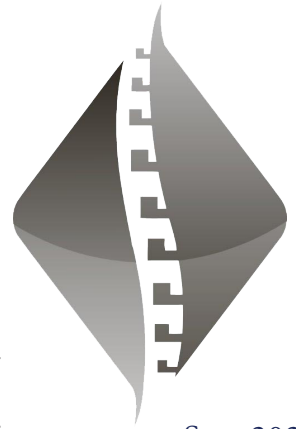


# VANDAM CHIROPRACTIC



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## JUST THE ESSENTIALS

### **Essential Oils and the Brain**

What's one thing everyone has in common? We ALL have a brain! The brain is a powerhouse in our bodies, so why not take care of it to the best of your ability?

There are many ways essential oils can be used to support the neurological system as well as many different essential oils. So let's talk about which oils we can use to promote optimal brain health and how to use them to target the brain.

The number one essential oil for supporting the brain is frankincense. Throughout history frankincense has been used and discussed for its healing properties. One of the most impressive findings with frankincense oil is the way it moves through the blood brain barrier and can penetrate deep within the brain. It has the ability to access parts of the brain very few things can, man-made or otherwise. With its anti-inflammatory, anticancer, antitumor, antidepressant, immune stimulant and overall sedative properties it makes for an extremely therapeutic and beneficial experience for the brain. Other ways frankincense helps the brain is with focus. Many times in history it is referred to as an oil that helps with meditation, prayer and communication with non-physical sources. The brain and mind are intertwined, frankincense steady's the mind, eases impatience, and provides support for those struggling with hyperactivity.

Basil is another essential oil that supports the brain

and mind. It's aroma is invigorating and cooling, which brings in energy while also calming the mind. If you struggle with frequent headaches or nagging tension adding basil into your essential oil routine will support your brain and body with those symptoms. Basil blends wonderfully with bergamot, another essential oil that can promote positive brain activity and mindset. Together they make a great team due to the intensity of basil's aroma and the sweetness of bergamot.

All three oils - frankincense, basil, and bergamot - are extremely versatile and work together to support the mind and brain. They are all easy to use as they can be applied without a carrier oil. Adding a few drops of each to the diffuser, or individually in your workspace or place of prayer or meditation will bring an enhanced experience as well as many health benefits. For support of neurological symptoms such as focus issues, headaches or mood concerns applying to the back of the neck or behind the ears is a great and fast acting way to support your body. By applying essential oils behind the ears, it allows for quick entry to the bloodstream due to the thin skin and massive amounts of blood flow, blood vessels and veins located there while also being localized for fast neurological support.



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## CHIROPRACTIC Q & A

**Question: What diseases do chiropractors treat?**

**Answer: None of them and all of them.**

Chiropractic is not a treatment for named diseases but should be sought out no matter what conditions or diseases a person suffers from or is diagnosed with – back pain, depression, cold, flu, cancer, autism, allergies, asthma – everything from A to Z. How can that be? It's because chiropractic's purpose is to release subluxations – blockages or interferences in your body that prevent you from functioning at your best.

Think of chiropractic subluxation correction as you would good nutrition. What diseases do you need good nutrition for? All of them! The chiropractic message is simple: do not live with subluxations and do not let your children, your spouse and your friends and relatives live with subluxations.

One day going to the chiropractor for a subluxation checkup will be done by most everyone on a regular basis. We need to start more conversations with, "Hey, did you see your chiropractor this week?"

## TRADITIONAL EATING

**Why Do We Need Good Nutrition?**

Apart from the obvious—to easily maintain our ideal weight, have lots of energy and live free from disease and infirmity—we must also look at nutrition from an inter-generational or species perspective. Good nutrition ensures healthier children and (later) grandchildren!

Only healthy well-nourished people can produce healthy children. When we are healthy, we look better and are better able to attract a mate so we can produce healthy, strong, fertile children free from physical and mental defects and disorders. The goal of good nutrition is survival of the species and the passing of good, healthy genes and qualities.

Our current epidemic of infertility—nearly 20% of all couples are unable to conceive—and our current epidemic of children with chronic illness are no coincidence. The pesticides and toxins in our foods are causing generational damage. Only eat organic. And here is another great rule:



## A Good General Nutrition Rule

If the food wasn't around when your grandparents were around, avoid it; make sure your food and preparations are as traditional and as old-fashioned as possible.

How can you find out more? Dr. Weston A. Price is regarded by many as the greatest nutritionist who ever lived.

Dr. Price discovered the ideal diet for humanity. When people followed this diet, their children were found to grow up to be strong adults free from chronic disease. They often lived long, healthy, happy lives and produced healthy children of their own.

## WHAT DOES A CHIROPRACTOR DO?

Chiropractors find the hidden stresses in your body. We do this by analyzing your body structure for imbalances, distortions, and blockages causing nerve interference (stressing your nerves). The distortion causing nerve interference is referred to as a subluxation.

Subluxations can be caused early in life by a difficult labor and delivery (vacuum extraction, forceps etc.) from falls, sports, accidents, even minor twists and turns. Subluxations are very common—most people suffer from this often-painless condition. Yes, many people go to the chiropractor because of back, leg, hip, neck, shoulder and other pains, but that's only a small fraction of those who have subluxations and don't know it!

There are many different procedures or techniques chiropractors use to correct or adjust subluxations. They all have the same goal: to free your body from deep stress, create balance, reinvigorate your energies, and ultimately to improve the function of all your internal organs, muscles, glands, joints, and ligaments.

**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.

**High blood pressure and migraine.** The patient was a 25-year-old woman with medically diagnosed hypertension. She also had symptoms of migraine headaches occurring two times per week. Her blood pressure was 134/98 mmHg at initial examination.

An upper cervical subluxation was detected on her cervical (neck) X-rays. Her muscle nerve status, leg length, posture, and blood pressure were monitored every visit. After 12 weeks of care the patient experienced a significant decrease in blood pressure to 114/80 mmHg. She also experienced a significant decrease in both frequency and severity of migraine headache symptoms. (1)



**Breastfeeding and latching difficulty.** A four-week-old baby girl was brought in for chiropractic care by her mother who was concerned about the child’s inability to effectively latch onto her left breast when held in the traditional cradle position.

Multiple subluxations with spasm and tenderness were found at the sacrum (bottom of the spine), the fifth thoracic (mid-back) vertebrae (T5), the atlas (C1 or upper neck) and right TMJ.



Following adjustment to the atlas and TMJ there was increased right rotation of the infant’s head and a decrease in left head tilt. Breastfeeding was attempted immediately after the adjustment with success and no further issues remained. The mother reported her daughter was able to latch perfectly and nursed without interruption for 30 minutes. The mother returned the next week and reported total resolution of the infant’s inability to latch on her left breast. (2)

**Edema and lower back pain in pregnancy.** A 28-year-old pregnant (33 weeks) woman began chiropractic care. She complained of tingling and numbness in the 2nd, 3rd and 4th fingers on her right hand. She also reported low back pain and right leg swelling, endometriosis, ovarian cysts and two previous miscarriages.



She received chiropractic adjustments for 9 weeks. Her presenting complaints completely resolved within that time and she delivered successfully at term. (3)

## Back to School



## REFERENCES

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