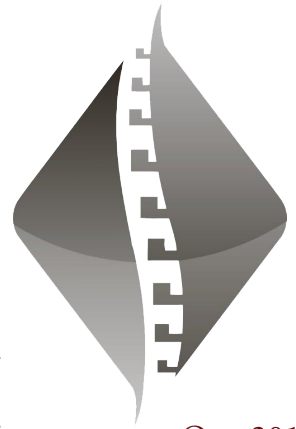


VANDAM CHIROPRACTIC



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SAVE YOUR BACK WHILE RAKING LEAVES

The splendor of the fall season is the brightly colored foliage. Unfortunately, that beauty falls away, and you're left to rake it all up! But before you march outside with rake in hand, you'll want to take care to avoid injury and steer clear of starting the holiday season laid up from simple yard work.

Think about it. If a little game of pick-up football or a round of golf with friends and family in the crisp autumn air can cause injury, then so could fall yard work. The American Chiropractic Association (ACA) concurs: "The twisting, turning, bending and reaching of mowing and raking can also cause injury if your body is not prepared. Like an athlete, if you leap into something without warming up or knowing how to do it, [then] the chances of injury are greater." The most common injuries from raking leaves are upper- or lower-back strain, neck strain and pain in the shoulders. So how do you avoid back strain while raking leaves this fall?

Tips to Avoid Injury from Fall Yard Work

According to ACA, there are several ways to avoid back injury and strain while doing fall yard work, and many of them have to do with proper stretching, correct technique and ergonomic tools:

- **Warm up and Cool down:** Stretching without bouncing for 10 to 15 minutes before and after yard work will help keep your body safe from strain and pain. Ideal exercises to warm up and cool down include knee-to-chest pulls, trunk rotations, side

bends and a short walk to stimulate circulation.

- **Stay Upright:** While raking, stand as straight as possible without hunching your back, and avoid bending your head. A "scissors" stance is

recommended: placing right foot forward and left foot back for a few minutes, then reversing and putting your left foot forward and right foot back.

- **Rake Leaves and Grass into Small, Manageable Piles:** This decreases the risk of back strain. Then transfer the leaves into bags by bending at the knees, not the waist.

- **Wear Supportive Shoes:** Footwear featuring proper support can prevent strain from affecting your back.

- **Mow with Your Whole Body:** Push the mower with your whole body, not just your arms and back. In addition, if your mower has a pull cord, then start it by bending at the knees and pulling in one smooth motion.

- **Stay Hydrated and Protected:** Drink plenty of water, and wear a hat, protective glasses, and gloves. Wearing a mask is smart if you have allergies, and so is wearing hearing protection if your equipment is loud.

- **Take Advantage of Cool, Autumn Air:** Avoiding the midday heat is recommended.

These tips and tricks will help keep you healthy through the fall season. However, if you do feel soreness or stiffness in your back, then use ice to soothe the discomfort. If there's no improvement in two to three days, then see your chiropractor. (1)



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THE GOAL OF THE CHIROPRACTOR

If you spent the day in our waiting room you'd meet people coming to see us who have all kinds of health problems—allergies, asthma, headaches, migraines, vision and hearing problems, digestive problems, immune system issues, pain in all kinds of places: back, hip, neck, shoulder, legs, arms; people who've had sport injuries—and so many others.

But the ultimate goal of the chiropractor is to keep people so healthy that they don't get sick in the first place!

Good Health Is Easy; Sickness Takes Work

We are born with such wonderful bodies designed to last us over a hundred years in perfect physical and mental health. But a lifetime of physical, mental and chemical stress wears us down, weakens us and causes our body to malfunction.

Chiropractors are the only professionals that are trained to locate and correct a serious deep stress most people have inside their body that can damage their ability to fight disease and stay healthy: a subluxation. It is usually painless and usually found in your spine.

When your body is free of subluxation stress you are better able to function at your best, to heal at your best and to think at your best because stress that has been sapping you of your life energy is now gone or reduced. Chiropractic promotes balance, resistance to disease and improved function. (2)

No matter what the disease or condition, you need a subluxation-free body to keep your healing ability at its optimum. That's why you'll find people with all kinds of health conditions in a chiropractor's office. (3)



HIGH BLOOD PRESSURE? RISK OF STROKE? DRINK WATER

During summer and winter stay hydrated! In Your Body's Many Cries for Water, F. Batmanghelidj, M.D.

observes that lack of adequate hydration can cause the blood to thicken, making the blood more compact and heavier. As a result, the body needs more blood pressure to force the heavier blood through the body. (4)



Researcher Mona Bahouth, M.D., comes to a similar conclusion:

About 60% of people are dehydrated at the time of stroke ... proper hydration at the time of stroke is linked to better stroke outcomes. It's possible that dehydration causes blood to be thicker causing it to flow less easily to the brain through the narrowed or blocked blood vessels. (5)

CHIROPRACTIC Q & A

Question: What happens when I receive a chiropractic adjustment?

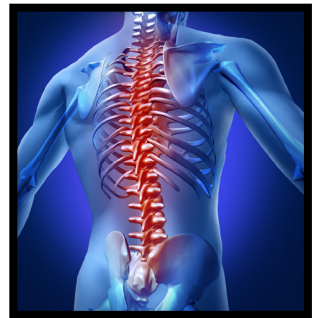
Answer: At the moment that your chiropractor corrects your vertebral subluxation complex ("subluxation"), hundreds, if not thousands, of body functions and activities are affected. The flow of nerve impulses over your brain, spinal cord, spinal (and other) nerves to your internal organs and tissues is normalized, and your body begins to rebalance, renew and rebuild itself.

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.

Pregnant patient with a history of trauma. A 36-year-old pregnant woman who was 33-weeks' pregnant started chiropractic care suffering from worsening intense pain in her hips, lower back and pubic area. Two weeks prior she had fallen down 15 steps. At her first visit, she was in severe pain and had significant difficulty walking.

She had ten chiropractic spinal adjustments over a 4-week period. With each visit she experienced increased relief from her symptoms and was ultimately able to deliver a healthy baby. (6)



Child cannot sleep because of large tonsils. A two-year-old girl was suffering from excessive snoring, choking, mouth breathing and obstructive sleep apnea. She was waking up three times per night. MDs diagnosed her with oversized adenoids and tonsils (adenotonsillar hypertrophy).

Her MD prescribed fluticasone spray followed by a referral for surgical intervention if that didn't help.

After researching the medication, the infant's mother decided to take her child to a chiropractor who discovered a subluxation at the atlas and right ilium.

After her first chiropractic adjustment, the child had less snoring and was not waking up as frequently. After 15 visits over a 12-week period, a pediatric examination found normal sized tonsils and adenoids. Surgery was no longer discussed. (7)



Migraines in a 52-year-old woman. A 52-year-old woman had been suffering from migraine headaches 2-3 times a week for ten years. She also suffered from neck pain and spinal pain that radiated to her arms and legs for over 20 years. A neurologist said the cause of her migraines was "unknown." Her problems worsened after a motor vehicle accident two years prior to her chiropractic visit.

She was prescribed Prozac®, Synthroid® and Fioricet®. They were ineffective.

By her 3rd chiropractic visit, she excitedly reported she had not experienced any migraines since her first visit the prior week. A month later she remained completely migraine-free. After 10 weeks of continued care, the patient reported that all her presenting complaints of chronic migraines, neck pain and low back pain had completely resolved. All her prescriptions were discontinued. (8)



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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