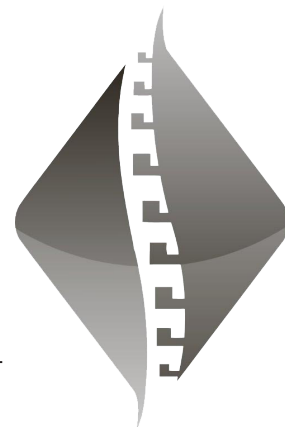


VAN DAM CHIROPRACTIC



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WHAT IS A CHIROPRACTIC ADJUSTMENT?

Chiropractic care is made up of two parts. First, a subluxation, a physical distortion causing nerve interference or stress, is located in a person's body.



This is done using various instruments and tools that may range from the highly sophisticated, such as X-rays and MRIs, to the relatively simple (body measurement and various tests). In the hands of an expert a simple tool can be very accurate.

Now comes the specialized procedure to correct, release or (the most commonly used word) adjust the patient's subluxation. This is done to undistort the distortion in a person, to correct the hidden stress, to release nerve stress. There are many chiropractic adjustment techniques, over 100 are taught today.

Typically, the adjustment involves introducing force or energy to the part of the body where the subluxation resides to unlock it, to put the part in motion so that the body will reposition the offending part.

An adjustment may take a moment, but its beneficial effects may be lifelong.

Feel free to ask us what techniques we are using on you and why. Remember, we are partners in your healing journey. The more you learn about our practice and our approaches to your health, the more satisfying, complete (and fun) your journey will be.

CHIROPRACTIC Q AND A

Question: Can chiropractic help my immune system?

Answer: There is a scientific field of study known as PNI—psychoneuroimmunology.

PNI studies the relationship between your nervous system and your immune system. It is well known that stress on your nervous system can have a weakening effect on your immune system.

Not only your immune system, but stress on your nervous system can also cause endocrine organ problems as well. (1)

The purpose of chiropractic care is to release a major stress on your nervous system—the subluxation. With less stress on your nervous system, your immune system functions at a great level of efficiency. There are many studies showing that all kinds of conditions, from colds and flu to overall healing, benefit from regular chiropractic care.



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COD LIVER OIL - SUPERFOOD

This is from the Weston A. Price Foundation. Dr. Price's research in nutrition was unique and powerful.

Once a standard supplement in traditional European societies, cod liver oil provides fat-soluble vitamins A and D, which Dr. Price found present in the diet of "primitives" in amounts ten times higher than the typical American diet of his day. Cod liver oil supplements are a must for women and their male partners, to be taken for several months before conception, and for women during pregnancy. Growing children will also benefit greatly from a small daily dose.

Dr. Price always gave cod liver oil with high-vitamin butter oil, extracted by a slow centrifuge from good quality spring or fall butter, to children and especially to adults wishing to improve their health. He found that cod liver oil on its own was relatively ineffective but combined with butter oil produced excellent results. We now know that butter oil is an excellent source of vitamin K, which is needed to balance vitamins A and D in cod liver oil. Other good sources of vitamin K in western diets are aged cheeses and the fat and livers of ducks and geese; other sources include butter and egg yolks. Without the balance of vitamin K, cod liver oil could lead to heart troubles, bone problems, tooth decay and gum disease.

DON'T GET S.A.D.

There are over 3 million cases of Seasonal Affective Disorder cases each year in the United States alone. It can affect anyone from the early teen years all the way through late adulthood. When the sun no longer shines as long or as bright and days become colder it makes fighting the winter blues increasingly difficult. So many of those who struggle with a disruption in their mood and energy levels during the colder months struggle to find tools to cope.

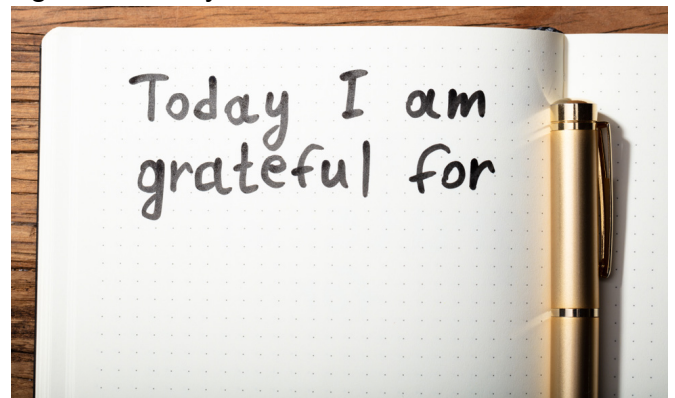
Essential oils provide many physical benefits, however that's not the whole story. Many essential oils have a great impact on the emotional body as well and can support you through many types of mood issues especially S.A.D. Through the many different ways essential oils can be utilized, support can be easier than many other methods to cope with seasonal affective disorder. Diffusing, topical application and internal consumption are all helpful with the right blend

or individual oil.

Anything citrus brings in a positive mindset, joy and a fresh summery scent. Have you ever heard the saying a glass of orange juice is a glass full of sunshine? Orange essential oil can promote the same feel as the summer sun. Orange pairs well with many oils like frankincense, bergamot and eucalyptus.

Some fun ways to use essential oils that are a little less traditional than the diffuser or topical use is adding some oils to a steamy shower first thing in the morning. Waking up in the cold and dark world can make getting the day started difficult. Adding lemon not only is supportive of your immune system but it also uplifts your mood and starts the day just a little bit easier. For those struggling with that winter cold or flu, mixing with eucalyptus not only helps with those annoying symptoms but also brings more lemon into the lungs and wakes the mind up making an excellent pair.

Those who may struggle with anxiety along with seasonal depression may benefit from the combination of lavender and their favorite citrus. That combination soothes the nervous system while also bringing in that fresh upbeat scent of lemon. This works wonderfully in a roller bottle that can be rolled on the back of the neck or inside of the wrist in times of increased anxiety throughout the day.



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, ringing in the ears and arthritis. A 72-year-old man with a history of hypertension (high blood pressure), arthritis, ringing/buzzing in the ears and numbness/burning in his shoulder sought out chiropractic care. He was on blood pressure medication for one year prior to care.

For the next three months the patient received chiropractic analysis and correction (adjustment) of his vertebral subluxations.

Over that period, his blood pressure decreased, he reported improvement in his arthritis, ringing/buzzing in the ear and shoulder numbness/burning. A self-survey showed additional improvements of emotional/mental state, stress and life enjoyment. (2)



Upper back pain, numbness and “nerve feelings” in the hands (T-4 Syndrome). A 64-year-old woman came in for care to a chiropractor's office. The symptoms of those suffering from T-4 syndrome typically include upper thoracic (upper back) pain, and odd nerve feelings and numbness in the hands. The cause appears to be from upper thoracic subluxation (T-4 stands for 4th thoracic vertebra).

Chiropractic adjustments were administered to reduce vertebral subluxations; by the fifth visit, the patient reported complete remission of thoracic pain and hand numbness. (3)

Improvement of a patient with essential tremors.

A 58-year-old woman with a 40-year history of diagnosed essential tremors (ET) without relief began chiropractic care. ET is the constant, rhythmic movement of a body part, usually the upper extremities or the head. In this case the woman had ET in both arms. ET is 20 times more common than Parkinson's



Disease. There is no known cause or cure. In addition to the tremors she suffered from headaches, mid and low back pain, hip pain, sciatic pain, brain fog, difficulty concentrating and challenges with self-motivation.

She was found to have vertebral subluxation in her upper neck (upper cervical or C-1) spine. Chiropractic care addressed her C-1 subluxation.

She reported an 80% improvement of ET immediately after her first adjustment. Over a period of 4 months, she received 4 adjustments to her C-1 vertebra with 95% improvement of ET. In addition, her headaches reduced by 95%. Her mid and low back pain improved by 80% with associated hip pain improving by 90% and a complete resolution of her sciatic pain. She also reported a 90% improvement in brain fog with increased ability to concentrate and self-motivate. (4)

Have a Safe & Happy Thanksgiving!



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