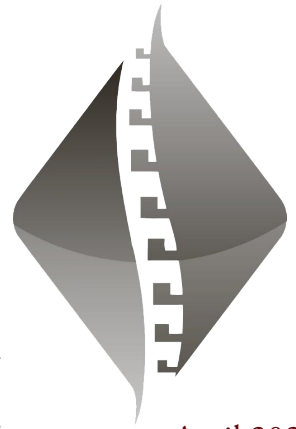


VANDAM CHIROPRACTIC



Dr. *Scott A.* VAN DAM

April 2020

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

MEASURES TO HELP YOU MINIMIZE COVID-19 INFECTION

Measures to Minimize COVID-19 infection and maximize your immunity to protect yourself, family, and loved ones:

1. Receive regular frequent chiropractic adjustments (according to Dr. Donald Pero's, PH. D., Chief of Research at New York's Preventative Medical Institute and Professor of Medicine at New York University). Dr. Pero's research study of 107 individuals who received long term chiropractic care chiropractic patients had a remarkable 200% greater immune competence than those who didn't receive chiropractic care. Despite a wide range of ages in this study, immune competence did not show any decline with age and remained uniform for the entire group. It is for this reason that new patients are encouraged to keep their chiropractic appointments to increase their immune system defenses and protect against all infectious diseases. Existing patients are encouraged to keep their adjustment appointments and to consider an increase in their frequency in their adjustments to maximize their immune and nervous system function.

2. COVID-19 clinic protocols involve social distancing during your clinic visit. Our reception area allows for 6 feet distance between patients entering and exiting our clinic. Additionally our frequent disinfection protocols and procedures have always been and will remain exceptional. Our clinic

facility allows patients to be adjusted without coming near (6 feet) of other patients.

3. Protect and confine your elderly loved ones (80+ yrs old) and minimize any public contact especially those with chronic illness such as: cardiovascular disease, lung disease, immune disease, and/or diabetes.

4. Practice excellent hygiene which involves frequent washing of hands for 60 seconds in hot water with lathering soapy disinfectant suds.

5. Hydrate with 2-3 liters of pure fresh water per day. Eliminate intake of any processed foods and increase fresh fruits, vegetables, and high protein food sources (preferably organic). Vitamin and mineral supplements (consult with your Doctor of Chiropractic for recommendations).

6. If you have a fever, shortness of breath, and cough immediately report to a local medical facility for COVID-19 testing and if necessary treatment and quarantine.(1)

**Any questions, feel free
to call our office:
701-532-5320**

Measures to Help Minimize Covid-19 Infection.....	1
Clinic Response to Covid-19.....	2
Chiropractic Q and A.....	2

Research and Chiropractic.....	2
Foot Levelers Orthotic Flip-Flops.....	3
References.....	3

OUR CLINIC RESPONSE TO COVID-19

Chiropractors in ND remain available for patients who need help with acute or urgent pain conditions. Not only to reduce the likelihood that people may choose to instead seek care in the emergency department, but also because we remain in the midst of an opioids epidemic, and people continue to need non-drug options for their ongoing conditions as well.

Van Dam Chiropractic plans to remain open. We will be practicing social distancing in our clinic. It's not always possible between the chiropractor and the patient during treatment, but between patients and staff, and during aspects of the visit when not providing treatment. We will limit the number of people in our facility so that everyone can maintain appropriate spaces.

We will continue to practice strict hygiene and do the appropriate screening of ourselves, our staff, and our patients and make the necessary referral to testing resources if necessary.

Chiropractors are primary-contact healthcare providers who provide essential care, including (but not limited to) managing cases that otherwise could end up in emergency rooms, worsening an already difficult situation.

CHIROPRACTIC Q AND A

Question: Are chiropractors against drugs?

Answer: At this very moment you are making hundreds (if not thousands) of different drugs to keep your body working properly: chemicals to lower blood pressure, blood sugar and hormone levels; chemicals for proper brain function; chemicals to convert the food you've eaten to energy and many, many more.

But when people ask that question they are referring to (in most cases) prescription and over-the-counter drugs that usually suppress symptoms. In an emergency a drug may be necessary, but in most cases drug use does not deal with the cause of a person's problems. Rather drug use only treats the symptoms. Such an approach is dangerous—over 100,000 people die every year as a result of properly taken prescription drugs.

Chiropractors prefer that people awaken their own "internal drug store" by keeping their body free of subluxations and supplying it with the needed fuel (good quality foods) so that it makes all the drugs and chemicals you need to heal yourself and stay healthy.

RESEARCH AND CHIROPRACTIC

A 52-year-old woman was suffering from pain, weird nerve sensations (paresthesia) in her neck and midback as well as bilateral knee and hip pain. She described the pain as moderate, sharp and intermittent. On a pain scale of 0-10 with 10 being the worst she described it as 7/10. She stated that the pain had been getting progressively worse over the last 5 years.

She was, in addition, diagnosed with hypothyroidism and was prescribed medication to treat this condition.

A thorough case history, physical examination and chiropractic examination were performed. It was found that she had vertebral subluxations of the cervical (neck), thoracic (midback), lumbar (lower) spine, sacrum and pelvis.

On her 20th visit, when she progressed from pain relief care to corrective care, she reported her average pain had decreased to 4/10. By her 9th month of care, she no longer had hypothyroidism; her MD removed her from all medications. She is still under chiropractic care. (2)

Baby not sleeping. A 7-month-old girl was having difficulty sleeping. According to her mother, the child slept a maximum of 2-3 hours at a time throughout the day.

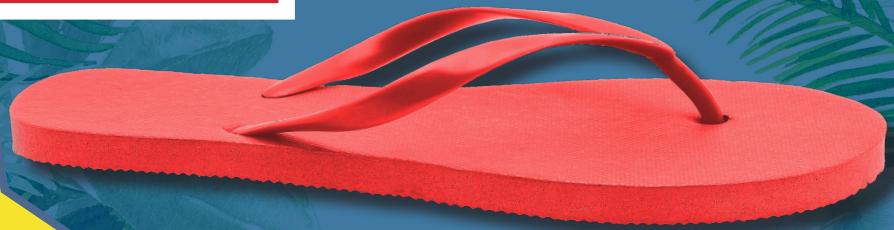
After the first visit, she began sleeping 9-10 hours through the night without issues. She was seen once a week for 3-4 weeks, once every 2 weeks for 3 visits and once a month for improved health care. (3)

HUMOR

- How come Superman could stop bullets with his chest, but always ducked when someone threw a gun at him?
- Why does sour cream have an expiration date?
- How much deeper would the ocean be if sponges didn't grow in it?

DO NOT

USE THOSE FLAT AND DESTRUCTIVE RETAIL FLIP-FLOPS



AS YOU DREAM ABOUT SUMMER, BE REMINDED...

THEY WILL CAUSE PAIN AND DISCOMFORT

FOOT LEVELERS CUSTOM FLIP-FLOPS PROVIDE THE SUPPORT YOU NEED!



ASK THE STAFF ABOUT CUSTOM ORTHOTIC FLIP-FLOPS!



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

1. <https://www.stanfordchiropractic.com/news/covid-19.html>
2. Reimer C. Resolution of hypothyroidism & improved cervical curve in a 52-year-old female undergoing chiropractic care for vertebral subluxation: a case study & review of the literature. *Annals of Vertebral Subluxation Research*. January 27, 2020:171-177.
3. Porter M, Alcantara J. Resolution of sleep disorder in an infant undergoing chiropractic care: case report & review of the literature. *Journal of Pediatric, Maternal & Family Health, Chiropractic*. July 29, 2019:87-90.