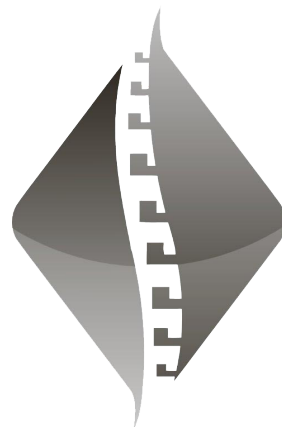


VAN DAM CHIROPRACTIC

Dr. *Scott A.* VAN DAM

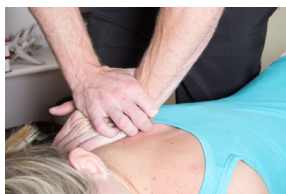


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HOW DOES CHIROPRACTIC HELP WOMEN?

Since chiropractic's inception spinal care and adjustments have been a blessing to millions of women of all ages.



Chiropractic helps girls grow into healthy women and has helped women with menstrual problems as well as many other conditions.

Pregnant women are able to be analyzed and adjusted throughout the (hopefully) 9 months and the result is an easier pregnancy and delivery. Late in the pregnancy some modifications to posture and position are considered.

How does chiropractic help? The pelvic area receives an intense amount of nerve communications from the spinal column. The nerves that exit the brain and travel down your spine branch off to the ovaries, uterus, fallopian tubes, kidneys, adrenal glands and other internal organs. All these organs (and many more) need a healthy, uninterrupted nerve supply to function properly.

The role of the chiropractor is to make sure there are no distortions, blockages, subluxations and other forms of nerve interference in your spine.

There are many clinical studies showing chiropractic helps women with menstrual pain and discomfort, menstrual irregularities, sexual function, fertility, pregnancy and menopause. (1-3)

BUGS, GERMS & VIRI -- OH MY!

There are millions of people throughout the world who are in desperate need of a chiropractic adjustment. Many people's very lives may depend on their seeing a chiropractor. And yet, because of their ignorance or misconceptions about this field of healthcare, such people will never benefit from its healing power.

Chiropractic's purpose is to bring the body into harmony and balance with its internal environment and bring the person into harmony and balance with their external environment.

We breathe in millions of microorganisms from our external environment and balance them with the millions, billions and trillions of microorganisms already in our body. When they are in balance, they provide excellent immunity. All these microorganisms actually keep your body and mind functioning at its optimum.

When a chiropractor adjusts your body to release subluxations, your immune system works. Chiropractic improves your physical and mental function



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CHIROPRACTIC Q & A

Question: Can chiropractic help students get better grades?

Answer: Yes! Chiropractic has been shown to improve concentration, attention span, grades and interpersonal behavior. Chiropractic has even been shown to increase IQ, coordination and self-esteem along with overall body function. (4-6)

PMS AND CHIROPRACTIC CARE

Women who suffer from premenstrual syndrome (PMS) shortly before their periods tend to experience some or even all of the following: mood swings, distended abdomen, headaches, back pain, food cravings, fatigue, irritability and depression. The severity of these symptoms varies greatly, from mildly inconvenienced to grab-an-AK-47, and they may last anything from a couple of days to two weeks.

It is thought that three-quarters of menstruating women experience some degree of PMS, and it is women in their late 20s to early 40s who are likely to suffer most. 10 to 20% of sufferers will experience symptoms they find severe or even disabling.

The cause of PMS is naturally assumed to be the hormonal changes that take place during the monthly menstrual cycle, which can then be exacerbated by stress, a lack of serotonin in the brain, and subluxations in the low back.

Chiropractic care cannot remedy the hormonal changes that precede menstruation, but certain studies have shown that it can help to reduce many of the symptoms of PMS, with the added benefit of your avoiding prescription drugs. This is because the tissues in the lower abdomen are regulated by the nerves that exit the lower spine, therefore chiropractic care to alleviate any unnecessary pressure or irritation on these can help. (7)



KIDS & CHIROPRACTIC CARE



Lots of parents ask, "Why should a child need chiropractic care?". We just ask them, "How many times did your child fall today, just learning to walk?" Often, it is at least

5 to 10. How many times in a week, in a month, in a year? It doesn't take a rocket scientist to know that our children's bodies take a beating at this age not to mention any previous birth trauma. How long do we want to wait to get the problem fixed? Until they're in their thirties or forties when their nervous system is so deteriorated they have a hard time bending over? Let's fix the problem before it becomes a health hazard!

Benefits of Chiropractic Care as Children:

- Help with bedwetting
- Improve ADD/ADHD
- Help prevent and decrease the number of ear infections
- Improve digestion
- Improve sleeping habits (8)



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.

Frozen shoulder. A 68-year-old man began chiropractic care who had been previously diagnosed with “frozen shoulder.” His problems were complicated by degeneration of the joints in the neck and in the shoulder joint (degenerative joint disease or DJD). Vertebral subluxations were analyzed and located.

Chiropractic care corrected spinal subluxations. The patient showed an increase in range of motion of the left shoulder and also experienced decreased pain. (9)

Eczema, allergies and insomnia. A 4-year-old boy suffering from eczema, allergies and insomnia was brought to a chiropractic office. He had a full body rash that lasted for a year and a half. His parents applied topical steroid creams and hydroxyzine to try to alleviate the symptoms, but they were of limited help.

Chiropractic examination revealed the child had vertebral subluxations. Further testing using surface electromyography and thermal scanning demonstrated that his nervous system was indeed under stress.

After two months of chiropractic care the mother reported a dramatic decrease in eczema symptoms and severity. She added that her child was happier, more engaged in playing, with less allergic reactions

and sleeping better. (10)

Low heart rate, fatigue, lightheadedness. A 74-year-old woman visited her neighborhood chiropractic clinic complaining of a low heart rate for 4 months duration. She was also experiencing fatigue and lightheadedness.

Chiropractic X-ray examination revealed an upper cervical (neck) subluxation. Over an 8-week period the patient was seen for 20 office visits and during that time she received six adjustments.



She reported improvement of her heart rate and symptoms of fatigue and dizziness after the third adjustment. Later X-rays showed a reduction in the upper cervical subluxation. (11)

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