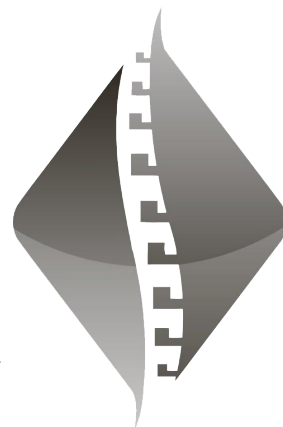


# VAN DAM CHIROPRACTIC

Dr. *Scott A.* VAN DAM



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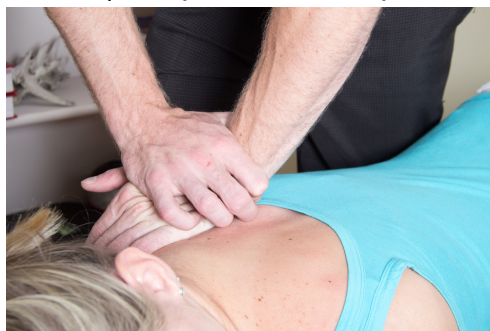
1203 28th St. S - Fargo, ND 58103 - 701.532.5320 - vandamchiropractic.com

## THE MIRACLE OF CHIROPRACTIC

Chiropractors don't put any drugs or chemicals into the body, and they don't remove body parts—and yet for well over a century millions of people have benefited from chiropractic care.

We're not just referring to musculoskeletal pain such as back, wrist, arm, shoulder, neck, head, leg, hip and other pains but much, much more.

Chiropractic has become the largest drug-free healing science, art and philosophy in the world because of its successes. At a time when organized medicine attacked chiropractic care, the numbers of people visiting chiropractors exploded. Why? Because it works! Chiropractic is drug-free (no side effects or drug reactions), safe (chiropractors' malpractice premiums are a small fraction of those of a medical doctor, especially orthopedists) and effective—as millions of people around the world will testify.



If you'd spend a day sitting in the waiting room of a chiropractor's office, you'd be impressed with the many different people coming in for care. First of all, consider the ages, from newborns to the elderly, pregnant patients and those who are literally carried in and walk out.

Second, you'd hear stories such as: "my child doesn't have any more ear infections," "he's not as clumsy and has more self-confidence," "her asthma seemed to disappear," "his ability to concentrate has improved," "his grades are better," "his allergies have stopped," and many, many more.



Athletes especially benefit from regular chiropractic care - students, weekend, amateur and professional athletes.

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



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## THE #1 KILLER

If you ask what the number one killer is, most people would say it's heart disease, or cancer but the real killer that tops the list is **STRESS!**

A little stress is no big deal; some stress is enjoyable and even good for you—riding an amusement park ride, getting a new house, starting a business, going out on a first date, getting married, having a baby and many others. After all, life is full of stresses that challenge us, teach us and help us develop.



But some stress is bad. Chronic, unrelenting stress that stays with us, that seems to never end, that we can't recover from—that's the kind of stress that ruins minds and bodies.

It's the real silent killer. You'll find stress-weakened tissue that cancers develop in; you'll find it in the recesses of the heart inflaming blood vessels and valves; you'll find it upsetting the immune system, setting the stage for autoimmune diseases; and you'll find it slowly weakening your nervous system and mental health: it's chronic unhealthy stress.

Stress can be physical—overwork or overplay. Stress can be toxic—caused by pollution, pesticides in our food, GMO (genetically modified) foods, dental/oral infections, not enough sleep, constant worry—the list is long. To be alive is to be under stress.

Chiropractic addresses a serious silent stress that weakens you on many levels and prevents your body from functioning at its optimum—the subluxation. The subluxation is a distortion in your body that prevents you from functioning at 100%.

Chiropractors spend many long hours studying how to locate and correct (release or adjust) subluxations. Because most subluxations are painless you may never know that this stress is building up inside you— affecting you physically and mentally.

Freed from the stress of subluxations, your entire being will function closer to its ideal; you'll have more energy and a healthier immune system that is better able to deal with the many challenges life throws at you.

## CHIROPRACTIC Q & A

**Question: Can chiropractic help migraines and headaches?**

**Answer: Yes! Chiropractic has been shown to help those with headaches and migraines for over one hundred years!** There is one part of the spinal column that is just under the skull that seems to be especially involved with migraines, headaches, vision and brain stress. That part is the atlas vertebra (also known as C-1, the first cervical vertebra). This is a very important area that is commonly checked and corrected (adjusted) by chiropractors.

## DID YOU KNOW?

- The human brain is 78% water? Both the human brain and heart are around 73-78% water. That is why dehydration is so dangerous.
- You share your birthday with 19 million people? On average, a person will share a birthday with 19 million other people from a population of over 7 billion.
- The human tongue heals the fastest compared to all body parts? That is because it is full of blood—now you know why it is red.
- The Aztecs invented popcorn? They didn't eat it. They used this as an ornament and it was used in headdresses. Maybe they would have discovered how good it tastes if they had also invented movies.

**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.

**Crying, screaming 6-week-old baby.** A 6-week-old girl was brought in for chiropractic care by her mother. She said her child frequently cried and screamed, slept poorly, favored her right shoulder and had feeding difficulties.

After her first adjustment the baby immediately relaxed; the mother reported her daughter slept for six hours that night. In addition, she fed equally on the left and right sides, no longer cried inconsolably and was able to lie on her back without extreme discomfort. (1)



**Pervasive developmental disorder.** A 33-month-old boy diagnosed with pervasive developmental disorder (PDD) and sensory processing disorder (SPD) had developmental delays in communication, speech, cognitive function, gross and fine motor skills, “fist walking,” and bruxism (grinding teeth). He also lacked social and emotional development as well as self-help skills.

Since medically there is no cure, he was prescribed ADD medications, antidepressants, anti-seizure medication and antipsychotic medication to treat his symptoms.

Chiropractic care consisted of the location and correction of subluxations. After ten months his language skills had improved greatly and his sensory processing issues had reduced (“he seems much more comfortable in his personal space”). In addition, his bruxism reduced, he was no longer “fist walking” and he had stopped swaying and rocking. His mother reported that he was also beginning to read at a level above his age and his social skills improved. (2)

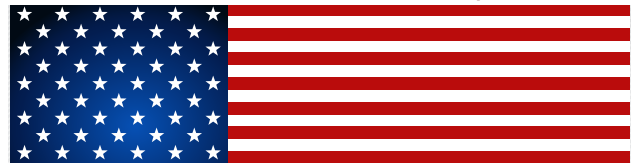
**Trigeminal neuralgia (tic douloureux).** A 77-year-old woman who had been suffering from severe right-sided trigeminal neuralgia (TN) for seven years went to a chiropractor for care. Her TN pain was only initially helped by medication and was made worse by chewing, talking and smiling. When her symptoms were their worst, she was unable to eat or talk well for 4 days.



Initially she rated her pain 10 out of 10; describing it as a constant hot, throbbing, burning sensation that progressively gets worse.

Subluxations at C1 and other segments were located and adjusted. Nutritional supplementation including Omega-3's and Vitamin D was also implemented. After six visits the patient saw significant reduction in pain. After four months she went off her medication and at 6 months was pain free. (3)

## Memorial Day



## REMEMBER & HONOR

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