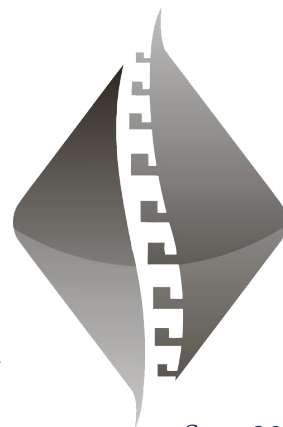


VANDAM CHIROPRACTIC

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DO INFANTS BENEFIT FROM CHIROPRACTIC?

Chiropractic for infants? They have low back pain? Of course not! Infants need chiropractic care to ensure that the stress of gestation, labor and delivery has not damaged their spines and delicate structure.

Infants can be damage by falls – statistics tell us that nearly half of all babies have had a fall from a height (off the changing table, off the bed, down the stairs etc.).

Chiropractic care helps ensure s healthy baby with better resistance to disease, a better ability to discharge toxins, a better ability to absorb nutrients and overall better body function.

Also, correcting subluxations may help a baby who is ill return to health more quickly and more comfortably.

There are many case histories of chiropractic helping children with all kinds of conditions – asthma, colic, constipation, difficulty breastfeeding, ear infections, autism spectrum disorder, vision and hearing disorders, neurological conditions- no matter what conditions babies may have, chiropractic care can help them grow into healthy, happy children. (1,2)



YOUR CURVES

Your spine (also called your spinal column or “backbone”) is made up of 24 movable vertebrae (spinal bones). On the bottom is a triangular bone made called the sacrum and underneath that is your tailbone or coccyx.



Your spine should be straight from the front, and from the side it should have natural curves.

You have three main curves – your neck or cervical curve, your mid back or thoracic curve and your lower back or lumbar curve.

Why do you need curves? Curve give your spine strength. A straight spine is much weaker than a curved spine.

What makes up the curves? Between your vertebra are discs that give your spine much of its curve and also act as shock absorbers so every step you take doesn't shake you up.

Are your curves not curvy enough (straight) too curvy or just right? There are a number of ways to tell. One is with a posture analysis using the doctor's hands, using a photographic analysis or an x-ray analysis. Want to know more? Ask us.

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JUST THE ESSENTIALS

Back to School Support

Every year approaching a new school year for parents brings a sense of stress. The hustle and bustle of back-to-school shopping, schedule shifts and all things that come with a new school year can make this time of year challenging. Did you know that essential oils can make stressful and chaotic times easier to cope with?

Here are three ways essential oils can make this transition smoother for both parents and students!

1. Lavender essential oil is a great aid for those who struggle with their sleep patterns and schedules being disrupted, altered and most likely lessened with a new school year. Getting to bed earlier is cruel for those extra early mornings of getting you and your little ones out of the house prepared and fully rested. Applying lavender on the bottoms of you or your child's feet before bed is a great way to calm the body and mind to ease into a good night's rest. Adding lavender to a diffuser right before bedtime increases the ability to fall asleep faster and sleep deeper.

2. Frankincense essential oil does wonders for the brain! When that to-do list is feeling long and overwhelming, using frankincense in a roller bottle and applying it to your wrists, back of the neck or chest will support your mind and body with focus. Adding it to your diffuser and running it in the morning before your day begins will support you in feeling more awake and ready for the hectic day ahead of you.

3. Using Doterra's immunity essential oil blend "On Guard" or Young Living's immunity blend "Thieves" in your home approaching a new school year is a great way to boost you and your little one's immune system to help protect both of you from becoming sick. It's known that by diffusing "On Guard" for twenty minutes a day is known to boost immune support.



WHAT DO CHIROPRACTIC AND THE SUMMER HAVE IN COMMON?

Both are good for you.

Go to the beach, the park, or your backyard for exercise and lots of sun (no sunscreen please, just don't burn). In

the summer your body gets enough vitamin D and other sunshine vitamins/benefits to last you all winter. Remember, your body can store vitamin D, unlike most other vitamins.

But there's more. Go out for walks and hikes with friends and loved ones; go swimming and have parties. Having friends and relatives over is very healthy – loneliness kills. So don't think you aren't doing something wonderful when you hang out and socialize. Remember, backyard parties are good for you too as well as your chiropractor (so don't forget to invite us).

HUMOR

- What happens if you get half-scared to death-Twice!
- Do pediatricians play miniature golf on Wednesdays?
- Before they invented drawing boards, what did they go back to?
- If all the world is a stage, where is the audience sitting?
- If one synchronized swimmer drowns, do the rest have to drown too?
- If the #2 pencil is the most popular, why is it still #2?
- If work is so terrific, how come they have to pay you to do it?



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.

Low Back pain in a 9-year-old with tethered cord syndrome. A 9-year-old boy entered the office complaining of a dull, achy low back pain that occurred during football practicing and playing. He had a decreased range of motion and vertebral subluxations. X-rays revealed he had an extra lumbar vertebra (6 instead of 5).

The child had an MRI that revealed a condition known as spinal cord tethering. His spinal abnormalities included lower spinal cord and malformations.



The boy received chiropractic adjustments twice a week for 3 weeks and then once per week for 6 weeks. He was also given stretching and exercises to be done at home.

At one-year follow-up, the patient was able to play several high school sports without any complications. (3)

Down Syndrome in a 7-week-old infant. A seven-week-old girl with Down Syndrome was brought in for chiropractic care because of nursing and sleeping issues. Typically, the infant was brought to the clinic when she was having cough, congestion, tactile fremitus (a vibration transmitted through the body) and wheezing problems.

A chiropractic examination revealed that she had upper cervical, thoracic and sacrum subluxations. Her subluxations were adjusted using various chiropractic techniques.

After the adjustment the mother reported that the



infant was getting stronger, had less congestion, was breathing with less wheezes, and her chest was cleaner. The parents reported feeling less fremitus on her chest than before.

The patient had constipation for three days when she was brought in for care. The infant defecated right after the adjustment.

After 3 visits the baby's feeding and sleeping issues were resolved. The child continued chiropractic care. After 2 years and 7 months of care, her muscle tone, breathing, and immune function were enhanced.

The mother reported that chiropractic care helped to increase the infant's daily function and overall health such as latching and regular sleep patterns. (4)

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