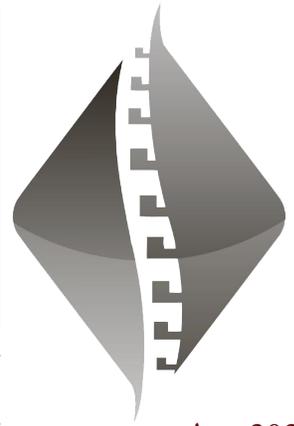


VANDAM CHIROPRACTIC



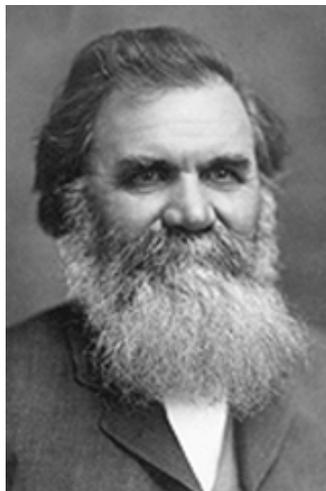
Dr. *Scott A.* VAN DAM

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

HOW WAS CHIROPRACTIC DISCOVERED?

Chiropractic was discovered by Dr. DD Palmer of Davenport, Iowa in 1895. Dr. Palmer learned that his building's janitor, Harvey Lillard, had become deaf after being in an accident 17 years prior. The accident produced a slight distortion in his spine.



Dr. Palmer asked Mr. Lillard to lie down on a bench and gently guided the distortion back into alignment. Mr. Lillard's hearing returned.

Dr. Palmer was intrigued by this spine-disease relationship. His next patient had a heart condition and when Dr. Palmer located and "adjusted" his spine, the heart condition was relieved.

Soon hundreds of people began to flood his office for "Dr. Palmer's hand treatments" as they were then known. Dr. Palmer began to teach his methods and so began the profession of chiropractic.

Question: Do Chiropractors and MD's work together?

Answer:Chiropractic and medicine are completely different professions and have different goals. The

goal of chiropractic is to locate and remove blockages to life, energy and healing (known as subluxations) in your body. Chiropractic helps you function and heal as close to your potential as possible.



So no matter what condition you are diagnosed with—you always need a body free of subluxations—you always need chiropractic care.

Medicine has a different purpose—the diagnosing and treating of named diseases, including first aid.

Doctors of Chiropractic are especially needed in every ER (emergency room). Why? Because when the patient has stabilized he/she needs to have their subluxations located and corrected. In that way both the DC and the MD will work for the best interest of the patient.

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CHIROPRACTIC: RUN FASTER, JUMP HIGHER, BE STRONGER

It's summertime and we're out playing. Can Chiropractic really help sports performance? It certainly does, and that's why professional sports teams keep chiropractors on staff so their players' bodies are more balanced, their nervous systems are healthier, their muscles function at their peak and, if they get hurt, they recover faster from injuries.



Name the sport—golf, tennis, football, soccer, track, swimming, hockey, martial arts, wrestling and all the others—chiropractic can give you the winning edge.

Of course, you don't need to be a professional athlete to benefit from chiropractic; anyone who uses his/her body needs it to function at its peak. That means everyone, including you, your family, your friends and sports team, can have the winning edge. (1-3)

AVOID DEHYDRATION

During the summer it's especially important we remind you to drink water.

Water isn't just "good for you"—water burns fat, suppresses hunger and renews your skin and if you drink 12 ounces of pure water every day you'll look younger in a few weeks.

Water is especially good for your kidneys and liver. When your kidneys are taxed from too little water, your liver has to take over. Your liver is your number one



fat-burning organ. Don't you want it working at top efficiency?

DID YOU KNOW?

Before the 1800s, people had a "first" and "second sleep." They would sleep 3-4 hours, wake up for 2-3 hours to do some type of activity, then go back to sleep until morning.



Until the 1980s, it was illegal for a woman to drive a car down Main Street in Waynesboro, Virginia, unless her husband was walking in front of the car waving a red flag.

WORDS OF WISDOM

When written in Chinese, the word 'crisis' is composed of two characters. One represents danger and the other represents opportunity. John F. Kennedy

If you're trying to achieve, there will be roadblocks. I've had them; everybody has had them. But obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it. Michael Jordan

For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone. Audrey Hepburn

Talent is God given. Be humble. Fame is man-given. Be grateful. Conceit is self-given. Be careful. John Wooden (4)

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.

Hypothyroidism reduction under chiropractic care. After a motor vehicle accident a 44-year-old woman suffered from upper trapezius (upper shoulder) and inter-scapular pain (pain between the shoulder blades) for 23 years! In addition, she had been prescribed Armour® Thyroid in order to treat symptoms of low thyroid function (hypothyroidism).

X-rays of her neck revealed a 80.7% loss of normal neck curve (hypo-lordosis) in addition to vertebral subluxations. The patient received spinal adjustments to reduce her subluxations and to improve her spinal and postural alignment over a seven-month period. Thirty days into care the patient began exhibiting signs/symptoms of an overactive thyroid (hyperthyroidism). After serum lab evaluation, the patient's endocrinologist instructed the patient to significantly reduce her thyroid medication. In addition, her shoulder and scapular pains gradually disappeared. (5)

Trigeminal neuralgia (Tic douloureux). A 77-year-old woman suffering from severe right-sided trigeminal neuralgia (TN) for seven years started chiropractic care. Her TN pain was only initially helped by medication and was made worse by chewing, talking and smiling.

When her symptoms were their worst, she was unable to eat or talk well for 4 days.

When she began chiropractic care she rated her pain 10 out of 10; describing it as a constant hot, throbbing, burning sensation that progressively got worse.

Subluxations at C1 and other segments were located and adjusted. After six visits the patient saw significant reduction in pain; after four months she went off her medication and at 6 months was pain free. (6)

Constipation in a three-year old. A three-year-old suffered from constipation for one year, needing laxatives in order to have a bowel movement. She would have no bowel movements on her own. After 4-5 days her parents would give her laxatives.

Chiropractic examination included spinalthermography, postural analysis, supine leg length comparison, range of motion, static and motion palpation of her spine. She was diagnosed with vertebral subluxations of the cervical region with related dysautonomia.



Chiropractic adjustments were utilized to correct the cervical subluxations. After two office visits, the toddler started having daily bowel movements. Within a three-month period of weekly chiropractic visits and adjustments, her constipation resolved completely. (7)

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