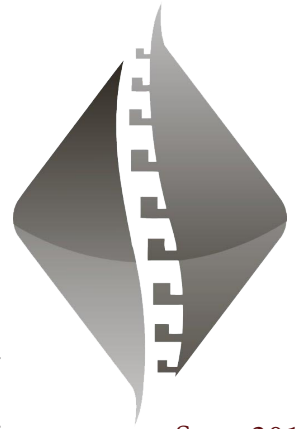


VAN DAM CHIROPRACTIC



Dr. *Scott A.* VAN DAM

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1203 28th St. S - Fargo, ND 58103 - 701.532.5320 - vandamchiropractic.com

THE MAGIC OF CHIROPRACTIC

The magic of the chiropractic adjustment

At the moment that you receive a chiropractic adjustment to correct your subluxations, hundreds, if not thousands, of your body functions and activities are affected. The flow of nerve impulses over your brain, spinal cord, spinal (and other) nerves to your internal organs and tissues is normalized, and your body begins to rebalance, renew and rebuild itself.

Many patients report a feeling of relaxation, or a warm soothing feeling in various parts of their bodies. Some feel very relaxed or energetic, or both! Most people find that the health conditions that brought them to their chiropractor soon begin to lessen. Some people however, may initially feel no difference. A person may initially feel muscle soreness or some other uncomfortable feeling after an adjustment.

What causes these reactions?

Some reactions are a detoxification; it's good to drink a lot of water afterwards. Sometimes weak, underused muscles may become sore for a brief period as they strengthen.

Old injuries that haven't healed completely may "reawaken" for more complete healing. Memories and feelings associated with the original injury may also come to the surface. This phenomenon is known as "retracing" and is part of the healing process.

Some people are in such good general health that

they may feel no difference, while others may feel no difference for the opposite reason – they are so ill or toxic that they have lost sensitivity to their body.

As you continue your care...

As you continue your care you may begin to notice:

- Better balance, smoother movement and more energy.
- Increased awareness of your spine and body stress.
- Increased ability to breathe more deeply.
- An increased desire to exercise, go for walks and play.

The most important benefits

The true benefits of the adjustment are usually found below the level of consciousness. It is when the nerve communication to the heart, lungs, joints, sexual organs, skin, eyes, ears and the brain itself are improved that the true benefits of chiropractic are experienced.



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CHIROPRACTIC Q & A:

Question: Are people under chiropractic care healthier?

Answer: Not only healthier but happier too! Making chiropractic care a regular part of your life will help you and your family on many levels. Keeping your spine and nervous system free of subluxations (nerve interference) is good for your brain, organs, and entire body and mind.

Studies reveal that people under chiropractic care experience wellness in many areas of their lives. For example, chiropractic patients in two studies reported improved physical and mental/emotional health, better ability to deal with stress and more life enjoyment. (1-2)

Another study revealed that chiropractic patients reported improved physical functioning, less bodily pain, improved general health, greater vitality, better social functioning and improved mental health. (3)

Chiropractic has been especially effective with improving the life of the elderly. In one study of people 75 years of age and older, those under chiropractic care enjoyed better overall health, fewer chronic conditions, less days in nursing homes and hospitals, more mobility and were less likely to use prescription drugs than non-chiropractic patients. 87% of chiropractic patients described their health as excellent compared to just 67.8% of non-chiropractic patients. (4)

3 WAYS OF AVOIDING SOCCER INJURIES WITH CHIROPRACTIC

Soccer is one of the most popular team sports in the United States, and offers an excellent form of exercise to children and adults alike. Unfortunately, the nature of the sport, the repeated movement and the chance of collision, add up to quite a few opportunities for injury.

Lower and upper extremity injuries, overuse injuries, and head, neck, and face injuries are commonplace. According to Stanford Children's Health, "88,000 children 8-14 were treated in an emergency room for soccer-related injuries."

Soccer players who take certain precautionary measures decrease their chances of injury. Let's look

at three ways you can avoid injury as a soccer player:



#1: Use proper equipment

Donning proper fitting cleats, uniforms, and shin guards decrease the risk of being hurt in the first place. Make adjustments often, especially if the player is growing rapidly or fluctuates in weight.

#2: Get checked out by a chiropractor pre-season

Soccer players who allow their fitness less to lapse increase the chance of injury. Visit a Doctor of Chiropractic to ensure there are no underlying issues with participating in strenuous activity. A chiropractor is also able to make sure the spine is aligned and muscles and joints are strong and functioning properly.

#3: Pay attention to the surroundings

A field that is not kept up well offers a greater chance of turning an ankle or falling. It's vital to check out the playing area beforehand and note any uneven areas that could cause a player to trip.

If, even though you take all of these precautions, you still end up injured, there are several options for treatment. The injury is hopefully mild and heals on its own after a few days of rest. More serious injuries require a doctor visit, and one of these three treatments.

First, ice and elevate it: Keep weight off the injured area as much as possible, and elevate it with pillows. Use an ice bag wrapped in a towel to keep down swelling and inflammation. If the injury is painful, over the counter medication helps reduce discomfort.

Then, take a break: The last decision you want to make is to begin playing too soon and re-injure yourself. With more serious injuries, sitting out of a few games, or even an entire season, is a choice that promotes healing and health. Talk to your chiropractor about the timeframe the injury needs to be able to recover correctly, and follow his or her advice.

Finally, keep your chiropractic adjustments: Chiropractors are trained in treating the neuromusculoskeletal system as a whole. Many of the injuries suffered from soccer show an improvement after a few chiropractic visits. (5)

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.

Resolution of brachial plexus palsy following birth trauma. A 14-day-old baby boy suffered from a brachial plexus (nerve) injury following a traumatic Caesarean birth.

The child suffered from lack of muscle tone (hypotonicity) of the right arm that was so severe that his arm was virtually non-functional.

Chiropractic correction/adjustment was made of the atlas (C1) vertebra. His right arm muscle tone began to immediately improve. The parents were “astonished!” Two days later, at the next chiropractic visit, the muscle tone in his arm was almost normal (about 90%) compared to the left side. Four days following, his right arm was at 100%. (6)



Stroke in a 50-year-old woman. A woman with a 10-month history of left hemiplegia (paralysis on the left side of the body) after a hemorrhagic stroke began chiropractic care. A hemorrhagic stroke occurs when a blood vessel in the brain bleeds and a part of the brain is oxygen deprived.

Her ability to move her arm and leg, as well as standing, balancing, posture and walking were all affected. Additionally, she had neck pain and a “constant dull ache” headache.

The cause of the stroke was an adverse reaction to AVA 30, an oral contraceptive pill, in combination with

the medication tranexamic acid.

Chiropractic care located and corrected her vertebral subluxations. She had 17 visits over a ten-week period and began to show improvement in her strength and physical functioning by her second visit.

She continued to improve in posture, neck range of motion (ROM), overall muscle function and nervous system balance. Sadly, she discontinued care after her neurologist told her 3rd party payer that “chiropractic care increased the risk of a stroke” (an unproven, baseless claim). (7)



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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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