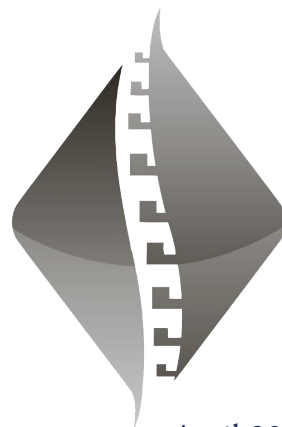


VAN DAM CHIROPRACTIC

Dr. *Scott A.* VAN DAM



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

CHIROPRACTIC FOR THE ENTIRE FAMILY?



Absolutely! Infants, babies, pregnant women, young, old, athletes, students - everyone can benefit from chiropractic!

It's easy to see. Walk into the waiting room

of a busy Doctor of Chiropractic and you'll notice a surprising variety of people coming in for care; people suffering from nearly every condition under the sun.

You may meet a woman telling you her headaches, migraines or menstrual problems cleared up or that chiropractic helped her with fertility. You'll meet others whose neck and back pain, digestion and elimination were helped.

You'll hear parents tell you their child's asthma, ear infections, dyslexia, allergies, attention deficit disorder or other conditions improved or completely resolved!

Others may tell you their athletic workouts are easier, and they have better balance and coordination. (Note: That is why many professional athletes including golfers, tennis, and football, soccer etc. chiropractic improves their game, helps prevent injuries and speeds recovery from injuries.)

Why do so many varied conditions respond to chiropractic care? The reason is that chiropractors do

not treat individual conditions. Chiropractic works on your entire body to release deep stress from the nervous system. The result: your body functions better, your brain works better, you heal quicker, have more energy, and are more connected. It's been said that DC can also stand for "Doctor of Cause" as well as Doctor of Chiropractic.

Now you know why chiropractic has become the most popular drug-free, non-surgical healing profession in the world today. Most people notice positive, even dramatic changes after their very first visit. If you feel no change that does not necessarily mean you are not receiving any benefit; healing may be occurring under the surface.



Millions of people visit their neighborhood Doctor of Chiropractic for hundreds of different reasons. Is anyone you know missing out on this safe, effective, and gentle art, science, and philosophy? Please have them contact our office.

He is not here
HE IS RISEN

MATTHEW 28:6

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CHIROPRACTIC Q AND A

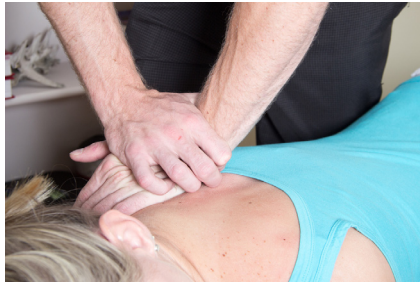
Q. Are there different adjustments for different conditions?

A. Patients have asked questions such as, “I have asthma, is there a special asthma adjustment?” others may say, “you helped my friend’s high blood pressure, will you work on the same area for me?” etc. etc.

If only life were so simple.

The goal of chiropractic is to reduce/adjust/eliminate subluxations so your body will work better; no matter what disease or condition, you always need a body free from subluxations.

Yes, there are some subluxations associated with specific conditions. But not for everyone all the time. For example, if you look at this illustration, you’ll see that some nerves go straight to the stomach, heart, low back, neck, and lungs but many others take a roundabout route to those body parts. We are connected in many wonderful ways.



JUST THE ESSENTIALS

Clean Products, Clean Home

As the season transitions to spring, it brings the desire to change, grow, and purge what isn’t working for you. So many people get the itch to clean their home top to bottom and start the new season fresh.

There’s no better time than the spring for a good deep cleaning. This year, making the switch to essential oil based products will leave your house fresh, clean and way less toxic. I know, I know- the long attachment to those chemical products that seem to get the job done can be hard to break. The good news is that essential oils are incredibly powerful and will, in fact, clean just as well as your usual products, while eliminating the typical harsh chemicals and any side effects.

Many essential oils and oil blends not only kill germs,

but also protect against them long after you are done cleaning. Because many essential oils are antibacterial, antimicrobial and antiviral they are great to use instead of chemical cleaners. While those products do kill germs, they may not protect as well long term, in addition to carrying many potential health concerns.

So, how do you use essential oils to clean? There are many ways they can be used. One of the easiest and most effective ways to use them is by adding drops of oil to a mixture of equal parts water and vinegar. This can all be mixed together in a glass spray bottle. Adding lemon oil to the base solution is great for stubborn stains, marks and scuffs. Adding tea tree oil is great for general cleaning in common spaces, like the bathroom, because of all of its healing properties. When spring cleaning, many people worry and wonder about mold-essential oils can tackle that too. Tests have shown that using specific blends of oils that include clove can remove, kill and keep mold out longer than chemical cleaners.

Finally, adding oils to your cleaning solutions that are aromatically pleasing to you will uplift your mood and linger in your home for much longer than chemicals. You won’t be left feeling like you have to open a window to air out the harsh smell of a typical cleaner. Instead, you can actually benefit from the therapeutic aromas. Keep an eye out next month for more tips, tricks, and recipes for essential oil-based cleaning!



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.

Resolution of Food Intolerances in a 24-Year-Old Male. A 24-year-old man with low back pain and food intolerances to wheat, garlic, onion, and dairy began chiropractic care. In the past he had been hospitalized due to digestive issues, abdominal pain, bloated abdomen, excessive hunger, and depression.

Chiropractic analysis revealed subluxations at C1 and C5 (neck/cervical vertebrae). The patient had a series of corrections/adjustments. By his 9th visit, after three months of care, he had no more digestive issues and was able to eat foods that were previously deemed intolerant. In addition, his mood had also improved. (1)



Seizure Reduction in a Two-Year Old. A two-year-old boy with seizures, hypotonia (weak muscles or lack of muscle tone), diagnosed with MMPSI (similar to infantile spasms) was brought in for chiropractic care. He was on numerous prescription drugs. He was having 15-20 seizures per day and exhibiting poor eye gaze/tracking, arm flailing, screaming, uncontrolled movements. He was not able to hold up his head, sit up, and vocalize.

Spinal and cranial examination revealed multiple areas of vertebral subluxation that were addressed (adjusted).

Over the 13-month period of being checked and

adjusted for vertebral subluxation (22 office visits) there were significant improvements his quality of life and function. A 24-hour EEG reported ZERO seizures, and under the guidance of his primary care physician, he stopped all medications. (2)



Ear Surgery Scheduled for A Four-Year Old

It is estimated that approximately 40% of children suffer from ear infections (otitis media or OM) before the age of five. OM is often recurrent, and pediatricians often put the suffering child on numerous antibiotic prescriptions and sometimes do ear surgery and put tubes in the child's ears (which often fail).

In this case a four-year old boy with a history of failed ear-tube surgeries, and numerous ear infections was scheduled for yet another surgery. His parents decided to first bring him in for chiropractic care.

The chiropractor located vertebral subluxations and adjusted the child's cervical and thoracic spine.

After the first adjustment the child felt immediately better. He was also sleeping better and in a better mood. By the 3rd visit, the mother cancelled her son's scheduled surgery her child's ear pain, fever, and hearing resolved. (3)



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