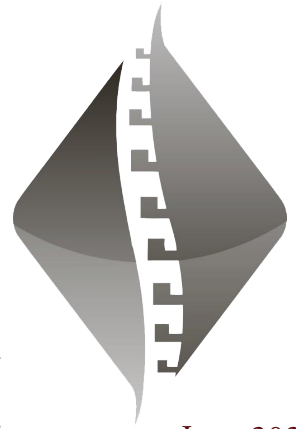


VANDAM CHIROPRACTIC



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SIX UNEXPECTED BENEFITS OF CHIROPRACTIC CARE

If you think chiropractic care is just for your neck or your back, you need to think again! Chiropractic treatment can benefit you in ways you might never expect. And while most people pop into their chiropractor's office for the first time to relieve pain in their back or neck, they keep returning even after the pain is gone because of the amazing benefits. Here are just a few of the unexpected benefits of Chiropractic care:

Chiropractic care can boost your immunity. A healthy immune system should be able to fight off most of the bacteria and viruses that it comes into contact with, with only minimal assistance from antibiotics or other drugs. Because the nervous system controls the functions of cells, organs and tissues of the body, a misalignment can reduce the ability of the immune system. Chiropractic care can realign the spine, freeing up the immune system to fight off intruders. Studies show that people who practice chiropractic maintenance have fewer colds than others.

Chiropractic adjustments can improve your digestion. The nerves that run through the spine also control your stomach and its functions. If the vertebrae in this area are improperly aligned, the nerves can begin signaling a need for more acid production, resulting in gas, heartburn, and acid reflux. A chiropractic adjustment can help the nerves in the thoracic spine work properly; the end result is frequently the elimination of stomach problems.

Chiropractic treatment increases your energy. It's able to do this in two ways: by reducing tension in the spine and by freeing the nerves to work more effectively. Many times we've been sore and tense for so long that we don't even notice it. Pain becomes normal to us. As our bodies struggle with muscle aches and pains and an ineffective nervous system, we find ourselves feeling run down and tired. Chiropractic adjustments remove all the pressure, freeing the body to run as it was designed to.

Chiropractic may be able to lower your blood pressure. A study performed by WebMD concluded that a chiropractic adjustment that specifically targets the nerves in the upper neck is as effective as taking a double dose of blood pressure medications. This specific manipulation is referred to in chiropractic circles as the "Atlas adjustment," and is known to have stabilizing effects on blood pressure.

Chiropractic care can help you breathe better. The lungs are just like every other part of the body in that they rely on nerve function to travel unimpeded from the brain to the spiral cord. A misalignment in the thoracic and mid-cervical regions of the spine can lead to lung abnormalities like asthma. Correcting subluxations can help reduce inflammation in the lungs and increase our ability to breathe properly.

Chiropractic treatment can assist in a healthier pregnancy and may even be able to make delivery

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easier. During pregnancy a woman's body goes through many significant changes that impact the nervous system's function. Ligaments in the pelvic area loosen to enable childbirth; at the same time, weight increase in a woman's core can lead to an instability that places increased pressure on an expectant mother's spine. Regular chiropractic care throughout pregnancy can help ensure a healthier mother and child, as babies born to mothers who visit their chiropractors develop in a healthier environment than those who don't.

As you can see, there are many other reasons to visit a chiropractor besides relief from neck and back pain. Chiropractic care is a safe, natural way to help the body learn how to heal itself. Chiropractic treatment isn't so much a way of fixing physical problems as it is a way of allowing your body to perform the healing it already knows how to do if it's given the care and respect it needs. (1)

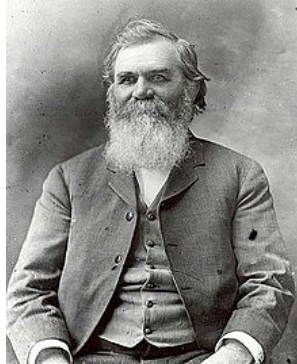
CHIROPRACTIC Q AND A

Question: How often should I go to the chiropractor?

Answer: You should go whenever you have subluxations. Since you can never be sure when you have subluxations it's advisable to see a chiropractor for periodic checkups and (if needed) adjustments.

DID YOU KNOW?

Chiropractic was discovered by D.D. Palmer in 1895 and a few years later he founded the first chiropractic school in Davenport, Iowa. The Palmer School of Chiropractic graduated thousands of Doctors of Chiropractic. All of the chiropractic schools in the US and Canada were founded by Palmer graduates.



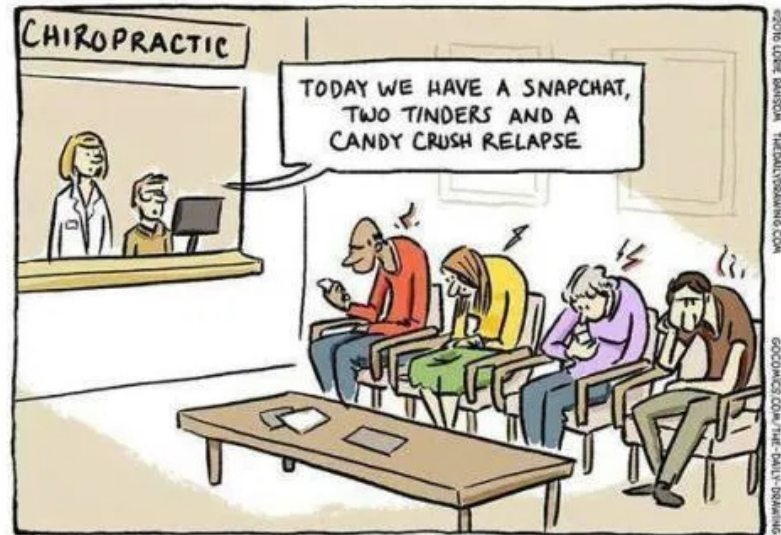
Dr. Palmer's discovery of a drug-free way to restore health to people spread far and wide. Eventually his few chiropractic patients turned to thousands and, in time, to millions of chiropractic patients.

The state medical associations, wishing to maintain their monopoly over healing, had chiropractors charged for "practicing medicine and surgery without a license." Even though they weren't practicing either medicine or surgery, the laws were written so that medicine had a monopoly on healthcare.

DD Palmer and later many other chiropractors were arrested in their offices, handcuffed and brought to jail—some served prison sentences for the crime of helping people.

The public didn't take this lying down. Patients protested, in many cases juries refused to convict, and eventually laws were changed, paving the way for more healthcare freedom.

Although healthcare in the US today still has many restrictions, chiropractors have shown that it is possible to fight so that the public has freedom of choice in healthcare. May that continue and grow.



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.

Developmental delay. A 15-month-old girl had lack of muscle tone and developmental delay. She was unable to pull herself up to standing, walk unassisted or communicate appropriately for her age level.

After eight months of chiropractic care the child was able to pull herself up to standing, walk unassisted and had become more verbal using words appropriate for her developmental age. (2)



Constipation.

A 3 ½-year-old girl suffered from chronic constipation. Subluxations were located in her cervical (neck), thoracic (midback), lumbar (low back) and sacroiliac (hip) regions.



The girl received chiropractic care. Within three weeks, she experienced complete resolution of the constipation and was fully potty-trained. (3)

Pregnant mom with back pain. A 28-year-old mother who was 31 weeks into her 2nd pregnancy visited a chiropractor complaining of low back and right sacroiliac joint pain. She said her pain began one week after picking up her 2-year-old child.



She was cared for once a week for 3 weeks. Her low back and sacroiliac pains disappeared and she also showed improved hip and spine mobility. (4)



THE GREATEST FEAR IN THE WORLD IS OF THE OPINIONS OF OTHERS. AND THE MOMENT YOU ARE UNAFRAID OF THE CROWD YOU ARE NO LONGER A SHEEP, YOU BECOME A LION. A GREAT ROAR ARISES IN YOUR HEART, THE ROAR OF FREEDOM. —OSHO

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