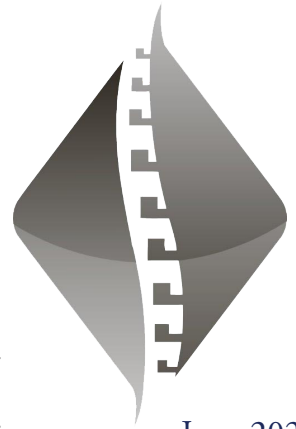


# VAN DAM CHIROPRACTIC

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## WHAT IS CHIROPRACTIC?

Chiropractic is the most popular drug-free, non-surgical, natural, scientific, and philosophical healing art in the world. Millions of people, from infancy to the elderly, have found their health restored by chiropractic care.

Imagine healing without drugs and surgery! Your body has an amazing healing ability; the job of your chiropractor is to ensure that your healing potential is as close to 100% as possible by freeing your body of a deep stress – the subluxation.

The subluxation is a physical distortion of your spine and structural system that stresses your nervous system and weakens your muscles, bones, ligaments, tendons and discs. Sometimes subluxations result in pain and stress, and sometimes subluxations are pain-free. Chiropractors spend thousands of hours in chiropractic school learning how to locate and correct (adjust) subluxations.

Do you have any subluxations in your body? Do your children? Does your spouse? Come in for a chiropractic evaluation and discover why millions of people visit their neighborhood Doctor of Chiropractic every year.

It's sad when people are dependent on drugs, especially painkillers. While a blessing to those



who are suffering, painkillers do not correct the cause of the pain, can cause addictions, and can have serious side effects and adverse reactions.



Pain, per se, is the result of tissue damage. Getting rid of pain with drugs does not deal with the cause of the pain.

Chiropractors are famous for telling people that their body is the world's greatest drugstore. That means that when functioning properly, with life energy flowing and communicating to all its parts, the body will make all the drugs it needs – and it's all for free! Of course, it's important to give your body good raw materials (good nutrition) from which to make your internal "drugs" (chemicals).

It is for that reason that people often say that DC stands not only for "Doctor of Chiropractic" but also "Doctor of Cause."

Chiropractors are known for helping people with (neuromusculoskeletal or MSK) pain. Let's break up the word - neuro (nerve) musculo (muscle) skeletal (skeleton) pain. In lay terms, we're describing back, neck, hip, arm, leg, hand, wrist, knee, and many other pains.

....continued on page 2

What Is Chiropractic?.....	1
Chiropractic Q and A.....	2
Just the Essentials.....	2

Research and Chiropractic.....	3
References.....	3

...continued from Page 1

## WHY WAIT UNTIL YOU HAVE PAIN OR FEEL SICK?

Chiropractors specialize in locating and correcting (adjusting) a condition that weakens the muscles, joints, ligaments, discs, spine and other body parts. It's called a subluxation and it's a "silent killer", painlessly and slowly undermining your body's integrity and health. Like termites, subluxations can undermine your health even if on the surface you are feeling "okay." Your energy may not be ideal, your sleep may not be restful, your digestion and elimination may not be what they once were – why wait until pain occurs?



Even though you are pain-free, don't assume your body is subluxation-free. Chiropractors can locate the hidden subluxations that are undermining your health now, before obvious symptoms occur. If you are not feeling 100%, get thee to a chiropractor to ensure you are free from subluxations.

Getting checked and adjusted for subluxations will help you and your family stay healthy your entire life.

## CHIROPRACTIC Q AND A

**Q. What is health?** Everyone wants to be healthy, but what exactly is it to be healthy?

**A. Health means optimal physical, emotional, and spiritual function.**

A healthy person can adapt to all the toxins (poisons), frustrations, and physical stresses (such as trauma). This definition has nothing to do with feeling good or having no symptoms. That is because symptoms can be healing – fever, vomiting, diarrhea etc. are the body's ways of detoxing. An intense emotional outburst may be necessary to release stress that might otherwise cause serious problems.

## HUMOR

*The only person who listens to both sides of an argument is the fellow in the next apartment.*

- Ruth Brown



## JUST THE ESSENTIALS

**Which essential oils are best for repelling bugs?**

Some essential oils have been proven to have great insect-repelling powers.

- **Citronella** is one of the most popular essential oils for keeping bugs at bay. It is often used in commercial insect repellents because of its effectiveness. Citronella essential oil can help repel mosquitoes, flies, gnats, ticks, fleas, and more.
- **Eucalyptus** essential oil is another popular choice. It is known for its ability to repel mosquitoes, flies, fleas, and ticks.
- **Tea tree** essential oil has systemic insect-repellent properties. This means that it makes the skin less attractive to bugs while also protecting the entire body from insect bites. It repels mosquitoes, fleas, ticks, lice, and more.
- **Peppermint** essential oil has been shown to repel mosquitoes, flies, ants, and other bugs. It is also a natural way to repel rodents like mice and rats!

**Van Dam Chiropractic would like to thank our patients for their many referrals of friends and family to our office.**

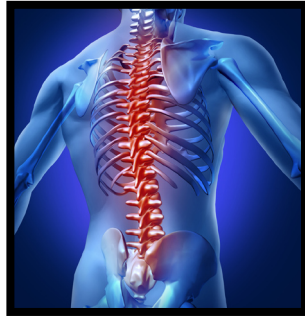
**As a special thank-you, if you refer someone to Van Dam Chiropractic and they put down your name as the referral Dr. Van Dam will send out a \$10 GIFT CARD TO STARBUCKS**

**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.

### Non-verbal and defiant behavior in a 3-year-old.

A 3-year-old girl who was non-verbal and had been exhibiting defiant -like behavioral issues since age two was brought in for chiropractic care. She was unable to connect with family members verbally, emotionally, and physically. Medical interventions, such as speech therapy, failed to make significant improvements.



Chiropractic adjustments were given to address her vertebral subluxations. She received care once a week for 20 weeks.

The mother reported that she was able to start communicating and connecting with her family, loved ones, and the outside world with no complications following the delivery of chiropractic care. Improvements included falling asleep and quality of sleep, ability to concentrate, attention and focus. In addition, she was no longer displaying defiant-like behaviors. (1)

**High blood pressure in a 52-year-old woman.** A 52-year-old woman with a chief complaint of high blood pressure began chiropractic care. Her initial blood pressure reading was 185/90 mmHg. She was advised by an MD to take medication but decided to seek chiropractic care first.

She received one adjustment a week for 12 weeks. Adjustments were needed in the cervical (neck), thoracic (mid-back) regions of the spine as well as the pelvis. At her second visit, her BP was reduced to 165/88 mmHg. At the 7th office visit, BP proved

to have significantly decreased to a reading of 130/86 mmHg and by the 12th visit it had reduced to 106/62 mmHg. The experience in this case have been found to be consistent with other studies showing chiropractic's benefit for hypertension. (2)



**Gastro-Esophageal Reflux Disorder (GERD).** A seven-month-old girl suffering with unresolved acid reflux for two months was brought in for chiropractic care. Pediatrician prescribed drugs (Pepcid™ and Zantac™) were ineffective. The child was unable to sleep through the night due to the pain and discomfort from being gassy and constipated.

Other clinical features of GERD include esophageal symptoms such as regurgitation, difficulty swallowing, and persistent irritability due to pain.

Chiropractic care (adjustments) were performed for a total of seven visits over seven weeks. Upon arrival at the second appointment, the mother stated that her daughter's reflux symptoms were slightly improved. The infant slept through the night easier after the first adjustment and was able to take half the dosage of her reflux medication and yield the same signs and symptoms.

One week later, by the third appointment, the mother stopped giving her daughter reflux medication in the morning while the evening dose had been lowered because her reflux symptoms were subsiding. The baby was sleeping eight hours a night again, which had not happened in months.

By week four, the mother says her daughter is like “a new baby!” The mother has taken her off all reflux medications and her signs and symptoms have subsided.

The child was now responding to others, pleasant, and sleeping well. (1)



## REFERENCES

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