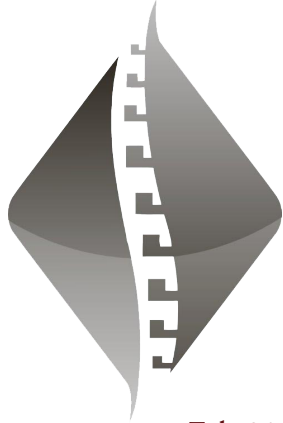


VANDAM CHIROPRACTIC



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IS THAT A SNAKE DOWN THEIR BACK?

We often like to show you the picture of the woman on the left.

People have asked, "Is that a snake on their back?" "No, it's their spinal column (backbone)" we say.



We've also been asked, "What's with the chiropractic fascination with the spine?" "How does the back make me sick?" "How does the chiropractor working on my back make me healthy?"

Good questions. Let's answer them:

Your brain controls your body. How? Your brain has a marvelous communication system—the nervous system. Billions of nerves leave the brain in a bundle known as the spinal cord and travel down your spine.

Millions of nerves from the spinal cord branch off between your spinal bones. The photo here shows a spinal column; spinal nerves coming out of it are in blue.

The next image shows your spinal cord and nerves sending your brain's messages to all your internal organs: heart, lungs, stomach, liver, intestines, etc.

and all your muscles, joints, glands, blood vessels and more!

For you to be healthy your spinal bones (vertebrae) must be in a healthy alignment or your nerves may be irritated and that can cause lack of proper communication between your brain and your body.

That's where your chiropractor comes in. Your Doctor of Chiropractic locates distortions where the nerves are impinged or stressed (subluxations) and corrects or "adjusts" your spine to relieve this distortion.

For a healthy body, for ideal function, for a strong terrain, you need a healthy spine. A healthy spine helps ensure a healthy nervous system. That's the role of your chiropractor.



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CHIROPRACTIC Q & A

Question: Are certain vertebrae associated with certain organs or conditions?

Answer: Yes. For many decades chiropractors relied on a spine-organ relationship known as the MERIC System. For example, subluxations of the lower cervical (lower neck) upper thoracic (upper back) area are related to neck, arm and carpal tunnel pain; the 2nd and 3rd thoracics are commonly involved with asthma; the 5th and 6th thoracic vertebrae are related to stomach and digestive conditions; the 11th and 12th thoracic vertebrae are related to kidney and adrenal function (especially stress).

Trauma to the coccyx (tailbone) has been claimed to cause all kinds of conditions including mental/emotional disturbances. At first this may seem unrelated however the wrappings around the brain (the meninges) anchor to the tailbone. A sudden trauma to the tailbone has been observed clinically to cause cascading stress to the brain!

That tells us something interesting—the body is so complex and interrelated that even areas that don't seem related are in fact related. For that reason many chiropractors consider the MERIC System valuable but not 100% reliable.

DID YOU KNOW?

Q: Did you know why ships and aircraft in trouble use “mayday” as their call for help?

A: This comes from the French word m'aidez—meaning “help me”—and is pronounced “mayday.”

Q: Did you know why someone who is feeling great is “on cloud nine”?

A: Types of clouds are numbered according to the altitudes they attain, with nine being the highest cloud. If someone is said to be on cloud nine, that person is floating well above worldly cares.

Q: Did you know why zero scores in tennis are called “love”?

A: In France, where tennis first became popular, a big, round zero on scoreboard looked like an egg and was called “l'oeuf,” which is French for “egg.” When tennis was introduced in the US, Americans pronounced it “love.”

ORTHOTICS

If your feet don't get proper support from your footwear, activities such as walking, running, and jumping will force your body out of alignment, causing stress and fatigue to major joints and muscles, which in turn will cause pain and reduced performance. Devices commonly known as orthotics are highly recommended as they are designed to reinforce your feet, saving you from the pain and discomfort of a misaligned body.

However, over-the-counter orthotics support just one arch of the foot. Such generic products typically cause more harm than good by shifting pain and discomfort from one area of the body to another. Furthermore, over-the-counter products may not be very durable and may result in more costs due to frequent replacement.

Our solution was to provide Los Angeles and the surrounding communities the very best support by implementing Foot Levelers 3 Arch Advantage into our practice.

We choose Foot Levelers for their development of the world's first 3D Device for Chiropractic. This revolutionary 3D Bodyview technology produces a 3D volumetric image in true color to enable us to show you levels of asymmetry throughout the body. This laser device is the most accurate 3D technology in its class and is certified to be accurate within 300 microns (the width of two hairs). This is the very same technology is used for industrial inspection of jet engines and other critical precision equipment.

UNDERSTANDING THE NEED

The feet are the most abused parts of the human body. From regular activities such as walking and running to more intense actions such as dancing and playing sports, the feet consistently absorb the force generated by body weight and gravity combined. And without proper support, your feet will be overwhelmed by the constant stress. This will lead to arch pain or plantar fasciitis—a very common condition affecting the plantar fascia that can be difficult to treat if not looked after properly.

Other conditions you may develop from unsupported arches include low back pain, neck pain, hip pain, and ankle pain. **Ensure better posture and support chiropractic adjustments by getting orthotics made especially for you. (1)**

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.

Birth trauma and brachial plexus injury. A mother brought her five-month-old son with severely limited left arm movement to a chiropractor. She reported a healthy pregnancy but a difficult labor and delivery; her son was breech and experienced birth trauma. An episiotomy and forceful pulling on his head and neck was performed in the delivery process.

Chiropractic was utilized as appropriate for the age and size of the patient. The infant gained full motion of his left arm within the two months of chiropractic care and the mother stated that her son may even have a tendency to be left-handed. (2)



Hourly bowel movements in a 98-year old.

A 98-year-old man complaining of frequent, nightly bowel movements began chiropractic care. He reported no bowel problems during the daytime but at night he had to get up to defecate nearly every hour, up to 8-9 times a night.



The patient was diagnosed with adverse mechanical cord tension, cervical (neck) vertebral subluxation, coccyx subluxation and a twisted pelvis.

After one month of care (12 visits), the patient’s nightly, frequent bowel movements were completely resolved. (3)

Headaches from a sports injury. A 12-year-old girl suffered from headaches after a collision during a lacrosse game.

She received three upper cervical (upper neck) adjustments to her atlas (C-1) vertebra over a period of five visits within 28 days. Not only did her headaches disappear but her scoliosis (spinal curves) also improved. (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.



REFERENCES

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