

# VANDAM CHIROPRACTIC



Dr. *Scott A.* VAN DAM

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

## AN ETERNAL SPRING

Winter, spring, summer, fall, winter, spring, summer, fall, winter—those are the seasons and the cycles of life. Birth, growth, decay and death, these are the seasons of our lives. Yet our macrocosm is a reflection of our microcosm because every organ, tissue and cell has its own cycle of life. Throughout our lives, there is constant birth, growth, decay, death and rebirth. Your body is alive but not static, it must replace its parts all the time.

Every cell in your body is replaced at least once every 7-8 years. But some are replaced at an astounding rate. For example, your body replaces about 4 million red blood cells every day, your stomach cells are replaced every 2-4 days. You have a new skin every 10-30 days, a new cervix every 6 days, new taste buds every 10 days.

There are just a few parts of your body where the cells are not replaced: you don't replace lens cells or oocytes in the ovaries—they are for life. (1)

The key to healing is to replace sick or damaged cells with healthy cells. How do we do that? Chiropractic care is a very powerful healing art that helps to keep your body properly balanced, without obstructions to your nerves and brain, so life energy and information may flow to all your parts and you become healthier day by day. Regular chiropractic care ensures that your body is free from life-damaging spine and nerve stress.

This helps keep your energies flowing and your brain's information to each cell at close to ideal.



Every day we're getting one day closer to spring. Make sure all your cells are replaced with healthier cells so you may have an eternal spring in your body for your entire life.

## WORDS OF WISDOM

*A person who gathers honey will not escape being stung by bees. A person who gathers roses will not escape being scratched by thorns. The positive things in life also have negative aspects. Keep your focus on the beautiful roses of the world, and the thorns will seem trivial and inconsequential.*

– Rabbi Piskin, Gateway to Happiness

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## CHIROPRACTIC Q AND A

**Question:** Why do chiropractors spend so much time working on my back?

**Answer:** Because that's where the nerves are. There's a common misconception that because chiropractors work on the spine their care is limited to spinal pain and spinal problems such as backache, disc problems, sciatica, hip or neck problems.

But that is an incomplete way of looking at things. We chiropractors locate and release spinal nerve pressure. Your body functions in a more balanced manner, with less stress on the entire system especially your internal organs. So you can heal yourself, no matter what the condition.

That's why you'll see children in our office with asthma, allergies, ear infections, pneumonia, colds, flu—and adults with immune conditions, headaches, migraines, infertility, menstrual problems (see the case history below) and more!

We work on your spine, because that's where the nerves can get irritated and interfere with the information going to (and from) the internal organs. That's why we give you adjustments there.

## GET OUT AND WALK

Walking is one of the single best exercises you can do. That is why you can expect your chiropractor to recommend walking. Improved cardiovascular health, better mood, weight loss—walking does so much for you. If it was a pill, everyone would be taking it.



### Benefits of Walking for Chiropractic Patients

When you come to the chiropractor, chances are you are seeking help for a condition that is painful and/or uncomfortable. Back pain, leg pain, neck pain, etc. You may also make regular visits to the chiropractor for your overall health, as scheduled adjustments can help you feel better over the long-term.

Hearing your chiropractor recommend walking can be surprising, especially when you are expecting an adjustment or some other immediate type of care

(don't worry, you can still get your adjustment.) But there are reasons for the recommendation, reasons that fit perfectly into the goals of chiropractic care.

#### 1. Walking will help you lose weight.

Every extra pound you carry puts exponential pressure on your joints, including your back. Your chiropractor wants you to lose weight to protect your joints and minimize your pain and chance of injury.

Just 30 minutes a day of walking is enough to steadily shed pounds. Start with a 20-minute walk a day and gradually increase your time. Ideally, you should get 10,000 steps a day for fitness (a pedometer is helpful for measuring your steps.)

#### 2. Walking will improve your mood.

Commercial products and pharmaceuticals are constantly offered to the public as mood lifters, and some of them may work—but most carry significant side effects. Walking will also improve your mood, and it's main side effect is weight loss.

Studies have demonstrated that walking lowers feelings of anger and hostility. Walking is recommended for Seasonal Affective Disorder (SAD), the condition that tends to show up as the days get darker and shorter.

Walking can also be helpful after an upsetting situation. If you take a walk, you will probably find you feel a little calmer and more in control when you return.

#### 3. Walking will lower your risk of chronic disease.

There have been several studies that have shown walking can reduce the risk of chronic disease. One study found that people who walked five days a week for 30 minutes or more had 30% less chance of developing cardiovascular disease. Other studies have shown it reduces blood pressure and most likely reduces the risk of having a stroke.

#### 4. Walking improves digestion.

Having regular, predictable digestion makes life easier and more enjoyable. There are plenty of ways that people try to improve their digestion—ranging from a cup of coffee in the morning to fiber supplements. Walking is another way you can become more regular. The movement of walking aids in digestion, so much so that people who have gone through abdominal surgery are required to walk because of its positive effects on digestion. (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 SUBLUXATIONS. CHIROPRACTORS ARE UNIQUELY TRAINED TO LOCATE AND CORRECT SUBLUXATIONS. ENJOY THIS MONTH’S CASES AND SEE MORE NEXT MONTH.

**Constipation.** A three-year-old girl suffered from a full year of constipation. She was unable to have a non-laxative induced bowel movement. After 4 or 5 days of no bowel movements her parents would begin giving her laxatives until it triggered a bowel movement, which was reported to be large, very firm and an overall traumatic experience for the child.

Spinal examination revealed vertebral subluxations of her neck (cervical spine). Chiropractic adjustments were utilized to correct the cervical subluxations and after two office visits, she started having daily bowel movements. Within a three-month period of weekly chiropractic visits and adjustments, the patient’s constipation resolved completely. (3)

**Stroke.** A 40-year-old man had a 7-year history of right-sided lower leg weakness following a stroke. In addition to leg weakness, he had postural alterations, reduced right-sided lower back strength and altered balance.

He began chiropractic care. The patient reported improvement in strength and balance. Objective improvement in posture, motor strength, balance and surface electromyography and thermography studies were also revealed. (4)

**Amenorrhea.** A 26-year-old female sought out chiropractic care following a work injury to her rib and low back. Upon her initial assessment she reported she hadn’t had a menstrual period for “several years”. Following three weeks of care, the patient reported improvements in her rib and low back pain complaints.

In addition, the patient reported to be menstruating normally. (5)

## HUMOR

- Business conventions are important because they demonstrate how many people a company can operate without.
- Why is it that at class reunions you feel younger than everyone else looks?
- Stroke a cat and you will have a permanent job.
- No one has more driving ambition than the teenage boy who wants to buy a car.
- There are no new sins; the old ones just get more publicity.
- There are worse things than getting a call for a wrong number at 4 a.m.--for example, it could be the right number.

**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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