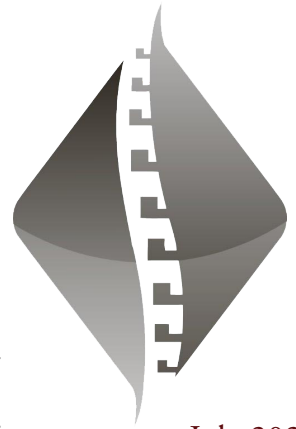


VANDAM CHIROPRACTIC



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WHAT'S NERVES GOT TO DO WITH IT?

Chiropractors help your nerves! Chiropractors may appear to work on your bones (chiefly your spinal column) but that's only because the nerves are within.

Let us explain. Your nerves are not exactly inside your bones, but your soft, delicate, vitally important nerves are surrounded by hard bone. Your brain is covered by your skull—protected from all sides by solid bone.

Your brain's billions of nerve fibers travel down through the bottom of your skull through a big hole (called the foramen magnum—Latin for 'big hole'). This bundle of billions of nerve fibers is called your spinal cord.

YOUR SPINAL CORD HELPS MAKE YOU WHOLE

Your spinal cord travels from just under your skull to your lower back. It is protected by your spinal column—but not 100% protection. If it were wrapped in solid bone you wouldn't be able to bend, twist, turn, or even move. Nature compromised and wrapped your spinal cord in rings of bone—vertebra (spinal bones). This way you can have movement AND protection.

Your vertebrae have discs between them to provide curves, and lots of muscles to provide movement. Your nerves exit between your bones through holes called foramina (Latin for 'hole') and from there your

brain communicates with your organs, muscles, glands, immune cells, all your systems—and that makes you whole so you can function at your best.

WHAT CHIROPRACTORS DO

Stress causes your vertebrae to misalign and irritate or impinge on your spinal cord and nerves. That may cause pain or it may be painless, all the while causing trouble. Think of a painless cavity in your tooth or quiet termites undermining your house's foundation.

A misalignment causing nerve stress is called a subluxation. Chiropractors are trained to locate and correct these painless distortions that other healers often miss.

WHAT CAUSES SUBLUXATIONS? STRESS!

Physical, emotional, toxic (from chemicals or poisons) and other stresses can overwhelm you and cause subluxations. The result is often blockage of energy, pain, imbalance, dis-ease (altered body function), greater stress and lowered resistance to disease

Please come in for care so you are as subluxation-free as possible. Please don't forget to bring in your kids, your parents and your grandparents—chiropractic care makes everyone better!



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NOURISHING TRADITIONS

Are there foods that protect against cancer?

Yes! According to the Weston A. Price Foundation certain nutrient-dense foods offer protection from cancer and are essential for a cancer-free life. Among the most important are foods with vitamin A.

Vitamin A strengthens the immune system, helps detoxify your body and is essential for mineral metabolism and endocrine function. True vitamin A is found only in animal foods such as cod liver oil, fish, shellfish, liver, butter and egg yolks from pasture-fed animals. Traditional diets contain ten times more vitamin A than the typical modern American diet.

THE WORLD'S GREATEST DRUGSTORE

Did you know there is a drugstore that supplies you with the following:

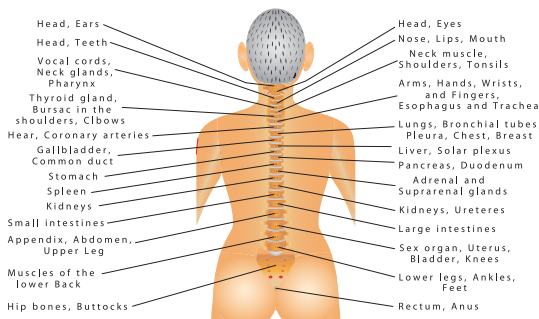
1. All the drugs you need
2. In the correct amounts
3. At the exact time they are needed
4. With no side effects, always safe
5. Free!

Does such a drugstore exist? Yes! That drugstore is your own body. Your body makes every drug and chemical that you need to keep you healthy, to prevent dis-ease, and to correct any problem or imbalance you may have.

In order for your body to create all those drugs, you need to supply it with good quality materials such as organic foods, grass-fed and pastured animal products, free range eggs and nutrient-dense foods.

In addition to giving your body what it needs, don't give it what harms it. Avoid "foods" that drain your body

of healthy nutrients such as white sugar, refined carbohydrates, high fructose corn syrup and commercial vegetable oils.



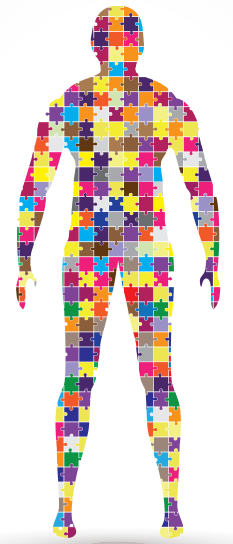
CHIROPRACTIC Q AND A

Question: Which part of the spine affects the immune system?

Answer: Every part. The body is interconnected in many complicated ways. If you'll look at the illustration at the top of this newsletter you'll see how nerves from the brain travel down the spine and affect all your organs, glands, muscles, senses and other body parts.

But it's not that simple. Any part of the spine could affect your immune system. When it comes to body health—you don't find body interactions to be A then B then C then D, etc.

Any healer will tell you that the body (and body/mind) is non-linear. A subluxation may affect G, then W, then B, then T, then A again, etc., etc. Removing what may seem like a minor stress may have powerful affects "downstream." For that reason, doctors of chiropractic have a holistic approach—they look at the entire person.



WORDS OF WISDOM

It is better to keep your mouth closed and let people think you are a fool than to open it and remove all doubt. —Mark Twain

Wise men talk because they have something to say fools, because they have to say something. —Plato

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.

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.

Laryngopharyngeal reflux. A 9-week-old infant had acid reflux and congestion since birth. As a result, the child had sleep difficulties and discomfort when sleeping on his back. The child would vomit when placed in his car seat. The infant’s pediatrician prescribed Zantac® but this did not help.

The third night following his first chiropractic adjustment the infant slept 9 hours without acid reflux issues. He was now able to sit in his car seat without vomiting or agitation. His skin color returned to normal and the dark circles under his eyes resolved. By two-week follow-up the child remained symptom-free. (1)

Failure to thrive (FTT). A two-month-old infant was diagnosed with FTT following birth trauma after a C-section, forceps and vacuum extraction. The child suffered from skull deformation (plagiocephaly), an inability to gain weight, persistent vomiting, constipation, inability to sleep, irritability, decreased hearing, acid reflux and apnea since birth.

The child was prescribed Zantac® which did not help.

Chiropractic examination revealed vertebral subluxations throughout the spine that were adjusted. Adjustment of the cranial bones and alignment of the sutures were also performed.

There was immediate improvement after the first visit with complete resolution after 30 visits. (2)

Back pain following surgery. A 45-year-old woman was suffering from right upper back pain for two months. She had been having back pain since she had mitral valve replacement surgery.

She was diagnosed with reflux esophagitis, muscle spasms and gallstones. She was given prescription medication but that didn’t help. Her MDs suggested gallbladder surgery, which she refused.

Instead she received chiropractic care. Following the first visit, she reported an immediate decrease in mid-upper back tension that had been present since her mitral valve replacement surgery. Following 4 patient visits over a 4-week period, the patient was pain-free. (3)



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