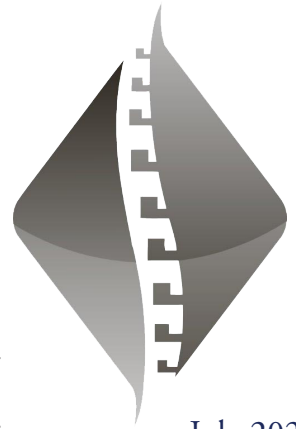


VANDAM CHIROPRACTIC



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POSTURE AND DEPRESSION

Research shows that poor posture or abnormal spinal alignment can take years off your life! And create stress associated with mental depression and other disorders. If that doesn't tell you posture is important, what does?

For over a century chiropractic care has been improving the posture and function. As you continue through your care in our office you will notice drastic improvements in your posture as well as your overall health. Including your mental attitude. There have been many studies relating posture to physical and mental health.

DEPRESSION

Researchers found that people who were depressed experienced an improved mood after they changed their posture to be more upright. In one study sixty-one men suffering from mild to moderate depression were chosen to sit with their usual posture or upright posture. Changes in facial expression, fatigue and speech were assessed.



RESULTS

Those who assumed better posture had less fatigue compared to those keeping their usual posture. Also, the upright group exhibited less negative affect and lower anxiety. It seems that developing good posture habits can help you feel more confident, energetic, and happy. If you're slouching as you read this, pause and

pull your shoulder blades back and together, relax your shoulders down away from your ears, and look up. The more you work on it, the easier it will get, and simple changes like this can result in a noticeable difference in how you feel day in and day out. (1, 2)

SEVERITY OF DEPRESSION

It was found that there was a relation between the severity of depressive symptoms and the degree of spinal curvature. This was especially noticed in working environments. (3)

Chiropractic helps promote a natural body alignment. Do you know anyone who is miserable and sad all the time – send them our way.



OUR OFFICE WILL BE CLOSED JULY 4TH - 8TH

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CHIROPRACTIC Q AND A

Q. What is a chiropractic examination?

A. A chiropractic examination is a unique procedure that your Doctor of Chiropractic spends years learning. The goal of chiropractic is to locate and correct subluxations – areas of brain, spinal nerve, and structural stress interfering with normal body function. That is why a chiropractic examination involves procedures designed to check your spinal and body balance, and abnormal muscle, nerve, and bone function.

There are dozens of chiropractic procedures designed to see if you have abnormal body structure, abnormal muscle function and abnormal neurological function. Why not ask us what procedures we most commonly use?



TRADITIONAL EATING

Myocardial infarction was almost non-existent in 1900. Doctors thinking about specializing in heart ailments were told that they'd starve because heart disease was so rare, they might see only one case in their entire career.

MI is when there is a massive blood clot leading to obstruction of a coronary artery and consequent death to the heart muscle.

By 1960, there were at least 500,000 MI deaths per year in the US. What life-style changes had caused this increase? What made MI go from rare to the number one killer. Two words: vegetable oils.

For all human history the only oils or fats (they are the same) that were used were those that were found in nature: olive oil, coconut oil, butter, tallow, lard, chicken fat, goose and duck fat (mostly saturated fats).

Good fat consumption is essential. In 1900 egg consumption was three times what it was in 1956 and corn oil was unavailable, and Mis didn't



exist. Good fats don't cause heart disease, but bad fats do.

Today, we have cheap seed oils that are created under high pressure and temperature. and are damaging to the cardio-vascular system: canola oil, soy oil, corn oil, sunflower seed, cottonseed, safflower, and other "seed" oils (mostly unsaturated fats). Another dangerous product is margarine – derived from petroleum. These oils cause inflammation of the heart's arteries and promote blockages.

If you'd like to live a healthy, long life do yourself and your family a favor and ditch the vegetable oils for traditional fats. (4)

DID YOU KNOW?

Children have many more bones than adults?

It may be hard to believe but a tiny newborn baby has about 305 bones. Adults, on the other hand, have 206 bones.



Many of the "extra" bones are in the skull. Eventually they fuse into larger bones. Why the skull?

The baby's head is very large and during the birth process the head would be too large to pass through the pelvis and birth canal unless the baby's skull bones were flexible and could squeeze and overlap a bit.

In addition to the skull babies are also born with more leg and arm bones – this allows for continued growth.

By late adolescence, most of the bones in the body are fully formed and have fused together. However, for some people the bones in some area may remain unfused. That is why its so important to individualize care – we are all different. (5)

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.

Eczema, Ear infections in a 28-month-old. A 28-month-old boy suffering from eczema, ear infections and poor balance was brought in for chiropractic care.

The child had a persistent rash since the time of his first birthday. The mother tried numerous emollients and lotions without success to help with the intense itching.

Subluxation-focused chiropractic adjustments were administered. The child had 27 visits over a 3-month period. At his 3-month re-assessment, his mother reported his eczema to be gone. The patient remains under regular chiropractic care and experienced only one eczema outbreak over the following 3 years. His ear infections resolved, and his balance improved. (6)



ADHD in a 5-year-old. A 5-year-old boy was brought to a chiropractic office for examination, for the detection and correction of subluxations. Vertebral subluxations were located, and the child received a total of 54 adjustments in the upper cervical (upper neck), thoracic (mid-back), lumbar (lower back), and sacrum over six months of care. The mother noted improvements in behavior. (7)



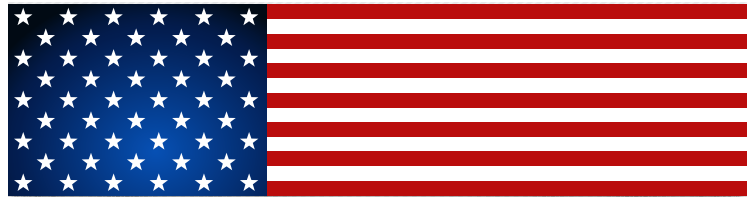
63-year-old woman with Meniere's. Meniere's disease is characterized by a spinning sensation (vertigo), hearing loss, ear ringing (tinnitus), and ear

pressure. The vertigo may be so severe that the sufferer could experience severe nausea and imbalance.

This is the case of a 63-year-old woman who presented to a chiropractic office with a 10-year medical history of right sided Meniere's disease that included tinnitus, hearing loss and vertigo. Medical care included surgery: cutting her right vestibular (cranial) nerve that was believed to be causing the problem. The surgery failed to reduce and/or resolve original symptoms.



Eventually she decided to explore chiropractic care. A chiropractic examination revealed a vertebral subluxation of the first cervical (C-1 or atlas) vertebra. This is the vertebrae immediately below the skull. Her atlas vertebra was adjusted, and her Meniere's symptoms were painlessly and non-surgically reduced with eventual completely resolution. (8)



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