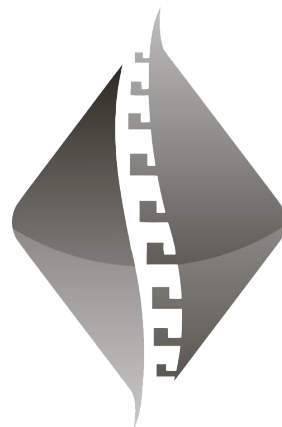


VAN DAM CHIROPRACTIC

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WHEN IS THE BEST TIME TO SEE A CHIROPRACTOR?

Now is the best time. If you are alive and breathing you are under stress and you may have a painless condition increasing in your body called a subluxation.

What is a subluxation? It is a blockage or distortion of your spine and skeletal system that can irritate your nerves, discs, muscles, joints and even block the energy to your internal organs.

Subluxations prevent you from functioning at 100%. You may have many in your body right now, undermining your health.

Fortunately, there are chiropractors. For over 125 years chiropractors have been the healthcare professionals that specialize in the location and correction (adjustment) of subluxations. The effects of the chiropractic adjustment can be powerful.

That is why chiropractic has become the largest drug-free healing profession in the world.

Since subluxations are usually painless, you never know for sure if you have one or more. Come in for a chiropractic checkup and bring the kids and grandparents to get everyone's subluxations located, analyzed and corrected. Are you coming in to get healthy while your family is at home waiting to get sick?

The beauty of chiropractic care: we are able to locate and correct subluxations before you get sick or have symptoms.



HUMOR

- How come Superman could stop bullets with his chest, but always ducked when someone threw a gun at him?
- If "con" is the opposite of "pro," then what is the opposite of progress?
- Why buy a product that it takes 2000 flushes to get rid of?
- Why do we wash bath towels? Aren't we clean when we use them?
- Why do we put suits in a garment bag and put garments in a suitcase?

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CHIROPRACTIC Q & A

Question: How often should I visit my chiropractor?

Answer: That depends on your goal. For example, some people only visit their chiropractor when they are feeling sick or in pain or low in energy or depressed. A chiropractic adjustment gives them a natural, healthy lift and they feel great afterwards. Of course, after they experience the slings and arrows of life's physical and emotional stresses they eventually come back for care.

Isn't it better to maintain health and prevent disease (body malfunction)? Many people come in for chiropractor care for health maintenance every week or month (sometimes more often). Chiropractic care keeps them humming along like a well-tuned piano. The immune system works better when your body has fewer subluxations.

Which kind of patient are you?

DID YOU KNOW?

- The first phonebook only had 50 names? (The book was a page long.)
- Australia is the only continent without an active volcano?
- Honey never spoils?
- 10% of the world's population is left handed?
- 8% of the world's population has an extra rib?
- The Aztecs invented popcorn?
- Apples wake you up more than coffee in the morning?

ALLERGIES AND CHIROPRACTIC

Because 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. (1)

GOOD POSTURE AND CHIROPRACTIC

Good posture is important because the further your posture deviates from what is correct, the more stressed your spine and back muscles become. This leads to stiffness and pain. Correct posture allows the spine to naturally take the strain as it was designed to do. Imagine carrying a bag in the normal way with your arm at your side. Then think how much extra burden you give yourself if you hold the bag out in front of you. Think of the muscles that then have to compensate to not only hold the bag, but also to rebalance the shift in your weight.

The Wall Posture Exercise is a good way to check your posture and understand how it should be. Rest back against a flat wall and bring your heels, shoulders and head backwards until they touch the wall. Sensing how this feels, step away from the wall and try to maintain that position for as long as possible throughout the day. (2)



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.

Failure to thrive. A-13-day-old baby boy was brought in by his distraught parents due to failure to thrive, which can be fatal. He had lost 27 ounces since birth and his parents were providing around the clock care to keep him alive. He was crying most of the time. When the mother attempted to nurse him, the baby would detach from the breast or would fall asleep quick. The mother described her son as lethargic and with a very weak cry. Medical doctors had nothing to offer.

Chiropractic care consisted of upper cervical (neck) adjustments and a left hard palate adjustment. His sacrum was also corrected.

After the first visit, his mother noticed that her baby was able to nurse for a full 45 minutes without “popping off.” She cried due to overwhelming emotions when she explained that the pain she had been feeling was gone and she felt hope for the first time since her child was born.

After three months of care, his weight had doubled, exceeding the standard set by the Mayo Clinic of doubling birth weight by five months old. (3)



Painful menstrual cramps, shoulder pain and poor sleep. Painful menstrual cramping

(dysmenorrhea) affects the majority of women some time in their lives. This is the case of a 37-year-old woman suffering severe menstrual, shoulder and low back pain who sought chiropractic care.

Chiropractic analysis found subluxations at the atlas or C1 (top of the neck and base of the skull), T8 (mid-back area), L1 (upper lumbar area) and sacrum. She had care three times a week for three weeks, then two times a week for 14 weeks.

She reported better sleep as well as a reduction in low back and shoulder pain almost immediately. After a while she stopped having debilitating menstrual cramps and no longer



had to take days off from work. Her cycle, which had been five days, decreased to three days. (4)

Acid reflux, feeding difficulties and sleep disturbance in an infant. A 7-week-old prematurely born baby boy had been born by Caesarean section. He had acid reflux, problems swallowing, difficulty sleeping, problems latching and was spitting up after feeding.

Subluxations were located and corrected. He received nine chiropractic adjustments over 11 weeks to the cervical (neck), thoracic (mid-back) and sacral (lower) regions of his spine. The acid reflux, feeding difficulties and sleep disturbances were resolved by the second adjustment. (5)

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