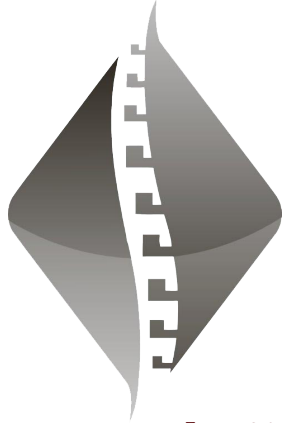


VANDAM CHIROPRACTIC



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ADJUSTING TO A NEW YEAR

Every year, we all find ourselves caught in the fray of adjusting to a new year. Whether it's getting used to writing a new year at the end of the date or taking action on a new year's resolution, starting a new year can feel like a fresh start. Although most changes made are dependent on one's ability to commit, other changes will require the assistance of a professional. Since you're starting a new year, why not make sure that your spine and joints are free of subluxations? Starting a new year with a chiropractic adjustment can help you realign your body by putting your health first.

Why Chiropractic Care?

Chiropractors go through several years of studying the body before they begin adjusting patients. After they graduate and begin their practice, they are responsible for continuing their education every one or two years, depending on the state in which they practice. Many doctors who practice alternative medicine are tasked with the same requirements to continue in their profession. For chiropractors, a new year means more education. Continued education allows chiropractors to engage in refresher courses on best practices in business and the various bodily systems just to ensure that they are up-to-date with the most recent techniques and equipment.

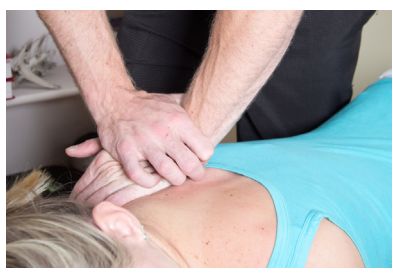
To learn more about continued education for chiropractors, visit Doctors of Chiropractic Continued Education (DCCE) for more information.

Chiropractic Care for Pain

By being privy to the most effective techniques in chiropractic, chiropractors increase their efficiency on how to help reduce and eliminate pain from your body. Chiropractors aim their attention on spinal health, which includes aligning and realigning vertebrae for proper functionality. Unfortunately, a misaligned spine can cause pain and pressure in several locations of the body. Most instances of pain in the body are expected to create pain in other locations since nerves are also connected to various parts of the body. One of the goals of chiropractic is to help the nervous system communicate freely with the entire body. As you adjust to a new year, considering a chiropractic adjustment can help you start the new year with less pain.

Chiropractic Care for Energy

One of the symptoms of a subluxation in the spine can be low energy. In fact, a reduction in energy can be a sign of a misalignment in the body. Subluxations are often known to reduce coordination and energy levels, as the body fights to compensate for the areas that lack in functionality. With the disruption of communication of



the nerves that occurs as a result of subluxations, energy levels in the body and the immune system are weakened and fester into an unhealthy body. This is why spinal health is so important since

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ADJUSTING TO A NEW YEAR - CON'T.

many aspects of a person's health depend on proper nerve communication. Through a properly aligned spine, you may experience extended energy and less lethargy during the day. So why not start out a new year by putting your spine in line with your health goals.

If you are ready to adjust to the new year, then you are ready to have a chiropractic adjustment to get started. Seeing a chiropractor regularly can help keep your spine in good, functioning condition while helping you retain positive health, less pain, and more energy.(1)



GRATITUDE

Your emotions affect every cell in your body. Every health issue can be cured or at least ameliorated by positive emotions. The science of psychoneuroimmunology (PNI) shows us that heart-focused, sincere, positive feeling states boost the immune system, while negative emotions may suppress the immune response for up to six hours following the emotional experience. (2)

Powerful examples of the power of the mind over the body is revealed when a person with terminal illness such as cancer has an emotional catharsis that is followed by a complete remission. The tumor melts away, it disappears. Spontaneous Remission: An Annotated Bibliography by Caryle Hirschberg and Brendan O'Regan published in 1993 by The Institute of Noetic Sciences documents over 1,000 such cases.

The most powerful healing emotion

If it isn't the most powerful healing emotion it ranks up there with them and that is heartfelt gratitude, also called appreciation and thankfulness. Over 300 independent peer-reviewed studies have shown that feelings of gratitude, appreciation and thankfulness improve a person's ability to focus and to sleep as well as decrease anxiety, fatigue and depression. (3)

Gratitude
IS THE BEST
attitude

The HeartMath® organization has a technique that helps achieve emotional coherence, which improves the efficiency of the immune system. Here is how they do it:

- Be aware of how you feel about an issue at hand.
- Breathe a positive feeling or attitude.
- Be objective, as if the issue or problem is someone else's.
- Rest peacefully in this neutral state, allowing your heart intelligence new perspectives and possibilities.
- Soak and relax all resistances and disturbing or perplexing feelings in your heart's compassion.
- Ask for guidance, then be patient and receptive. While awaiting an answer from the heart find something or someone to genuinely appreciate.

NEW YEAR FUNNIES

- I'm going to order pizza 5 minutes before the New Year and when they arrive I'll say I ordered that a year ago.
- Every year I look forward to a good show on Times Square and year after year they drop the ball.
- I love when they drop the ball in Times Square, it's a reminder of what I did all year.
- I can't wait until New Years day 2021, then I can really say that hindsight is 2020.
- 2020, the year of terrible optometry jokes!

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.

Concussion in two patients. The first patient is a 16-year old girl with vertigo, brain fog and headaches. She was suffering for 3 months after falling from a horse and receiving a head trauma. She was diagnosed with “post-concussion syndrome” by a neurologist.



The second patient is a 30-year-old woman suffering from migraine headaches and vertigo after she was in a motor vehicle accident where she struck her head against the steering wheel.

Both patients had no previous history of vertigo or headache prior to the described head trauma. They were each seeing an MD (neurologist) with no improvement in vertigo or headache symptoms.

After receiving chiropractic care, both patients reported reduction in frequency and intensity of headache and vertigo episodes. At a one-year follow up, the 30-year-old female experienced full resolution of headache and dizziness symptoms while the 16-year-old female experienced a re-occurrence of symptoms that resolved after another visit. (4)

Back pain in pregnancy. A 24-year-old in her 10th week of pregnancy was suffering from low back

discomfort that began with her pregnancy. She also had prior upper back pain and tightness for the past two years. Her pains increased with prolonged standing or sitting, especially with bad posture.

The patient began chiropractic care. She had two visits a week for 3-4 weeks and once a week after throughout her pregnancy for a total of 16 visits over a 3-month period. She was able to work without pain and decided to continue her care throughout her pregnancy. (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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