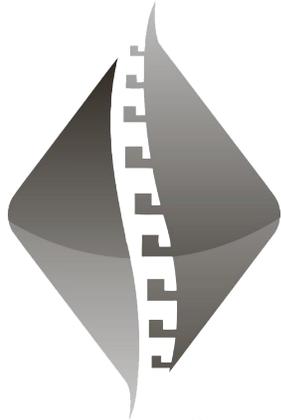


VANDAM CHIROPRACTIC



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Oct 2021

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WHAT HAPPENS WHEN YOU RECEIVE AN ADJUSTMENT?

The chiropractic adjustment or correction is a procedure performed by your chiropractor using his/her hands or a special instrument. The purpose of this procedure is to correct a condition or abnormality that is called a subluxation.

A subluxation is an unhealthy state of your body reflected in your spine, structural system, muscles and nerves. Some people refer to the subluxation as a blockage, others as interference, others as stagnation of energy.

Subluxations may be caused by physical, emotional and toxic stress. They are very common and are found in every age group. They may be found in newborns due to birth trauma, in children (from falls and accidents), and in fact, in anyone who lives on a planet with gravity (that means all of us).

Because of the many things that can cause a subluxation, the moment your subluxations are corrected (adjusted or released), hundreds, if not thousands, of body functions and activities may be affected.

At the moment of the adjustment, trapped physical, emotional and toxic stress is released. Imbalanced energies and nerve impulses in your brain, spinal cord, cranial nerves and spinal nerves begin to flow in a more balanced manner. Millions and even billions of nerves and body parts begin to re-establish new patterns of function. In addition, your muscles,

ligaments, tendons and discs begin rebalancing; your internal organs are now functioning closer to ideal.

Because of an adjustment your entire body has more energy to rebalance, renew and rebuild. Now you know why chiropractic care has become the most popular drug-free, non-surgical health care profession in the world—because of the power of the chiropractic adjustment that corrects subluxations.



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CHIROPRACTIC Q & A

Question: Why stay subluxation-free?

Answer: The chiropractic profession that was founded by Dr. DD Palmer in 1895 is based on the fact that internal structural distortions called subluxations can cause serious health problems.

Subluxations stress your nervous system and interfere with communication among your organs, glands, muscles and other body parts – including your brain and your immune system.

Subluxations can be caused by any trauma: difficult birth, falls, accidents, emotional upset, chemical toxicity, overwork or a combination of factors (i.e. physical, chemical or emotional stress while you are tired, overworked, malnourished, etc.).

People sometimes ask how chiropractic can improve their health. The answers depend on whom you ask. For example, a woman now free of monthly pain may say, "Chiropractic is for menstrual problems." A pregnant woman may say, "Chiropractic is for a comfortable pregnancy." A mother whose child was helped may say, "Chiropractic is for ear infections (or fevers or asthma or colic)." A teacher may say, "Chiropractic is for dyslexia, vision and learning disorders." Another person may say "Chiropractic is for headaches," while still others may declare chiropractic is for back aches, hearing problems, disc problems, arthritis, high or low blood pressure or a host of other problems.

Others use chiropractic as a way to maximize sports performance, improve overall health, and enhance balance, strength and fitness.

In addition to all of the above, chiropractic can help everyone live a drug-free, healthy lifestyle.

Subluxations are epidemic in our society; most people have subluxations and don't know it. For that reason, everyone needs periodic chiropractic checkups.



DID YOU KNOW? YOUR TONSILS HAVE PURPOSE

With every breath you take and every mouthful of food you eat millions and millions of microscopic life forms enter your body. These germs, bugs, fungus, spores and the rest love you because you can supply them with lots of food, water, quiet, darkness and a constant temperature.

Your main barrier to preventing all those tiny life forms from entering you is your skin; but when you breathe and eat that armor is bypassed. What's a body to do? Easy. Set up guardians with forts and lots of weapons. These are your tonsils.

You have two tonsils at the back of your mouth on either side of your throat, one behind your tongue and another by your nose. Tonsils are filled with cells that can attack and eat any germs before they can do any harm. Tonsils also create antibodies that are specialized structures that destroy microorganisms before they can do any damage.



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.

Shoulder problems in two patients. A 45-year-old woman and a 47-year-old man had complaints of shoulder pain and restriction. Both reported falls and accidents two months prior. Over-the-counter medication and physical therapy were ineffective.

Both patients received upper cervical (upper neck) chiropractic adjustments. Significant improvements in shoulder range of motion and decreased pain occurred in both patients. (1)

Breastfeeding difficulties. A 9-day-old girl with a history of birth trauma was brought in for chiropractic care. Her mother reported that her daughter had breastfeeding difficulties and failure to gain weight. Breastfeeding was so painful that a lactation consultant recommended a nipple shield.

The child had chiropractic adjustment to her atlas (C-1 vertebrae) and sacrum along with cranial care. She had four visits in two weeks and after each visit the mother reported more comfortable breastfeeding and an increase in weight gain. (2)

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)

Vertigo, hearing and quality of life. A fifty-one-year-old woman was diagnosed with Chiari malformation (CM), a structural defect where the brainstem is below its typical/normal position. CM can cause headaches, difficulty swallowing, vomiting, dizziness, neck pain, unsteady gait, poor hand coordination, numbness and tingling of the hands and feet as well as speech problems.

This woman suffered from Meniere’s disease, migraine, concussion, whiplash, upper cervical subluxation and TMJ dysfunction.

She had previously received skull and neck surgery to address her symptoms. She experienced only temporary relief.



She began chiropractic care. At a two-year follow up she reported that her vertigo number went from 10 to 1 (occasional imbalance but no dizziness) and her hearing was restored. Her tinnitus was replaced by an occasional humming sound. She reports she has her confidence back, can drive and shop again and her sleep has improved. (3)

HUMOR

- Why doesn’t glue stick to the inside of the bottle?
- Do Roman paramedics refer to IV’s as “4’s”?
- Why doesn’t Tarzan have a beard?
- If man evolved from monkeys and apes, why do we still have monkeys and apes?
- Should you trust a stockbroker who’s married to a travel agent?

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