooping and paralysis of the left side of his face began chiropractic care. He was unable to close his eyelid, suffered from dry eye on the affected side and had difficulty eating, drinking and speaking. Previous medical care included prescription steroids and eye drops that were ineffective.

The patient had a total of four visits. By the third visit his face was 80-90% improved. After four visits, the patient's facial paralysis completely resolved. (2)

9-year-old boy with Asperger's Syndrome and anxiety disorder. A 9-year-old boy with Asperger's Syndrome presented for care with complaints of neck, midback and low back pain, stomach aches and anxiety.

He was seen once a week for two months. His neck,

midback and back pain resolved and there were improvements in his behavioral challenges as well. A month after beginning chiropractic care, the patient reported, “I had a GREAT day at school.” The patient's mother commented that, “This never happens.”

More improvements were measured by the Autism Treatment Evaluation Checklist and the PROMIS-25



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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