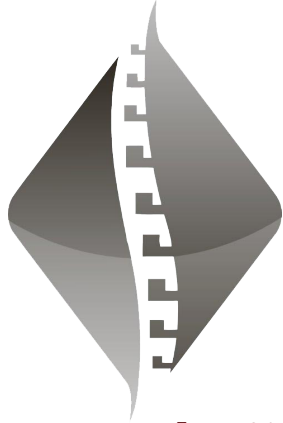


VANDAM CHIROPRACTIC



Dr. *Scott A.* VAN DAM

June 2021

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

WHIPLASH AND CHIROPRACTIC

You're sitting in your car minding your own business, stopped at a light, and WHAM! some idiot slams into you from behind—you are rear-ended. Your head snaps or "whips" backwards and forwards. You got a whiplash.

Hopefully you don't have any broken bones or cuts, but something is still not right. Your head isn't on straight, your body is misaligned, your nerves are "pinched," your neck is not right, your muscles and joints are crying in pain.

By the way, it doesn't have to be a car accident—whiplash injuries can occur from sports collisions and other forms of trauma. Some really bad whiplash accidents are sideways—when a car passenger had turned to look at the driver so they received a sideways or lateral whiplash.

Because all of our body parts are connected in many complicated ways, a whiplash injury may cause or intensify lower back pain, leg, hip and pelvic pain.

To make things a little more interesting, whiplash symptoms may not occur immediately after the accident but may take a day or so to show up. When they show up, you'll know it.

Symptoms of whiplash commonly include neck pain, headaches, muscle pain, stiffness, loss of range of motion, fatigue, blurred vision and more! If the nerves in your lower neck are "pinched" you may

have numbness and tingling in your shoulders, wrists, arms and hands. Whiplash is not fun. What to do?

Chiropractic has been a blessing to whiplash sufferers for over 125 years. Many whiplash sufferers have turned to chiropractic after having exhausted muscle relaxers, painkillers and injections and are looking for an alternative to surgery.

Chiropractors locate subluxations that cause stress, interference, nerve pressure and other problems in your spine and body structure. Doctors of Chiropractic are able to realign spinal vertebrae that have been "locked or jammed" as a result of trauma using the art and science of the chiropractic adjustment.

Anyone who has experienced a whiplash, or any kind of injury, needs the safe, yet powerful, chiropractic approach.



Whiplash and Chiropractic.....	1	Candy is Dandy.....	2
Traditional Eating.....	2	Research and Chiropractic.....	3
Chiropractic Q and A.....	2		

TRADITIONAL EATING

Cholesterol Not Guilty—New Research Shows Cholesterol is Natural and Beneficial

Our ancestors had it right all along—good quality saturated fats such as butter, cream, tallow, lard, chicken fat (schmaltz), goose fat, duck fat and fatty organ meats will lead to a long, healthy life.



Cholesterol is needed for the proper function of your brain, your heart and your cell membranes. That means you need cholesterol in pretty much every cell in your body.

Many studies show that people with high cholesterol live the longest. “What?” I hear you say. This statement seems incredible because it flies in the face of what so many of us have been told which was based on theory, not reality. In fact, cholesterol is an antioxidant, it fights inflammation. If a person has chronically high cholesterol, it is the inflammation (the cause) which should be addressed.

That people with high cholesterol live the longest emerges clearly from many scientific papers. After the world was told about how horrible saturated animal fats and cholesterol were, and that millions needed to be spent on expensive cholesterol-lowering drugs, many scientists questioned that approach. In 1994 a major study from Yale University researcher Harlan Krumholz reported that elderly people with low cholesterol died twice as often from a heart attack as did the elderly with high cholesterol. (1) Other researchers have since noticed the same finding. (2-3)

Cholesterol is not your enemy. Unhealthy fats and oils (i.e., corn oil, canola, safflower, cottonseed oil, margarine, hydrogenated and partially hydrogenated oils) as well as hidden infections and subluxations are the real enemies that cause inflammation.

CHIROPRACTIC Q & A

Question: Can chiropractic help my immune system?

Chiropractic helps your entire body. Whenever you are under stress your immune system is compromised. There is the emerging science of psychoneuroimmunology (PNI) that explores the relationship between your brain and nervous system, your emotions and your immune system. The research shows us that stress on your nervous system can relate to physical as well as mental problems.

The subluxation that chiropractors correct is a serious stress on your mind-body that affects your brain, spinal cord, nervous system, bones, muscles, joints and meninges.

Chiropractors like to show that the nerves in your spine travel and connect to billions of your body parts but we should not forget where your nerves originate. Your nerves descend from your brain—the master coordinator and controller of your body functions. That includes your immune system. Do you want an immune system that functions without nerve stress? Of course, you do! Come in for subluxation analysis and correction—and bring in your family too! (4)

CANDY IS DANDY

In a study of 7,841 male Harvard graduates, those who ate a moderate number of chocolates, averaging 1-3 candy bars a month fared the best. They had a 36% lower risk of death compared to non-candy eaters. Even heavy eaters (who consumed 3 or more sweets a week) had a 16% lower risk of death compared to those who never ate candy.

Overall, chocolate candy bar eaters enjoyed on average nearly a year more of life. (5)

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.

Depression, anxiety and chiropractic. Two groups of men in a residential addiction treatment center were studied for 90 days. One group received chiropractic adjustments three times per week. The non-care (placebo) group received a sham adjustment three times per week.

Both groups were assessed with the Beck's Depression Inventory and the Spielberger State-Trait Anxiety Questionnaire at intake and every 30 days.

Depression scores improved by 97%; anxiety scores improved by 36.5% with 100% retention rate in the chiropractic group. The placebo group showed no improvement with a 0% retention rate (no one continued care). (6)

Amenorrhea and infertility. A 29-year-old woman received a medical diagnosis of secondary amenorrhea. She and her husband were trying unsuccessfully to conceive for several months.

She was analyzed for vertebral subluxations. Subluxations were found and adjusted. She was under chiropractic care for 14.5 weeks (33 visits). Her menstrual cycles began again, and she ultimately had a successful conception. (7)



TMJ pain following an accident. A 36-year-old woman was suffering with chronic temporomandibular joint (TMJ) pain. The pain began several years prior following a trauma.

She complained that her TMJ pain increased with movement, sleeping and straining. A chiropractic examination revealed spinal subluxations and postural distortions. Using chiropractic adjustment procedures, the patient's subluxations were reduced, her posture was restored and her TMJ pain completely resolved. Months later she remains pain-free. (8)



REFERENCES

1. Krumholz HM et al. Lack of association between cholesterol and coronary heart disease mortality and morbidity and all-cause mortality in persons older than 70 years. *JAMA*. 1990;272:1335-1340.
2. Ravnskov U. High cholesterol is not a risk factor. *Well-Being Journal*. November/December 2012;21(6).
3. Ravnskov U. High cholesterol may protect against infections and atherosclerosis. *Quarterly J of Medicine*. 2003;96:927-934.
4. McCoy M, Kent C, Stiles A et al. Immunity & chiropractic clinical practice. *Annals of Vertebral Subluxation Research*. March 29, 2021:24-35.
5. . Lee I-M, Paffenbarger R. Life is sweet: candy consumption and longevity. *British Medical Journal*. 1998; 317:1683-1684.
6. Vaden CD, Holder JM, McCoy M et al. P300 wave outcomes in subluxation-based chiropractic in residential addiction treatment: a randomized controlled clinical trial. *Annals of Vertebral Subluxation Research*. December 28, 2020:178-192.
7. Teets B, Jodon J. Resolution of secondary amenorrhea & infertility with successful conception following chiropractic care to correct vertebral subluxation: a case study & review of mechanisms. *Annals of Vertebral Subluxation Research*. March 17, 2021:24-28.
8. Paxton SW, Opell M. Resolution of chronic temporomandibular disorder in a 36-year-old female following chiropractic care: a case study. *Journal of Upper Cervical Chiropractic Research*. October 27, 2020:63-67.