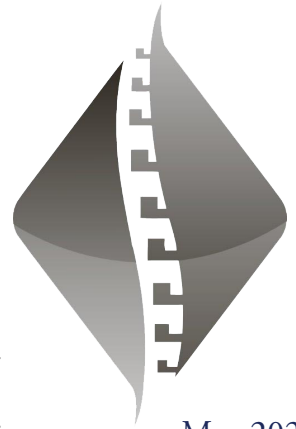


VANDAM CHIROPRACTIC



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ARE YOU ADAPTING?

WHAT IS ADAPTATION?

Have you ever coughed or sneezed? Did you ever have a fever? Do you sweat when hot? Shiver when cold? Do you get out of breath after you run? Do you get hungry? Thirsty? Do you run from danger?



WHAT ARE THESE QUESTIONS ABOUT?

Adaptation. Adaptation is your ability to respond to changes in the environment physically and mentally, internally, and externally to maintain your balance or homeostasis (a word coined by the great American physiologist Walter Canon.(1))

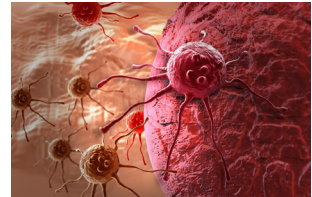
Adaptation is terribly complex and can involve all your organ systems. It is of supreme importance. Your ability or inability to adapt can make the difference between health and sickness, even life and death.

Some of the ways you adapt is by ridding your body of toxins, (coughing, sneezing, fever) other ways you adapt is by utilizing oxygen and food for energy, digestion, ridding your body of wastes and hundreds if not thousands of other day-to-day functions you probably don't think about. You don't have to, your body's wisdom takes care of your many needs.

Simply put, the better you can adapt to change the better off you are in every aspect of your life.

YOUR NERVOUS SYSTEM

The key to adaptation is your nervous system. Your brain, spinal cord and nerves are the most sophisticated communications system in the universe! Every moment billions of messages are streaming into your brain and spinal cord from the world around you and from the world inside you - cells, pores, blood, glands, muscles, joints, organs, and other body parts. At the same time billions of messages are being sent out from your brain and spinal cord along your nerves to every cell, pore, gland, muscle, joint, organ and body part.



The better you are at adapting to change, the healthier you are. That means higher resistance to disease, better ability to neutralize germs, viri, poisons, drugs, pharmaceuticals, cancer cells, malformed cells, genetic mutations and more!

KEEP YOUR NERVOUS SYSTEM FREE OF STRESS

Chiropractic care helps keep your communication lines open and free from stress, so messages can travel without interference. Your ability to adapt is at its optimum. Adaptation is the key to health and life.



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THE SUBLUXATION

There is a condition that causes stress to your nervous system and prevents it from communicating, it's called the subluxation. The subluxation is a distortion that can cause nerve interference, "static" over your communication lines (nerves).

Subluxations can be due to a difficult birth, chemicals, toxins, drugs, pharmaceuticals, falls, accidents, or emotional stress.

Chiropractors spend years learning how to locate and correct (adjust) subluxations.

Come in for a chiropractic check and correction (adjustment) and bring your family too so you all can adapt as fully as possible to all the stresses in your life.



CHIROPRACTIC Q AND A

Q. Do people sometimes feel worse after a chiropractic adjustment?

A. As deep stress is released people may experience "retracing."

Retracing is a beneficial healing phenomenon that is seen when there is deep stress release. It may make patients think they are getting worse – they are, in fact getting better. Chiropractic care wakes up your inner healer and that often results in relaxation, decrease of pain, comfort, balance, and more energy. Retracing may cause the patient to think they are getting worse when the opposite is happening.

For example, old injuries that haven't healed completely may "reawaken" for more complete healing. As your body rebalances it begins to use muscles differently and you might temporarily feel "charley horse" or muscle soreness.

Some people may experience diarrhea or even a dormant cold may come to the surface. This is usually a cleansing (detoxification) of the body which is a good (though temporarily uncomfortable) reaction. An extra glass or two of water, a bath with Epsom salts or a

sauna may help flush the toxins.



Memories and feelings associated with an injury may come to the surface. Dreams may be unusual, intense, or revealing after care.

THE MOST IMPORTANT BENEFITS

The true benefits of the adjustment are usually found below the level of consciousness. It is when the nerve communication to the heart, lungs, joints, sexual organs, skin, eyes, ears and the brain itself are improved that the true benefits of chiropractic are experienced.

GRATITUDE - the magical emotion

One of the most healing and healthy emotions, if not the healthiest emotion is gratitude.

Gratitude affects you physically, emotionally, intellectually, spiritually – on every level. All your worries and cares – are all given a comforting, healthy boost when you express gratitude – you can't be miserable and depressed when you are grateful.

HOW CAN YOU EXPRESS GRATITUDE?

Be grateful you are alive, that your heart is beating, that you have the potential to heal and grow and think and have loved ones in your life. Be grateful that you can walk. Appreciate your feet, toes, knees, legs, bones, muscles, balance, eyes, ears and more!

Look back on your life and see when you were guided and helped, perhaps unknowingly.

When you feel gratitude your brain releases feel good chemicals (dopamine and serotonin). They enhance our mood immediately, making us feel happy from the inside. (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.

Eight-month-old with GERD, sleep disorders, torticollis and more...

An 8-month-old boy who experienced birth trauma was suffering from severe gastrointestinal disorders (GERD), constipation, torticollis, plagiocephaly, developmental delays, and abnormal sleeping patterns after a traumatic delivery. Medical care and physical therapy had failed to help. Chiropractic care was applied to correct vertebral subluxations.



The patient's mother reported complete resolution of his GERD. He was able to discontinue the use of Zantac™ and Prilosec™. His sleep problems and constipation resolved. In addition, he had complete resolution of his torticollis with full neck range of motion. He began to reach his developmental milestones. (3)

Low Back Pain, Radiculopathy and Concomitant Depression

The patient is a 44-year-old man with low back pain and nerve symptoms going down his legs. His symptoms occurred after a fall 6 months prior.



After six weeks of care all lumbar radiculopathy symptoms resolved. (4)

Sleep Problems, Digestion, Behavior, and Allergies in a 5-year-old girl

A 5-year-old girl with a CASK gene mutation presented for chiropractic care complaining of poor sleep, allergies, poor digestion, and other issues. The patient was under care over the course of three months and her mother reported:

“[Her] sleep improved very soon after we started care. Prior to chiro care, she was waking 2-3 times per night... soon decreased to less than once a night within the first month of care... digestion improved; bowel movements previously occurred 3-5 times a week and within the first month or so they began occurring daily... would crumble to the floor in absolute despair, and if left to ‘cry it out’ would last upwards of 45 min... the episodes were shorter, less dramatic, more manageable, and less stressful for the whole family... [her] allergies [were] so bad... she was not able to blow her nose or clear her sinuses, and would have an open mouth just to breathe, allowing for drool... allergy attacks have been completely manageable with a couple days of allergy medicine, natural remedies, and adjustments. No more need for bibs....”



Both subjective and objective improvements were observed in our patient progressively throughout her care plan and guided the practitioner in his application of care. (5)

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