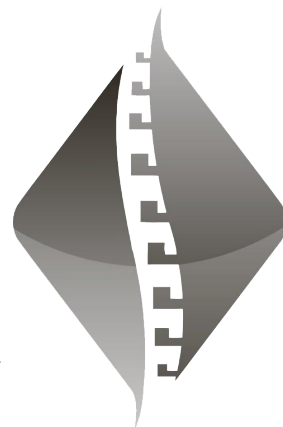


VAN DAM CHIROPRACTIC

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CHIROPRACTIC Q AND A

QUESTION: What is a subluxation and why are they so dangerous?

ANSWER: A subluxation is a distortion in your spinal column and body structure that affects your brain, spinal cord and nervous system. Chiropractors spend years learning how to locate and adjust subluxations using various physical testing devices, body biofeedback and other instruments as well as X-rays and imaging devices. Why are subluxations so bad?

DISCONNECTION

The subluxation is a “communication disorder” wherein your parts have become disconnected; your parts, muscles, disks, ligaments and organs aren’t working together as efficiently as they could be working; there may be too much or too little cerebral spinal fluid, lymphatic fluid and/or blood flow to vital body organs.

When you are disconnected your resistance to disease lowers, your ability to detoxify from life’s stresses drops and you are less alive. The term used to describe this is dis-ease.

THE GOAL OF THE CHIROPRACTOR

The goal of the chiropractor is to locate and remove subluxations so you may be better connected to yourself.

What is the best age for chiropractic care?

Everyone needs to be checked for subluxations and to have them adjusted by a chiropractor.

Whether you are sick or apparently healthy, subluxations are interfering with your health. There is no age limit for a person to get chiropractic care: 1 day old or 120 years old.

Everyone needs chiropractic checkups: pregnant women, professional athletes, kids—it is essential for everyone to be subluxation-free. That could make the difference between having energy or being exhausted all the time, between living a life of health or a life of sickness, between healing or deteriorating.



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NOURISHING TRADITIONS

A sweet and healthier new year

Although it's originally from sugar cane or sugar beets, "pure" sugar is so processed that it has no minerals or vitamins at all. Sugar's empty calories displace other foods and in fact, create malnutrition. The use of sugar is new to the human race. Look at these statistics:

- In 1700 the average person ate four pounds of sugar a year.
- In 1800 it was 18 pounds a year.
- In 1900 it was 90 pounds per year.
- Today it's 180 pounds of sugar a year!

But things are even worse because most of today's sweetener comes from high fructose corn syrup, a chemical concoction that is artificially manufactured and damages the body even worse than "pure" sugar. Soft drinks are loaded with this dangerous chemical—if they are "diet" drinks it's even worse!

Everywhere sugar was added in the world, sickness followed. For example, in 1890 the US obesity rate for white males was 3.4%. Today it is 32%—and climbing!



But obesity is just one condition sugar is linked to. Sugar is also linked to diabetes, low-blood sugar, ADD, cancer, brain fog, addiction, depression, candida, dental caries, gout, premature aging, poor sleep, infertility, high triglyceride levels, chronic fatigue syndrome, malnutrition, "rubber tire syndrome" and much, much more.

Sugar is especially dangerous for children. Sugar gives us a sickly child, and in later years a chronically ill adult.

What do our children need?

Children (and adults) need nutrient-dense foods for a healthy brain and body—eggs, meat, butter, lard, tallow, cream and organic vegetables.



Healthier, natural sweeteners are maple syrup, maple sugar, honey, coconut sugar and date sugar. Use them to make healthy desserts that include egg yolks, cream, nuts, butter and other natural fats. You can also replace sugary foods with cheeses, nuts and other high fat foods. The more fat in your diet the thinner you are.

WORDS OF WISDOM

If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome. - Anne Bradstreet

The wise man, even when he holds his tongue, says more than the fool when he speaks. - Yiddish proverb

There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle. - Albert Einstein

DID YOU KNOW?

- In 1878 the first telephone book made contained only 50 names
- Popcorn was invented by the Aztec Indians
- Hippopotamuses have killed more people in Africa than any other animal
- An elephant's ears are used to regulate body temperature



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.

Cystic fibrosis in a 34-year-old woman. A 34-year-old woman who was medically diagnosed with cystic fibrosis (CF) at age 24, presented for chiropractic care. CF is considered a genetic disease.

She suffered from difficulty breathing from chronic upper respiratory and sinus infections every 2-3 months and was prescribed antibiotics. She reported that after taking the antibiotics her CF symptoms got worse. She also described a poor quality of life and sleep disturbances due to her CF symptoms.

Chiropractic analysis revealed vertebral subluxations at the following spinal levels: C1, C6, T5 and L5. Her subluxations were adjusted.

After 6 months of chiropractic care she reported decreased use of antibiotics, improvement in her quality of life with easier breathing, better sleeping and decreased incidence of recurrent infections. (1)

VBAC and breech position. A 28-year old woman who was 39 weeks pregnant had her unborn child in a breech position (transverse lie). This was her 3rd pregnancy—the second ended in a Cesarean section.

Chiropractic adjustments for vertebral subluxations relaxed and opened her pelvis, permitting the baby to turn into a non-breech position. The mother was able to experience a



natural, vaginal birth after cesarean (VBAC) with no complications. (2)

Radiating neck pain, headache and dizziness. A 49-year-old man was suffering from neck pain that was radiating into his upper arms. He said the pain was constant, severe, sharp and aching. The pains limited his ability to turn his head, caused vertigo looking over his shoulder and caused numbness into his right hand. He also had problems lifting objects, reaching overhead, showering or bathing, bending over, lying down, sleeping and decreased work performance due to his neck pain.

Over-the-counter drugs and heat packs only temporarily relieved his symptoms. A chiropractic analysis revealed numerous vertebral subluxations that were corrected on every visit.

After one month of chiropractic care he reported 90% relief of neck pain and a complete resolution of hand numbness. After 6 months of chiropractic care his neck pain was nearly completely resolved; his headaches, vertigo and hand numbness were completely resolved. The patient stated he noticed his posture had improved and his energy level had increased. (3)

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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