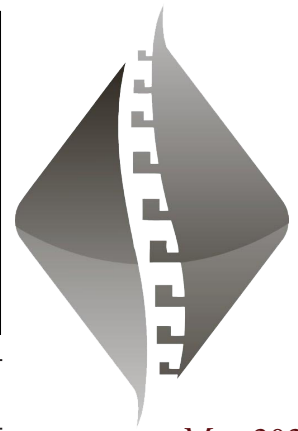


VAN DAM CHIROPRACTIC



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STRENGTHEN YOUR IMMUNE SYSTEM WITH CHIROPRACTIC

Good Health is Easy; Sickness Takes Work

You are the product of hundreds of generations of strong, healthy, intelligent ancestors. Think about it—every one of your many ancestors needed to be healthy to live long enough to at least reach puberty; every ancestor needed to be attractive enough to find a mate; every ancestor needed to be smart enough to survive in this difficult world and be able to raise heirs.

You have inherited a wonderful body designed to keep you going for (believe it or not) over a hundred years in perfect physical and mental health. Ooops!

But it doesn't always seem that way. A lifetime of physical, mental and chemical stress can weaken us and cause our bodies to malfunction. One of the most serious forms of stress you can have in your body is the subluxation.

What is a Subluxation?

A subluxation is a tiny distortion in your spine that causes nerve damage. Subluxations create disharmony in your body, a precondition for sickness and disease of all kinds. Subluxations have been linked to internal organ weakness as well as abnormal stress on your muscles, cartilage and discs. Subluxations have also been linked to arthritis, spinal degeneration, lowered resistance to disease, premature aging, loss of height, unbalanced posture, weakness and pain.

Often Unnoticed for Years

Most people have subluxations and don't know it since they are often painless; you may suffer from them for years before symptoms appear. However, all the while your health is deteriorating.

Chiropractic Care

Doctors of Chiropractic specialize in locating and correcting subluxations, releasing this deep stress that has been interfering with your ability to function at your best, to heal at your best, to think at your best. Chiropractic promotes balance, resistance to disease and improved function. That is why you'll find people with all kinds of health conditions in a chiropractor's office.



Health Optimization

Chiropractic is not just about helping us when we get sick. Chiropractic promotes wellness, wholeness and optimal function. Chiropractic patients report improved physical and emotional health, less stress and more enjoyment of life. (1-7).

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CHIROPRACTIC Q AND A

Question: Would I know when I need to see my chiropractor?

Answer: Subluxations are often painless; you may have one for years without knowing it. Subluxations are like cavities that need a specially trained doctor to locate and correct. Periodic check ups are the best approach.

RESEARCH AND CHIROPRACTIC

Pain, weakness, numbness and tingling in the arm. Two months before starting chiropractic care a woman began experiencing radicular symptoms in the form of pain, weakness, numbness and tingling in all the fingers in her right hand.

Prior to seeing the chiropractor, the patient saw a medical doctor who took X-rays as well as prescribed anti-inflammatory medication and a steroid injection.



In addition, a physical therapist was seen three times per week for finger rehabilitation. Her condition did not change.

An MRI revealed multilevel disc protrusions in her neck, spondylosis and spinal stenosis. It was recommended that she have a surgical evaluation. She refused.

After 26 visits, over a period of 100-days, improvements were observed on both X-ray and MRI along with a reduction in all her symptoms. (8)

Inability to nurse twins. Two weeks after the birth of twin girls the new mother was seen for care. She complained of an inability to initiate a let-down reflex and was not producing enough milk. She also complained of neck, shoulder pain and vasospasms (an arterial spasm restricting blood flow) in her breast.

Chiropractic examination revealed subluxations in her upper thoracic (midback) region and cranial restrictions.

Adjustments were delivered to the thoracic area (T3-T5). The mother immediately felt more sensation in her breast, specifically the nipple and areola. She also reported the ability



to relax her shoulders and achieve deeper inhalation during nursing. She produced double the amount of breastmilk as she had previously. She was feeling emotionally more stable and even optimistic about maintaining her nursing schedule with the twins. An updated exam at ten months postpartum showed that she was still successfully nursing both twins. (9)

Life's Little Adjustments



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.

CUSTOM

Each flip-flop comes with your personal corrections built into the footbed

COMFY

It's like walking on pillowy-soft clouds

CONVENIENT

Flip-flops are available for TAKE2 savings!!

(Buy 1 pair, additional pairs are \$99)

Custom Orthotic
Flip-Flops
from Foot Levelers

The best way to support your body during flip-flop season

Now in more colors!
Supplies are limited

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