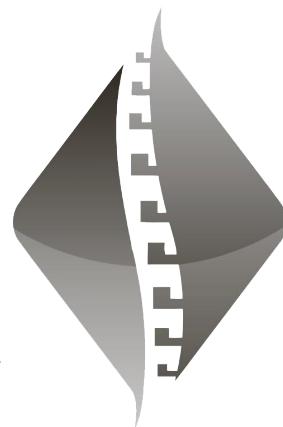


# VAN DAM CHIROPRACTIC

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## ALLERGIES & ASTHMA

Asthma and many allergic reactions are caused by a hypersensitive immune system and/or respiratory system, they fall comfortably within the remit of chiropractic care. This is because, for your immune system and respiratory system to function well, they must rely on healthy communication from the brain and the spinal cord.

A misaligned neck can easily cause your nervous system to become imbalanced. When the upper cervical spinal joint is irritated, it can provoke or worsen asthmatic and allergic symptoms. It is quite common, for example, to see victims of accidents involving this part of the spine to experience the onset or deterioration of an allergy such as asthma.

A doctor of chiropractic can assess your individual circumstances and examine your upper cervical spine to determine if their treatment will benefit your particular allergy.



When most people think of an allergy they think of asthma. Asthma and many other allergies can be treated with chiropractic care because they are caused by a hypersensitive immune system and/or respiratory system. To function correctly, these require good communication from the brain and the spinal

cord, and a misaligned neck can create an imbalance that degrades this communication.

Irritation in the upper cervical spinal joint can sometimes produce or worsen asthma, and it is not unusual for people who've suffered trauma to this area to develop asthma where none existed, or to experience a deterioration of a pre-existing condition.

A doctor of chiropractic can check whether your asthma is related to upper cervical spine problems, and suggest a course of treatment to help alleviate the symptoms. (1-2)



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## DID YOU KNOW?

In the late 1700's, many houses consisted of a large room with only one chair. Commonly, a long wide board folded down from the wall, and was used for dining. The 'head of the household' always sat in the chair while everyone else ate sitting on the floor. Occasionally a guest, who was usually a man, would be invited to sit in this chair during a meal. To sit in the chair meant you were important and in charge. They called the one sitting in the chair the 'chair man.' Today in business, we use the expression or title 'Chairman' or 'Chairman of the Board.'



In the late 1700's, ladies wore corsets, which would lace up in the front. A proper and dignified woman, as in 'straight-laced' wore a tightly tied corset.

## CHIROPRACTIC Q AND A

**Question:** I see more chiropractors today than ever before—in movies, TV shows, at sporting events. Why are chiropractors so popular?

**Answer:** Chiropractic has survived and thrived because chiropractors can do something no other health professional can do—locate (analyze) and correct (adjust) subluxations. Just as you wouldn't ask your plumber to work on your electrical system so you won't find someone to locate and correct your body for subluxations (blockages that interfere with life energy) if you go to a urologist or general practitioner (as examples). Chiropractors specialize in locating and correcting subluxations—and that unique service has changed the lives (and health) of millions of people all over the world.

Everyone should visit a Doctor of Chiropractic to ensure they are enjoying life without subluxations. Without subluxations you'll enjoy life more.



## HUMOR

Subject: 2+2+2=?

**Teacher:** If I gave you 2 cats and another 2 cats and another 2, how many will you have?

**Johnny:** Seven.

**Teacher:** No, listen carefully.... If I gave you 2 cats and another 2 cats and another 2, how many will you have?

**Johnny:** Seven.

**Teacher:** Let me put it to you differently. If I gave you 2 apples and another 2 apples and another 2, how many would you have?

**Johnny:** Six.

**Teacher:** Good. Now if I gave you 2 cats and another 2 cats and another 2, how many would you have?

**Johnny:** Seven!!! SIR!

**A very angry Teacher:** Wherein do you get seven from?

**A very angry Johnny:** Because I've already got a cat!



## WORDS OF WISDOM

*Ceremonies are important. But our gratitude has to be more than visits to the troops, and once-a-year Memorial Day ceremonies. We honor the dead best by treating the living well. —Thomas A. Edison*



**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.

### Bed wetting, constipation, allergies (and more).

The parents brought their 6-year-old son to the chiropractor. The child had multiple problems including nocturnal enuresis (bedwetting), headaches, ADHD, asthma, allergies, constipation, earaches and cold hands. The boy had been taking several different prescription and over-the-counter medications including pain relievers, laxatives, Qvar ®(beclomethasone dipropionate) inhaler, Nasonex®, Albuterol®, Benadryl® and Claritin®.



The child was given a chiropractic examination which revealed numerous vertebral subluxations throughout his spine.

He was given a series of chiropractic adjustments. After twenty adjustments there was complete resolution of enuresis. By the 25th visit, the patient's parents reported complete resolution of cold hands and constipation, as well as 80% relief of all remaining symptoms. (3)

### Weight loss, heart rate variability and nervous system imbalance.

Chiropractic is so much more than back pain; chiropractic rebalances the nervous system so the entire body functions with improved efficiency.



In this case, a 38-year-old man with a chief complaint of intermittent low back pain began chiropractic care.

Nervous system imbalance (dysautonomia) was discovered using multiple instruments that included spinal heat readings (thermography) and heart rate variability.

The patient was given a series of chiropractic adjustments to reduce his subluxations. Over the series of adjustments (13 months) he lost 61 pounds with a 9.5% decrease in fat mass. His intermittent back pain resolved as well. (4)

**Meniere's disease.** A 64-year-old woman suffering from neck pain, headaches, arm weakness, vertigo and anxiety began chiropractic care. She reported that she had also been suffering from Meniere's disease for three and a half years.

Chiropractic exam revealed a vertebral subluxation at C1. Cervical x-rays, neurocalography, orthopedic testing and visual analog scale assessments confirmed this finding.

The patient experienced a significant improvement in symptoms of Meniere's, vertigo, anxiety and headaches as a result of chiropractic care. She experienced overall better health including increased strength, energy and a more positive mental outlook. (5)



## REFERENCES

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