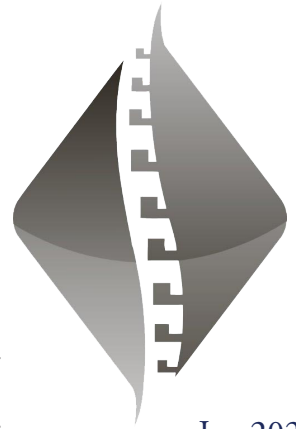


# VANDAM CHIROPRACTIC



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## GET SOME SUN

### THE BENEFITS OF SUNLIGHT

Want better sleep and a better mood? Get some sun. What is more natural than sunlight? When the sun is out, try to get as much of it as you can. Go for a walk (especially with friends). Numerous studies show that sunlight is good for your natural circadian rhythm, so you'll feel sleepier at night and feel more awake during the day.

All energy on earth (except for volcanoes) is from the sun. All life on the surface of our planet depends on sunlight. A new study has found that getting enough natural sunlight each day could help reduce insomnia and improve mood. This study was published in the Journal of Affective Disorders and involved over 400,000 people.

The coauthor Sean Cain writes: "In this study, we observed that the greater time spent in outdoor light during the day was associated with fewer depressive symptoms, lower odds of using antidepressant medication, better sleep, and fewer symptoms of insomnia."

Greater time in outdoor light was also associated with lowered odds of lifetime major depressive disorder, and better outcomes across a range of mood and sleep measures. Additionally, too much light at night throws off your circadian (day-night) rhythm. So stop staring at artificial screens late at night. (1)

## WORK & STAY ALIVE LONGER

"Old minds are like old horses; you must exercise them if you wish to keep them in working order." John Adams

It's a known fact that people who retire die earlier than people who keep working. The benefits of work cannot be underestimated. We've got plenty of examples from today as well as colonial times.



For example, Clint Eastwood at 91 has just directed and starred in "Cry Macho" his latest Western; Helen Hooven Santmyer was 80 when she finished writing the best-selling novel "...And Ladies of the Club", Michelangelo was creating art at 88, and many of our founding fathers - Benjamin Franklin, Thomas Jefferson and John Adams - lived long and very active lives into their 80s and 90s. They all exercised every day and ate non-processed foods. Franklin is the only Founding Father in the Swimming Hall of Fame. That was in a day when few people even knew how to swim.

Thomas Jefferson wrote, "Not less than two hours a day should be devoted to exercise, and the weather should be little regarded." Exercise could mean horseback riding as well as farm work and other labors.

Remember what we called organic food 100 years ago? Food! And do yourself a favor and go for a walk every day, rain or shine.

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# CHIROPRACTIC Q AND A

## Q. Is chiropractic safe during pregnancy?

A. Every pregnant woman should have regular chiropractic care. Chiropractic care will help ensure a more comfortable pregnancy. It makes common sense if the mother's body is free from subluxations, then her pregnancy and the baby she is carrying would be better off. Chiropractic also has procedures to help "turn" a baby that is in the breech position so the baby may have a more natural delivery and avoid a C-section.



## HUMOR

- Got up at 5am, 8km run completed, came back prepared a vegetable smoothie for breakfast... Don't remember the rest of the dream.



- Bread is a lot like the sun. It rises in the yeast and sets in the waist.

- Frog parking only. All others will be toad

- I want to grow my own food, but I can't find bacon seeds

- What happens if you get scared half to death twice?

- This is my step ladder, I never knew my real ladder

- I checked into the Hokey Pokey Clinic and I turned myself around

- I've finally told my suitcases there will be no holiday this year. Now I'm dealing with the emotional baggage.

- Lock down can only go 4 ways. You'll come out a monk, a hunk, a chunk or a drunk. Choose wisely!

- Masks are the new bra.... They aren't comfortable, you only wear them in public, people will notice when you DON'T wear one and can now get them in every colour pattern and style.



## DID YOU KNOW?

- 60% less hospital admissions?
- 59% less days in the hospital?
- 62% less outpatient surgeries?
- 85% less in pharmaceutical costs?

A 7-year study showed that those who used chiropractic care experienced the above results. Regular chiropractic is especially beneficial for the elderly. Chiropractic should be a family affair – from very young to very old. There are no side-effects of chiropractic care except for better health, more energy, a super-charged immune system, and much less medical care and much less drugs. (2)



**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.

**Failure to thrive in a four-month-old.** A four-month-old baby boy diagnosed by a pediatrician with failure to thrive was brought in for care. The child cried approximately 90% of the time unless continuously bounced, and never slept at night, only taking short naps during the day. The symptoms began two weeks after birth. The child had been to multiple specialists, two other chiropractors, and was scheduled for a cystic fibrosis test the following week. Other symptoms included inadequate weight gain and severe allergies.

Trauma to the upper neck joint is believed to be the cause of the KISS syndrome (kinematic imbalance due to suboccipital strain). After his first atlas adjustment the mother reported the child was much less fussy, and slept all night, only waking to feed. Over 3 ½ months of care, the child's atlas was adjusted six times. Excessive crying and allergies and other symptoms resolved, the child began to gain weight, and within six weeks his neck and spine became symmetrical. (3)



**Vertigo after a stroke.** A 44-year-old woman diagnosed with vertigo (dizziness) of one year duration and a history of stroke and high blood pressure began chiropractic care.

She was unable to sit and drive due to fear of losing coordination and balance; she could not even sit and



type.

Vertebral subluxations were found in her neck (cervical spine) and adjusted. Her schedule was one visit per week for four weeks, then 1 visit every other week for a total of seven visits.

The patient reported decreased frequency and severity of vertigo attacks; she was able to drive again and type without vertigo. (4)

**Progressive ataxia.** A 64-year-old woman diagnosed with subacute progressive ataxia came in for care. She arrived in a wheelchair having been confined to it for two months. She was unable to stand or walk. She suffered from dizziness, progressively unsteady gait, paresthesia (odd nerve sensations) in her legs, vertigo (dizziness), migraine headaches and neck and back pain.

A chiropractic examination revealed vertebral subluxations in her neck (C1, C5) at the upper back (T2) and sacrum.

The patient's subluxations were adjusted nine times. Within one month she began walking without any difficulty and was able to return to work. Her weakness and paresthesia in her lower extremities disappeared. She also reported decreased low back and neck pain. (5)

## REFERENCES

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