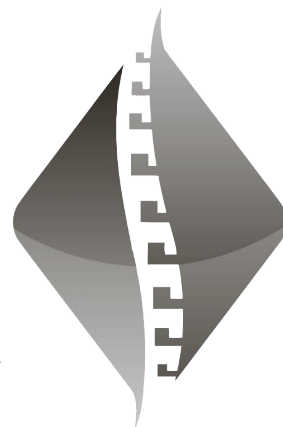


VAN DAM CHIROPRACTIC



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7 ESSENTIAL OILS FOR THE HOLIDAYS

When the Holiday season is approaching turn to Aromatherapy to add to the ambiance. Here are some ideal Essential Oils to enhance your home as you celebrate Christmas, Hanukkah or Kwanzaa this year.

PEPPERMINT

Peppermint Essential Oil provides a boost of energy when you need it. Peppermint is also a wonderful anti-inflammatory. This means that it may be helpful for reducing pain caused by headaches, tight muscles, and upset stomachs. It's menthol component also helps to open congested airways.

CINNAMON

Used as an ingredient in many favorite treats, Cinnamon provides a cozy sense of warmth and comfort. Additionally, Cinnamon can encourage a physical feeling of warmth as well. Adding a drop to a Winter massage may help to heat the skin as well as the soul.

GINGER

This Essential Oil helps to create a pleasant and secure emotional state of being. As for physical benefits, we love that Ginger is incredible for digestion. If Thanksgiving indulgences have pushed your tummy to the limit, apply Ginger with a carrier oil to the stomach and massage in a circular motion to help relieve nausea and indigestion.

FRANKINCENSE

Frankincense is a spiritual oil that can encourage enlightenment and grounding during the Holidays. Frankincense contains more Alpha Pinene than the

other Frank oils, making it beneficial to boost your immune system and reduce inflammation during the Winter season.

MYRRH

We love that it helps to promote balance and emotional well-being. Physically, Myrrh Essential Oil is helpful for many skin applications. Cold winter air may be drying out your skin and nails, so we suggest mixing Myrrh with a carrier oil and applying to trouble spots as needed.

CLOVE

Clove also has great antiviral and antifungal powers, making it ideal for cleaning before or after hosting your family during the Holidays. We recommend adding a few drops (along with lemon or orange if you desire) to your natural cleaning products.

ROSEMARY

This camphorous and herbal Essential Oil is stimulating and could help keep you alert during the long celebratory nights. When looking for a respiratory aid, consider Rosemary for your blend. This oil is an expectorant and decongestant.

Merry Christmas

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WHY RETURN FOR CARE?

The stress of birth, accidents, emotional issues, work and finances, unhealthy eating and life in general is relentless. How do you recover your health? How do you keep your health?

WHERE TO TURN?

Many people turn to drugs. While necessary at times, in most cases drugs merely cover up or suppress symptoms but do not promote healing. You may feel a little better, but you are still sick – you just aren't experiencing the pain or other warning signs your body is giving you. If drugs healed then those taking the most would be the healthiest. But aren't they the sickest?

Surgery may be necessary at times. This is a serious intervention as every surgery is fraught with risks and dangers. In addition, you're never the same after you've had organs tampered with or removed.

THE CHIROPRACTIC APPROACH

Many people are exploring safer, natural, drug-free methods before resorting to more extreme procedures; many make the chiropractic choice.

Chiropractic is not only a great way to get your body working properly; it is a great way of KEEPING your body working properly. Why wait until you are sick to do something about your health? Chiropractic helps you prevent health problems and to feel your best every day of your life!

HOW DOES CHIROPRACTIC WORK?

Chiropractors locate and correct subluxations in your body.

Subluxations are internal distortions that weaken your body, unbalance your skeletal system, put stress on your brain, nerves and organs, lower your resistance to disease and sap your energy.

Subluxations are unfortunately very common – and painless! You could have multiple subluxations in your body and have no idea something is wrong – until disease or illness “suddenly” strikes you. Even babies, from the stress of birth, may have them.

IT TAKES TIME TO GET SICK

No one goes from perfect health to illness overnight – it takes time. The first stage is dis-ease: your resistance is lowered, your body may be accumulating toxins and you've lost that healthy bounce to your step. Your body is slowly breaking down. Now is the time for a chiropractic visit!

STAY SUBLUXATION-FREE

It is important to keep yourself subluxation-free. Since you don't necessarily know if you have subluxations, periodic chiropractic checkups will help you maintain your improved health and continue the healing process that you've already begun. Most people wait until they are ill before addressing their health. Why not work to prevent disease, to prevent deterioration, to maintain and optimize your health? That is the goal of chiropractic.

YOU DESERVE IT

You deserve to live the rest of your life in the best possible health, tapping in to your full potential, maximizing your life expression. And that goes for your family too!



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.

Low back pain, headaches and fibromyalgia. A 31-year-old female with low back pain, headaches and fibromyalgia began chiropractic care; she was seeking an alternative to pharmacological pain medications.

Spinal analysis established the location of the patient's subluxations and she received five specific adjustments in the span of 18 months. The patient reported a decrease in fibromyalgia symptoms after two months of care and recently reported that she is no longer taking any medications. (1)



Chiropractic and ADHD, depression and learning disabilities. A eight-year-old boy was brought into the chiropractor's office for care. The child was diagnosed with ADHD and learning disability regarding working memory and processing speed. The patient's mother said that his medications were ineffective, causing nausea, heart palpitations and low appetite. She brought him in for chiropractic care for an alternative



treatment plan to managing these concerns. The child was analyzed for subluxations and care was initiated to reduce and correct them using spinal and cranial techniques. He had significant improvements in irritability, mood swings, social interaction, temper, energy, memory and immune function. After eight months of care he continued to progress as evidenced by positive reports from his teachers and parents. (2)

DID YOU KNOW?

Your brain is the most complex and most unknown organ of all. Your brain only weighs 3 pounds (or about 2% of your weight), yet it uses 20% of your oxygen and calories for energy. In newborns the brain uses 65% of the body's energy.



From everyone at
- Van Dam Chiropractic -
we wish you and yours a very
Merry Christmas!

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.

REFERENCES

1. Soriano W, Apatiga A. Resolution of fibromyalgia & polypharmacy concomitant with increased cervical curve & improved quality of life following reduction of upper cervical subluxation: a case study. Journal of Upper Cervical Chiropractic Research. October 21, 2014:61-67.
2. Zielinski BA, Mankal K. An epidemiological approach to the effects of subluxation-based chiropractic care on the management of ADHD, depression and learning disabilities in an 8-year old: a case study. Annals of Vertebral Subluxation Research. September 15, 2014:153-160.