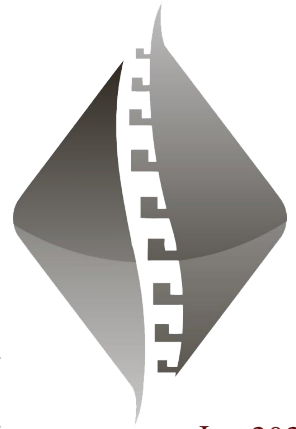


# VANDAM CHIROPRACTIC



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## WORRIED ABOUT GERMS?

With bad news all around us, how can we keep our bodies in tip-top shape? Should we fear germs? Do this:

Take a deep breath. You just breathed in millions of germs. You really did. But don't be scared. We are all covered, inside and out, with billions upon billions of germs: bacteria, viri, fungi, etc., etc., etc. All the time. Yet 99.99999% of the time you're not sick. Why? Because germs don't make you sick.

When you are sick you make germs.

Germs only grow in a stressed, malnourished, toxic body. Germs cannot take hold in a well-functioning body. How do you ensure proper function?



Visit your chiropractor! When your body is free of subluxations it functions at closer to 100%. You digest and absorb food better, you have less stress and you detoxify more effectively. Come in for chiropractic care for the best protection against germs, and bring your kids and grandparents in too!

## YOU ARE A GREAT DANCER!

"Me a dancer?" you might say. "Have you seen me dance?" Ah, but you are a great dancer. Every one of your body parts, all of your billions and trillions of cells and the tissues and organs they make up are vibrating and dancing with their own unique frequency. It's basic bio-physics.

That's because every one of your parts is filled with energy. To be alive is to dance. But sometimes some of your parts are a little off and don't harmonize as well as they should. The result could be body malfunction—dis-ease. Dis-ease is often characterized by symptoms including lack of energy, lack of balance and/or lack of harmony.

A major cause of this disharmony is a subluxation—a blockage in your body structure, usually your spine. Your energy that travels over your nerves and tissues is blocked or interfered with. Chiropractors specialize in locating and correcting subluxations—the result is that you dance better on the inside! For your dancing on the outside maybe you should take some lessons.



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## ENERGY DRINKS?

Energy drinks—especially the tiny “shots” at the convenience store that promise to get rid of your “2:30 feeling”—are pumped full of synthetic caffeine. This “fake” caffeine does not come from any of Mother Nature’s sources. It comes from a chemistry lab. Manufacturers love the fake stuff because it’s potent and much cheaper than the real thing.



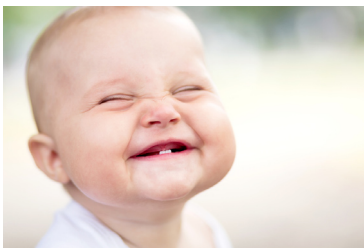
Even worse are the lab chemicals themselves. One of the popular ways to make synthetic caffeine uses a highly toxic cocktail of chemicals, including:

- **Trichloroethylene (TCE)** – a chlorinated hydrocarbon commonly used as an industrial solvent. It’s so powerful the Air Force uses it to clean jet engines. Banned in Europe as a known cancer-causing chemical, it is perfectly legal to use in the United States.
- **Sodium cyanide** – a highly toxic, colorless salt used in gold mining to strip gold from rock.
- **Sulfuric acid** – a strong mineral acid used in car batteries, ore processing, fertilizer manufacturing and oil refining.
- **Benzene** – a known cancer-causing chemical used as an industrial solvent and in the production of drugs, plastics, synthetic rubber and dyes.

## CHIROPRACTIC Q & A

**Question:** Why should I bring in my children for a chiropractic exam?

**Answer:** You get your child’s teeth checked for cavities. What about getting their spine and body structure checked for subluxations? Children need chiropractic care, especially with all their physical activity and stress in today’s stress-filled world. Children under chiropractic care concentrate better, do better at school and are healthier and happier.



## AVOIDING HEADACHE TRIGGERS

We all know that emotional stress, depression, anxiety, frustration, and disappointment can be a trigger for headaches, but there are other causes, such as certain foods, odors, menstrual periods, and changes in the weather and air pressure. Even pleasant excitement can be a trigger for some people.

If headaches are a regular feature in your life, it is a good idea to keep a headache diary so you can determine which factors may be responsible.

Food triggers include those that contain nitrite compounds, which dilate blood vessels and can result in a dull, pounding headache and sometimes a flushed face. Nitrite is found in products like heart medicine but is also used as a preservative in meat. Sodium nitrite in hot dogs and other processed meats should be avoided.

The amino acid tyramine should also be avoided and can be found in foods such as ripe cheeses (cheddar, brie), soy sauce, chocolate, and any pickled or fermented food.

Monosodium glutamate (MSG) is another culprit, used again in soy sauce, as a meat tenderizer, and in many packaged foods as a flavor enhancer.

Some common household chemicals such as those contained in insecticides and cleaning products (carbon tetrachloride especially) are problematic. Lead as well can cause headaches, so avoid lead-based paints, lead batteries, and lead-glazed pottery.

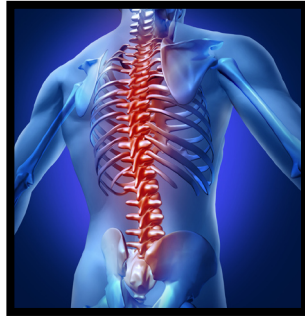


**Van Dam Chiropractic would like to thank our patients for their many referrals of friends and family to our office.**

**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.

**Gastro-esophageal reflux disease.** A 4-month-old baby girl with GERD was brought by her mother for chiropractic care. The mother reported the child had multiple episodes of reflux and vomiting per day. She received chiropractic and cranial care and her mother reported a large bowel movement and a longer than normal sleep the day after the 1st visit.



The baby continued care 2x/week for 2 weeks and 1x/week for the next 4 weeks. By the second visit her mother reported that the vomiting and reflux had decreased. Within 3 weeks she had no more reflux or vomiting. (1)

**Improved behavior, a reduction in violent outbreaks in a 10-year-old boy.** This is the case of a 10-year-old boy with behavioral issues, including dramatic changes from a calm manner to suddenly violent actions. He was also reported to have difficulty sleeping due to emotional detachment disorder and frequently suffered from panic attacks.

His mother also reported that he had difficulty noticing when he was sufficiently full following eating. His behavioral volatility caused him to be

suspended from school.

Upper cervical, thoracic and lumbopelvic subluxations were discovered in this case. He received spinal adjustments.

His changes were recorded through the Measure Yourself Medical Outcome Profile (MYMOP) questionnaires over the course of his treatment. A reduction in a MYMOP score of 6/6 to 16/6 for behavior and violent outbreaks was measured after 8 adjustments. Further improvements were noticed with sleep and anxiety, as well as a dramatically improved awareness of feeling full after eating. (2)



**Reflux, irritability and more in 7-month-old boys.** This is the case of two seven-month-old premature fraternal twin boys with chronic reflux, breastfeeding difficulties, general irritability, excessive crying, plagiocephaly, and scaphocephaly who were presented by their mother for chiropractic care.

The children received spinal and cranial adjustments and after 8 weeks of care the mother reported a decrease in severity of the twins’ reflux, breastfeeding difficulties and irritability. At 16 weeks of chiropractic care the twins’ reflux had ceased and their cranial symmetry had markedly improved. (2)

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## REFERENCES

1. Cook JR. A case report of improved behavior and a reduction in violent outbreaks in a 10-year-old boy with chiropractic care. *Journal of Clinical Chiropractic Pediatrics*. 2014;14(3). <https://www.jccponline.com/Case-report.html>
2. Collins K, Alcantara J, Holt K. Resolution of breastfeeding and gastrointestinal complaints in infant twins with plagiocephaly & scaphocephaly following birth trauma: a case series. *Journal of Pediatric, Maternal & Family Health – Chiropractic*. 2015;1:34-41.
3. Collins K, Alcantara J, Holt K. Resolution of breastfeeding and gastrointestinal complaints in infant twins with plagiocephaly & scaphocephaly following birth trauma: a case series. *Journal of Pediatric, Maternal & Family Health – Chiropractic*. 2015;1:34-41.