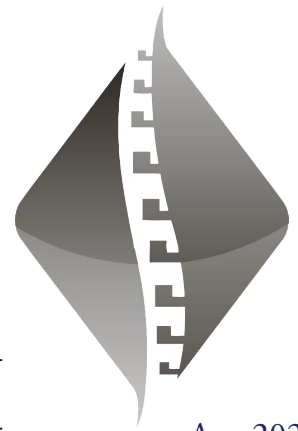


# VAN DAM CHIROPRACTIC



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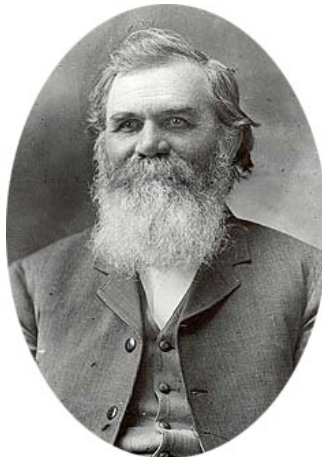
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## CHIROPRACTIC DISCOVERY

### Where did modern chiropractic come from?

We say "modern chiropractic" because spinal care is thousands of years old and found in cultures all over the world.

But this natural, drug-free, powerful, and yet safe healing art was, as happens too often, lost amidst the sands of time. Mankind then became infatuated with drugs, chemicals, and surgery.



**D.D. PALMER**  
DISCOVERER OF CHIROPRACTIC

Spinal care was rediscovered in 1895 by Dr. Daniel David Palmer who practiced in Davenport, Iowa. DD Palmer was a magnetic healer (energy healer), scientist, and researcher who "accidentally" restored a man's deafness by adjusting his spine. This discovery was the seed from which modern chiropractic grew.

This newspaper ad, "Are You Sick and Disheartened", was one of a series of broadsides from the turn of the century. Dr. Palmer describes his old/new discovery and invites the public to discover for themselves this amazing drug-free, natural, safe, and powerful healing art, science, and philosophy. The list of people suffering from nearly every condition who benefitted from his "hand ministrations" (his original name for

chiropractic) was impressive. Many people traveled far and wide to experience and benefit from DD Palmer's discovery.

Dr. Palmer opened a school to teach others; soon his students spread to all parts of the US, Canada, Europe, and beyond.

This made-in-America healing art has brought relief, health, and healing to millions of people from infants to the elderly and everyone in between.

Please tell your friends and relatives that there is a safe alternative to drugs and surgery that has no side-effects – except satisfaction!

### Life's Little Adjustments



"SO, MR. SWENSON, I SEE THAT THIS IS YOUR VERY FIRST VISIT TO A CHIROPRACTOR!"

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## CHIROPRACTIC Q AND A

### Q. Is chiropractic safe?

**A. Chiropractic is incredibly safe.** It's easy to show it –just look at malpractice insurance costs. Chiropractors pay a fraction of malpractice premiums that MDs pay. Bring in all your family members to benefit from this safe, drug-free, surgical-free, natural healing art.

It's fun too!

## JUST THE ESSENTIALS

### Essential Oils and those pesky summertime bugs (think mosquitos)

What's the one thing that makes those sweet summer nights outside a little less enjoyable? Mosquitos and other pesky bugs biting at your ankles relentlessly. Essential oils are an amazing substitute for harsh spray on bug repellent that leaves a nasty smell for hours. Essential oils are not only effective, but their aroma is enjoyable and therapeutic.

There are plenty of essential oils that are repellent of those nagging mosquitoes. Some of the most common essential oils such as peppermint, lavender and rosemary. Some essential oils that aren't as common but are highly effective and worth keeping around for this exact reason are cedarwood, lemongrass and citronella.



Combining essential oils and making a bug repellent blend is the best and more effective way to use them. Diluting the essential oils with fractionated coconut oil is a great way to apply the oils straight to your skin, but that isn't the only way they are able to be used for bug repelling. For those enjoying the patio or porch, add them to a diffuser and keep the entire area pest free. For a lighter method of using them topically, use a dark tinted glass spray bottle, add your essential oils to water and a carrier oil like fractionated coconut oil.

Make sure if you're using the spray bottle method to give it a few good shakes to mix it together.

Another way to use essential oils instead of chemicals is making your own candles. For those who enjoy getting into a good DIY project, making a bug repellent candle is not only fun and easy but enjoyable and powerful at keeping bugs away. Add any or all essential oils discussed to organic beeswax melted down. Then pour it into an old jar or candle mold with a chemical free wick and let dry and cool for 24 hours. Cut your wick down, light and enjoy your summer nights!

## WEARING A BACKPACK CORRECTLY

Ask yourself the following questions to assess whether a backpack is being worn correctly:

- Is the backpack reasonably proportional to the size of the person?
- Does the bottom of the bag sit at waist level?
- Does the bag weigh more than 10% of the person's weight?
- Is the person wearing both shoulder straps?
- Can the person walk normally with the backpack on, or are they slouched over/breathing heavily? (1)



**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.

**Breech Presentation.** A 30-year-old woman who was 39 weeks' pregnant had a breech birth presentation (confirmed by ultrasound). She came to our office for chiropractic care. She had never been to a chiropractor before but was referred to this pediatric chiropractic office because of the positive results another patient had seen from getting adjusted while pregnant.

The Webster Technique was administered to her which consisted of an sacral adjustment and round ligament trigger point release. The mother noted significant movement from the baby after the second adjustment. The fetal presentation was confirmed to have changed from frank breech to vertex position via an ultrasound done by her OB/GYN.



The patient came in a total of four times and received the exact same adjustment each visit.

The patient went into labor within 48 hours after her last adjustment and gave birth to a baby girl through a normal vaginal birth. There were no complications. (2)

**Chronic headaches in a six-year-old.** A 6-year-old boy had been suffering from chronic headaches of two years. He experienced these headaches every day or every other day, reported experiencing headaches described as stabbing and intense. Medical doctors could find no cause and prescriptions for ibuprofen was ineffective. The pediatrician

subsequently referred the patient to the nearest children's hospital for further medical work-up.

The child was given an MRI (magnetic resonance imaging) and a CT scan (computer tomography) to access the cause. All findings were negative. Referrals were also made to a “concussion specialist” and a neurologist without much help. The patient and his mother returned to his pediatrician who suggested chiropractic care.

At the chiropractic office, subluxations were discovered in the child's cervical spine (neck). The subluxations were corrected (adjusted). The child had 10 visits over a 2-month period. After his 5th visit his headaches disappeared and did not return.

This paper tells us two things. First, the child and parents would have saved the time, money, and radiation from the MRI and CT scans if they had been immediately referred for chiropractic care. Pediatricians and other MDs need to be educated about the fast, effective, and low-cost chiropractic approach to health.



Since 10.6% of children experience headaches and few ever know about or receive chiropractic care. Most are placed in drugs and the cause (the subluxation) is never addressed. (3)

## REFERENCES

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