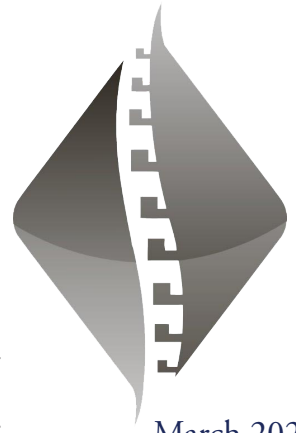


VANDAM CHIROPRACTIC



Dr. *Scott A.* VAN DAM

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1203 28th St. S - Fargo, ND 58103 - 701.532.5320 - vandamchiropractic.com

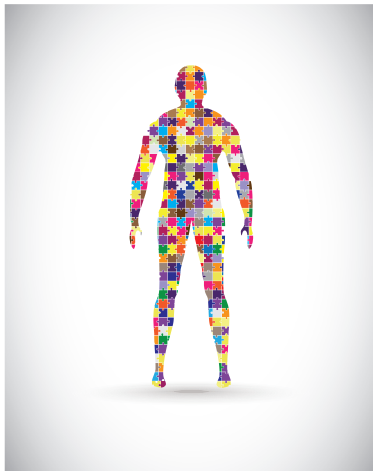
WHY IS YOUR NERVOUS SYSTEM IMPORTANT?

The goal of chiropractic is to locate and correct subluxations to release stress from your nervous system. Why is that important?

Why is your nervous system important?

Without it you'd be in the ultimate sensory deprivation tank – not be able to connect with anything or anyone not seeing, hearing, feeling, smelling, or moving. You'd be completely alone inside yourself.

It's your connection to your inner and outer worlds - to all your body parts. You need it so all your body parts (billions and trillions of them) will work together in a coordinated, harmonious manner.



Your nervous system is made up of your brain, spinal cord, cranial nerves and more! You've got billions of nerve fibers – and they make up the most powerful communications system in the universe – and it's inside you.

A healthy nervous system is needed for your entire body and mind to work at its optimum. A subluxation is a distortion in your body structure and stresses

your nervous system and interfere with its function. This interference can cause disease (body-mind-energy malfunction)



and dis-ease can in time result in disease. Your Doctor of Chiropractic is an expert at locating and correcting (adjusting) subluxations helping your nerve system/communications system function without interference. The result is improved function to every system of your body.



it's on the way...eventually!

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CHIROPRACTIC Q AND A

Q. Does your Doctor of Chiropractic have a medical degree?

A. Doctor of Chiropractic have chiropractic degrees. Instead of studying drugs and surgery, chiropractors spend thousands of hours mastering the ancient (and modern) science, and art and philosophy of spinal and structural analysis and adjustment/correction. Chiropractors are the only doctors that specialize in the location and correction of vertebral subluxations. Subluxations are a serious interference to body function and are often painless. Chiropractors have helped millions of people for over a hundred years from nearly every condition to which the flesh is heir.

Sadly, most medical doctors are not taught about how beneficial chiropractic can be for so many of their patients and people needing chiropractic care stay with subluxations in their body.



Happily, things are changing in many good ways. More and more medical doctors are referring their patients for chiropractic care and many chiropractors have MDs and their families as patients – so there is hope for greater understanding.

TRADITIONAL EATING

Butter for a Healthy Heart and Healthier Babies

Did you know heart disease was rare in America at the turn of the century? Almost no one got heart attacks or a coronary. But then something started to change. From 1920 to 1960 heart disease went from rare to America's number one killer. What happened?

This may shock you: people turned away from traditional fats and oils.

Butter, a fat that was practically worshipped in many cultures nearly disappeared. Butter consumption dropped over 80% and was replaced by "low fat"

synthetic foods such as margarine and other unhealthy fats such as canola, corn oil, vegetable oil, and vegetable spreads). Heart disease became rampant (as did cancer).



Butter is good for you! It's especially good for your heart. Good quality butter has lots of vitamin A that the thyroid and adrenal glands need - both are important for heart, cardiovascular system and immune system health. Babies born to vitamin A deficient mothers have heart and blood vessel abnormalities. Babies with lots of Vitamin A have better structure, stronger, non-crowded teeth, healthier eyes, and less birth defects. Butter is America's best and most easily absorbed source of vitamin A. Butter has lots of selenium and saturated fats that have anti-cancer qualities.

The best organic butter, cream, whole milk (avoid skim), whole yogurt and barn-free eggs for a healthy family is from your local farm. Stay away from corporate products – purchase local. There are many farmer's markets that deliver. It's worth it! Your heart and many other organs will thank you.



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.

Numbness and Burning in the Arm, Stiffness in the Neck. The patient suffered from chronic progressive cervical radiculopathy (pain and numbness radiating from the neck) for two months prior to seeing a chiropractor. The patient had numbness and a burning sensation in the right arm and stiffness in the lower cervical spine.

The patient received chiropractic care to adjust vertebral subluxations. After 11 visits the patient reported a significant improvement in numbness and tingling in her arm and improvement in quality of life. (1)



Chronic Migraines in a 15-Year-Old. A 15-year-old boy came to the chiropractic office complaining of migraine headaches They began when he was three years of age! At that age he was involved in a motor vehicle accident. When he came to our office, he was averaging one migraine every 3 weeks. Research has revealed that 10% of school-age children and 28% of adolescents (i.e., between 15-19 years of age) experience migraine headaches. X-rays revealed a possible upper cervical (upper neck) vertebral subluxation involving C-1, the first vertebra beneath the skull and C-2, lies below C-1. On the first visit, the patient was adjusted to remove/reduce his subluxations. Immediately the sharp pressure he was experiencing prior began to alleviate. Over the next 24-months he experienced only 5 migraine headaches. (2)

Asthma in a two-year-old. Asthma in children is very prevalent in the general population with 9

million U.S. children under 18 being diagnosed with asthma. In 2005, an estimated 22.2 million people in the U.S. suffered from asthma. Asthma is the leading cause of school absence in the United States.

In this case a twenty-four-month-old boy suffering with asthma, chronic colds and respiratory issues since birth was brought in by his mother for chiropractic evaluation.

When he came in for care he was taking two medications prescribed by his pediatric pulmonologist, Flovent and Singulair, daily.

The child was delivered prematurely at 31 weeks by emergency cesarean section.

At the initial chiropractic examination, the patient was “fully vaccinated.”

Both upper and lower spinal areas showed evidence of subluxations.

Multiple subluxations and the subluxations were adjusted. The child's care plan was initially set at 2-3 times a week for the initial four weeks however after the 4th visit the mother stopped giving her son the prescription medications due to his improvement in symptoms. As of this writing in the past two years the child has had no asthma symptoms and has reported only one cold.

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

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