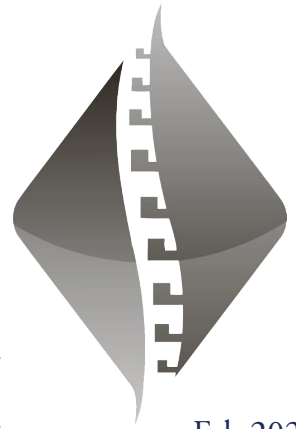


VANDAM CHIROPRACTIC



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WHAT ARE YOUR RESOLUTIONS?

This is the time of the year many of us set and forget resolutions we made to improve ourselves. More exercise? Meditation/lose weight?



A fascinating way to get rid of a bad habit is to not try to change it: just observe it.

You might find this amazing but just observing a bad habit without judgement, can be very healing. The key is not judging yourself! Accept yourself and love yourself and you'll tap into healing potential.

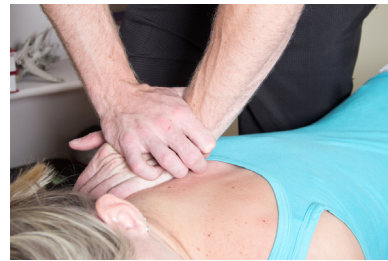
Be good to yourself. You are human and have weaknesses and strengths. Accept yourself. You were put on this earth for a reason even if you don't know why,

Is it really possible to change a habit? According to a study published in the European Journal of Social Psychology, it takes 18 to 254 days for a person to form a new habit. So be patient with yourself. (1)

Accept yourself as you are and you'll release lots of energy and have more and more healing. The great thing is that you can start right now! A little self-acceptance and compassion goes a long, long way.

CHIROPRACTIC & EXERCISE

Regular chiropractic visits can actually help fibromyalgia patients adhere to long-term physical-therapy programs, thereby ensuring that patients receive the full benefits of exercise.



In a 2009 study (1), 55 women with fibromyalgia ages 21-59 years old were divided into two groups: some completed resistance training and the others received chiropractic adjustments in addition to doing resistance training. Both groups improved significantly with increased upper and lower body strength, decreased pain and tender points, and an improved ability to perform everyday tasks. But the patients who received chiropractic care were more likely to follow the exercise program consistently. They also had more significant improvements in functionality, balance, flexibility, and endurance.



This study confirmed the power of exercise and resistance training to ease the pain of fibromyalgia. At the same time, it demonstrates that combining chiropractic adjustments and physical therapy may enhance the benefits of both treatments.

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CHIROPRACTIC Q AND A

Q. Do babies benefit from chiropractic care?

A. Absolutely - all children (including babies) benefit from a chiropractic check-up, and, if needed, adjustment/correction. What can cause a child’s spine to have subluxations? Let us count the ways: first there is the stress of being in the womb. If the mother’s pelvis is not properly balanced the baby may not be able to turn and a breech presentation may occur. That’s why pregnant women find that getting chiropractic care can help turn the baby so it is in the best possible position for a healthy delivery.

Then there’s the trauma of birth. Some deliveries are not as natural as they can be. Sometimes forceps are used or too much stress is placed on the baby’s spine. Chiropractic can should be employed immediately after birth.

They of course there’s the stress of learning to walk, falls, accidents and life’s bumps - childhood can be a very traumatic time. For these and many other reasons, all children need chiropractic care. Why wait until adulthood to correct their spinal subluxations?



JUST THE ESSENTIALS

Essential Oils with Scientifically Proven Health Benefits

The essential oils market was valued at more than \$7 billion globally in 2017, and it is predicted to reach the same level in the United States by 2024. Essential oils are commonly used for aromatherapy, but they may also be used topically (on the skin) for various uses. While the prominence of essential oils may appear to be a passing fad, scientific proof of their health benefits exists.

Here are just 2 of the many essential oils:

Lavender essential oil

As is the case with many essential oils, there are various varieties of lavender essential oil. The most common

variety is *Lavandula angustifolia*. According to studies, lavender essential oil possesses antibacterial properties. Lavender oil



was shown to destroy a prevalent bacteria on human skin in just five minutes in one research. Lavender essential oil has also been demonstrated to kill yeast and viral pathogens that cause skin diseases. Lavender aromatherapy has been proven to help with sleeplessness and contains antioxidant and anti-inflammatory qualities, according to a study (2).

Frankincense essential oil

For thousands of years, Frankincense oil has been utilized in aromatherapy. It is used as incense in religious rituals, and research (3) has shown that it has natural antibacterial characteristics and may be used as an air cleaner. Boswellic acid, one of the primary components of frankincense essential oil, has been discovered to have anti-tumor activities in studies. Researchers discovered that frankincense oil inhibited bladder cancer cell development while causing no damage to normal bladder cells in one investigation.

DID YOU KNOW?

At local taverns, pubs, and bars, people drank from pint and quart-sized containers. A bar maid’s job was to keep an eye on the customers and keep the drinks coming. She had to pay close attention and remember who was drinking in ‘pints’ and who was drinking in ‘quarts,’ hence the phrase ‘minding your ‘P’s and Q’s’.

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.

Lower back pain and degenerative joint disease.

A 59-year-old man diagnosed with degenerative

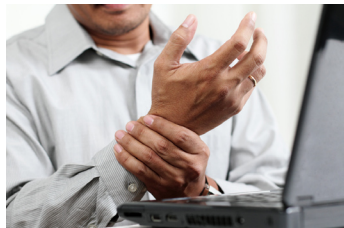
joint disease and suffering from chronic lower back pain visited a chiropractor. The Doctor of Chiropractic used various spinal adjustment techniques



to correct his subluxations. The patient showed improvement in all his subjective and objective findings within six visits, better immune function, increased energy as well as an increase in his disc height at multiple spinal levels. (4)

Balance, coordination, and neurological problems in a 65-year-old-man. A 65-year-old retired man was suffering from balance and coordination problems. He was given neurological tests that confirmed nervous system stress.

He sought out chiropractic care where he received a spinal analysis. It revealed the presence of vertebral subluxations. The patient received chiropractic adjustments to release/reduce his subluxations and began to show immediate improvements in balance, coordination, and ability to complete neurological tests. He had



been unable to complete the tests during the initial exam. (5)

Woman with trigeminal neuralgia. A 30-year-old woman was suffering from trigeminal neuralgia (also known as tic-douloureux). Trigeminal Neuralgia is an extremely painful condition in which the facial nerve is highly inflamed.



The patient visited a chiropractor that reduced her vertebral (atlas or C-1) subluxation. The patient reported that by her tenth visit she was no longer suffering from TN. (6)



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