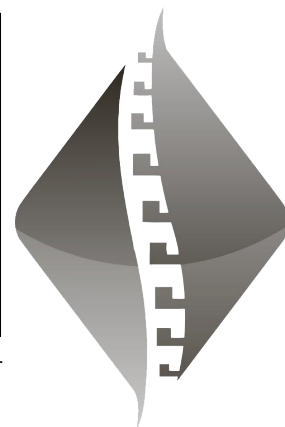


VAN DAM CHIROPRACTIC



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HEADACHES AND CHIROPRACTIC

The ache in headache does not come from your brain—your brain cannot feel pain. For example, during brain surgery a patient may be wide awake, talking to the surgeons while his brain is being operated on (a local anesthetic numbs the scalp). What puts the “ache” in headache? Stretched, compressed, irritated, inflamed or infected blood vessels, membranes and cranial nerves.



THE CHIROPRACTIC APPROACH

Millions of headache sufferers turn to the natural, drug-free chiropractic approach to health. (1) Why? Because chiropractic has a unique approach—chiropractors are the only health professionals trained to analyze your body for a serious and often ignored condition that can damage your nerves, inflame your tissues, cause muscles to tighten and knot, weaken your body, cause fatigue and set the stage for sickness and disease: the subluxation. A subluxation is a tiny distortion or misalignment in your spine that stresses your nervous system, the system that controls your body.

Patients who received chiropractic showed significant improvement, on a par with those given a powerful prescription drugs and without the side effects. (2)

Anyone suffering from headaches (and any other condition) should make sure they are free from subluxations—for the health of their whole body, not just certain parts.

CHIROPRACTIC Q & A

Question: Is chiropractic dangerous?

Answer: No!

A study done by the World Health Organization, published in the journal *Spine*, found there was no evidence of excess risk of vertebrobasilar artery (VBA) stroke following chiropractic spinal adjustments. In the study, researchers noted that patients are no more likely to suffer a stroke following chiropractic care than they would after visiting their family doctor's office. (1) Also, malpractice insurance premiums for chiropractors are a fraction of that for MDs.

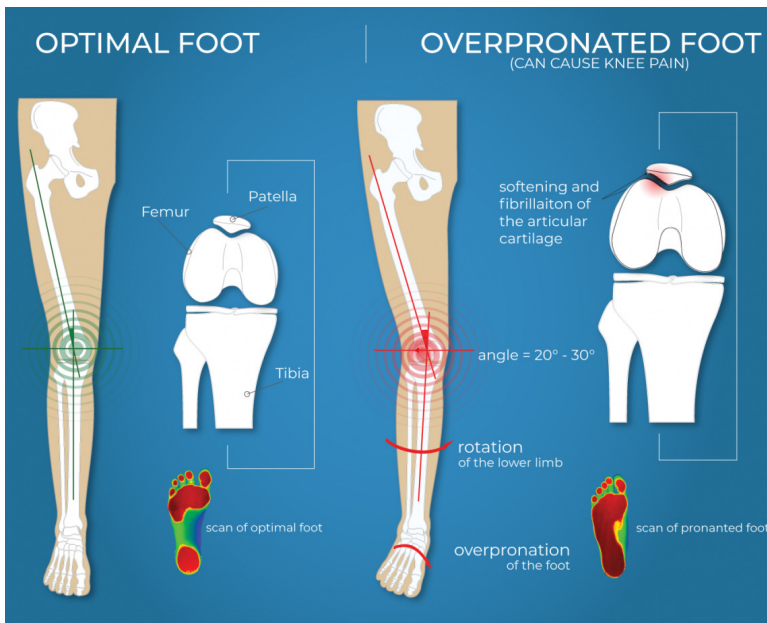
Happy Thanksgiving

Headaches and Chiropractic.....	1
Chiropractic Q & A.....	2
Knee Pain?.....	2

Catch Health This Winter.....	2
Research and Chiropractic.....	3
References.....	3

KNEE PAIN?

WHEN THE ARCHES COLLAPSE, THE KNEES FOLLOW



CATCH “HEALTH” THIS WINTER

Let's commit to making ourselves a little healthier by choosing one or more of these healthy habits to harvest the rewards of an incredibly healthy fall season.

SLEEP AT LEAST SEVEN HOURS EACH NIGHT:

Better sleep means a healthier immune system. Remember our brain and body recover from the day's stresses while we sleep.

GET ADJUSTED: Have you and your family's spine and nervous system checked because your immune system is run by your central nervous system. Chiropractic kids are freakishly healthy — This is one great reason why!

AVOID SUGAR AND SNACKS: Especially sugary, salty or fried foods, or foods with pesticides or preservatives in them. Limit the added sugars where you can. Steer your family towards fruit and vegetables instead. Get creative and save time with power smoothies.



REDUCE DAIRY: Try using almond or rice milk instead. Take any child with asthma or ear infections off of dairy, and they improve – just about every time. Add in some adjustments and the healing is even faster.

REGULAR EXERCISE: Make sure you and your kids exercise each day. Want to make it one step better? Add a little workout in the morning before school or work that is fun. It will get your lymphatic system moving which makes for a healthier body.



AVOID MEDICATIONS AND LET FEVERS RIDE:

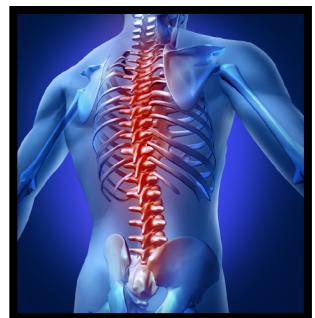
When you or your children do get colds, do not immediately lower the fever. When children have a fever, comfort, and love on them, and monitor them closely, but try not to break the fever. The fever is the body's way of combating the “bug” and learning how to protect itself in the future from the unwanted invader. Far too commonly, we see that persons that use fever-reducing drugs often seem to have colds that last for a week or longer.

EAT BREAKFAST EVERY MORNING: That's why they call it “breaking the fast,” so get your day started with a healthy meal.(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

Tic douloureux. Trigeminal neuralgia, also known as “tic douloureux,” is a chronic nerve disorder characterized by intense, persistent and often debilitating shooting sensations of pain in the face. The pain is so intense people have killed themselves and for that reason it is sometimes called the “suicide disease.”

A 62-year-old woman came to a chiropractic clinic with a chief complaint of chronic right-sided facial pain of 2 years’ duration which she said felt like stabbing and throbbing, “like a bunch of pitch forks.”

She had experienced three separate automobile accidents over the past 27 years but had no residual symptoms. The pain began four months after she had had a dental surgical procedure, either a filling or root canal on a wisdom tooth on the right side of her face. Over the course of two years, numerous prescription drugs and alternative supplements had been prescribed by multiple doctors and specialists. She had spent over \$9,000 in personal funds seeking relief.

Over the course of six months, the patient received 26 chiropractic adjustments. As a result, she experienced significant reductions in frequency and duration of pain. (3)

Migraine and hypnic headaches. A 59-year-old woman suffered from chronic migraines and hypnic headaches (headaches that wake people from sleep) along with nausea and skin rashes. Migraine has a global prevalence of 10% and is the seventh leading cause of time spent disabled. Hypnic headaches are less common.

The patient’s migraines began 15 years prior and significantly affected her quality of life. During that time, her care consisted of Relpax™, a prescription drug, massage and Tylenol™. Her headaches continued unabated. She also recalled that her mother had migraines that began around her menopause.



Chiropractic care of two visits a week for 3 months and then once per week for 6 weeks resulted in resolution of her headaches as well as additional health benefits. (4)

Torticollis, cranial distortion and difficulty feeding. A 13-day-old boy and his twin sister were brought in

for chiropractic evaluation and possible care. The boy had torticollis, difficulty latching to his mother’s left breast and cranial distortion. The parents reported that the baby was very gassy and seemed uncomfortable daily. The pediatrician could offer no options.

The parents reported that the boy was in the head down position for most of his time in utero with the weight of his sister on top of him.

After analysis for subluxations of his spine and skull, the boy was adjusted while he was lying on a pillow on his back or on his mother’s chest while she was lying on her back on the chiropractic table.

The child had seven visits over 6 weeks with continued improvements. He was able to latch onto both breasts, the gassiness had decreased and the torticollis had resolved. Improvements were noticed by his third appointment. (5)



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

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