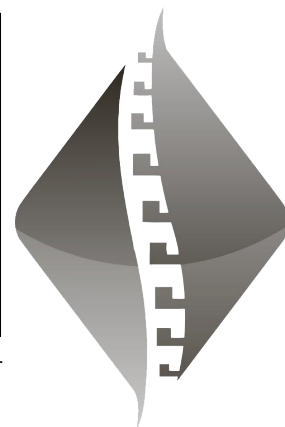


VAN DAM CHIROPRACTIC



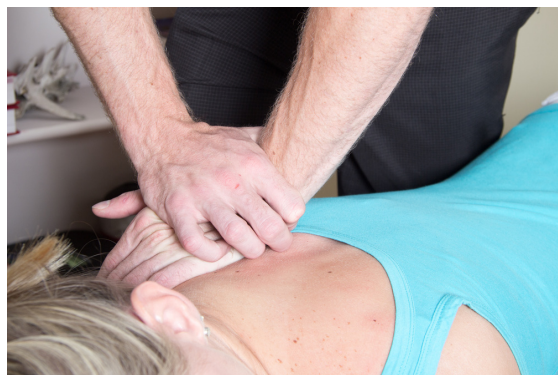
Dr. *Scott A.* VAN DAM

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

CHIROPRACTIC AND YOUR QUALITY OF LIFE

Studies have revealed that people under chiropractic care experience wellness in many areas of their lives.



Chiropractic patients in two studies reported improved physical and mental/emotional health, better ability to deal with stress and more life enjoyment. (1-2) In another study, patients reported improved physical functioning, less bodily pain, improved general health, greater vitality, social functioning and improved mental health. (3)

Chiropractic has been especially effective with improving the life of the elderly. In one study of people 75 years of age and older those under chiropractic care enjoyed better overall health, fewer chronic conditions, less days in nursing homes and hospitals, more mobility and were less likely to use prescription drugs than non-chiropractic patients. 87% of chiropractic patients described their health as excellent compared to just 67.8% of non-chiropractic patients. (4)

What Can YOU Expect?

Chiropractic care is individualized; the care you receive will be unique for your body and needs and the benefits you receive will be unique for you. Be sensitive to your body and communicate with your chiropractor—let him or her know exactly what changes you may be experiencing after your adjustment.



*Land of the free,
because of the brave*

Chiropractic and Your Quality of Life.....1

Chiropractic Q and A.....2

Just the Essentials...Oils that is.....2

Research and Chiropractic.....3

JUST THE ESSENTIALS...OILS THAT IS

Essential oils are natural, healing and effective for many ailments, mood issues and so much more. Each drop is the most healing part of a plant distilled into a pure liquid form containing the powerful healing properties of that plant. The molecular structure of essential oils are small enough that they penetrate the skin almost instantly and affect the entire body within 20 minutes. Essential oils possess an abundant amount of healing abilities like, antiviral, antibacterial, antiseptic, antimicrobial, antiparasitic, antifungal and anticancer. They invigorate your body by bringing life and oxygen to dying cells due to the oxygen molecules that each and every essential oil has. Essential oils can have between 200- 800 different forms of natural chemical constituents making them powerhouses for the body.



Essential oils offer a healthy alternative to harsh chemical fragrance. Artificial scents and perfumes not only increase inflammation, but they interfere with the body's detox pathways, hormonal system and increase susceptibility to disease. Choosing to use oils in your home and daily life not only adds some fun to your days but supports your body in so many ways.

History of Essential Oils

Essential oils are one of the first forms of medicine humankind ever used. Looking back through historical Chinese manuscripts there is evidence of priests and doctors utilizing the healing properties of essential oils to treat common ailments. Not only were they being used in China but also in Egypt and for many reasons. It is known that they were used for embalming. They have been found preserved in King Tut's tomb. Pyramids were a place where these essential oils were being created as they discovered hieroglyphics that are in fact the original recipes. The Bible is another place where you can find over 188 references to essential oils and their healing abilities. Roman and Greek cultures also utilized their aromatic and antiseptic properties during the bubonic plague. Romans not only used essential oils for their healing properties but also for their fragrance. They were used in baths, on their skin, and in their hair. It was not until the mid-19th century that essential oils regained popularity and resurfaced as a major part of modern culture.

CHIROPRACTIC Q & A

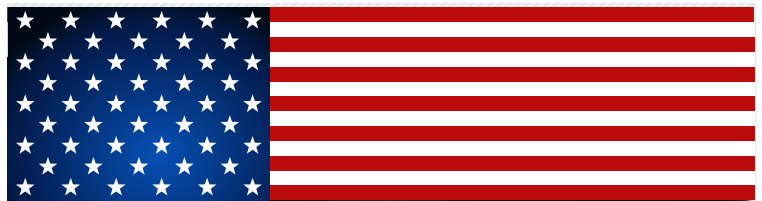
Question: Why do some people get sick and others do not?

Answer: That question was asked by DD Palmer, the discoverer of chiropractic. Palmer wrote in his classic work *The Chiropractor's Adjuster*: "Why does one person get sick while his co-worker, eating the same food, exposed to the same air, having a similar life does not?"

For example, it is a known fact that even in the most severe epidemics the majority of people are unaffected. That's right—only a tiny percentage of people even get sick and that is true with all the epidemics of history, including that of Covid-19.

The people who become ill and tragically succumb are the elderly as well as those with cancer, diabetes, morbid obesity, heart disease and other life-threatening conditions.

The recent pandemic mostly affected those in their 80s in nursing homes where people are already sick, the food is very poor, where everyone is kept on numerous medications and given periodic vaccines which can include varicella (chickenpox), shingles, DTaP (diphtheria-tetanus, pertussis), meningococcal, flu, pneumonia, hepatitis and more! All the above can seriously weaken an already compromised immune system.



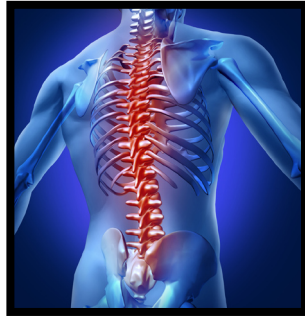
Van Dam Chiropractic would like to thank our patients for their many referrals of friends and family to our office.

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.

Autism in an adult woman. A 22-year-old woman with autism spectrum disorder was experiencing anxiety, nervousness, menstrual disorder, restriction of daily activities and speech. She was brought in for chiropractic care by her mother who sought care for optimal health on all levels and increased interaction with others.

The Autism Treatment Evaluation Checklist was used to determine improvement in social outcomes for the patient. After eight sessions there was an improvement of 41% in the subscale of sociability and 24% improvement in the subscale of health/physical/behavior. Total improvement was 18% following chiropractic care. Among the changes were improved speech (more verbal), reduction in rigid routines and improved sociability. (5)

Concentration and learning difficulties. A 6-year-old girl had concentration and learning difficulties since beginning school twelve months earlier. She also suffered from severe stomach pain for over two months diagnosed as abdominal migraines.

After six weeks of chiropractic care improvements were seen in concentration and learning along with a complete resolution of abdominal migraines. (6)



Disc and lower back pain. A 43-year-old man with left-sided low back pain that radiated down his left leg, down the lateral calf, to his foot and heel sought chiropractic care. He described the pain as dull and sharp with numbness and he rated his pain level as 8 out of 10. The pain made him unable to work and sleep through the night. He was prescribed Advil® 200 mg, Percocet® 5 mg-325 mg, Valium® 5 mg and Tramadol®, all of which did not take away the pain. An MRI showed left side L4-L5 (lower back) disc damage (protrusion with an extruded fragment). MDs recommended an epidural block or low back surgery.

The patient decided to visit a chiropractor. He saw the chiropractor five times for the first week, then three visits per week for the next three weeks until the re-examination. After 15 visits he was able to work 12-hour days and was able to sleep the entire night without pain. He can sit and lay without pain. On reassessment, he rated the pain at 2/10. (7)



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