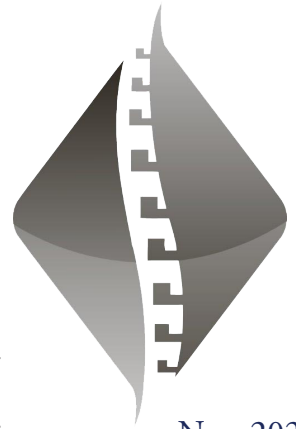


VANDAM CHIROPRACTIC



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GETTING SICK PREVENTS CANCER & HEART DISEASE?

This may seem a bit crazy or at least questionable but stick with us, there's a method to our madness.

The school of Natural Hygiene is humanity's traditional healing system, it is thousands of years old. It is based on ancient wisdom learned from experience. It understands that acute symptoms such as fever, vomiting, diarrhea, rash, sneezing, and coughing are mechanisms the body uses to detoxify, cleanse, rebalance, strengthen and heal.

The medical model is largely based on suppression of uncomfortable symptoms with drugs. Suppression prevents the body from externalizing disease and drives disease deeper into the body. Suppression has been linked to chronic (more dangerous and long lasting) illness.

For thousands of years, using natural hygiene, humanity, when clean food and water was present, was healthier than people are today. Chronic illness such as heart disease and cancer has exploded in the past 100 years. Modern medicine's obsession with drugs and vaccines (along with poor nutrition) is a major reason why nearly everyone is so sick and over half of all Americans (of all ages) are suffering from chronic illness. Letting people get sick is beneficial.

HEART DISEASE

At an international conference of pediatric oncology, the following was reported (see the link for more): Having two childhood viral infections reduces the risk of developing heart disease later in life by 40%; four

infections was associated with a 60% decreased risk; and six infections lowered the risk of heart disease by 90%. (1)

CANCER

Measles, mumps, chicken pox, the 24 or 48 hour "virus, the "stomach bug going around" and other things that result in fever are protective against cancer:

Febrile infectious childhood diseases are associated with a lower cancer risk in adulthood. (2) A history of common colds or gastro-enteric influenza...was associated with a decreased risk of stomach, colon, rectum, and ovarian cancer. (3)

HAY FEVER, ASTHMA AND ECZEMA

Lack of hay fever, asthma and eczema is credited to early exposure to normal childhood diseases. (4) Having many older siblings; attending day care at an early age; growing up on a farm and in frequent contact with cattle, poultry, and cats; and having childhood measles and orofaecal infections...are all helpful... in promoting normal immunological maturation and in preventing atopic disease. (5)

WHY?

As mentioned above, fever, sweating, vomiting, skin eruptions, diarrhea, coughing, sneezing and many other symptoms are how the body detoxifies, cleanses, and heals. A cleaner body is protective against all diseases while suppressing symptoms with drugs drives disease deep into the body and causes chronic illness.

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RETRACING

Retracing is part of the healing process. It occurs when old pain, injuries, or trauma (emotional or physical) surface after chiropractic and/or natural care.

Old injuries that haven't healed completely may "reawaken" for more complete healing. Memories and feelings associated with the original injury may also come to the surface. Retracing may not only surface as a conscious memory – old energy may release in dreams. Chiropractic patients have at times noticed that their dreams are unusual, intense, or revealing after care.

Some may experience a detoxification or cleansing of the body such as a fever, rash or vomiting.



Sometimes muscle soreness is caused by underused muscles working to realign your body. This "charley horse" is usually brief.

Some people are in such good general health that they may feel no difference, while others may feel no difference for the opposite reason—they are so ill or toxic that they have lost sensitivity to their body.

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
IS THE BEST
attitude

DID YOU KNOW?

What eats iron, has bulletproof armor, and can live in temperatures hotter than your oven?

This super creature is the lowly sea snail. How amazing is Creation?

Sea snails hatch as eggs and one of the first things they eat is the egg they were born in because the shells are rich in calcium which is what their shells are made of. They eat corals to produce a hard calcium shell. One sea snail (the volcano snail) has a shell that can withstand temperatures of 750 degrees F and has the strongest body armor (exoskeleton) of any animal ever found.

These super creatures live next to boiling vents deep in the ocean and 'enjoy' the heat. Volcano snails are the only animal that can eat and utilize iron in their structure. Researchers are using their design to produce stronger armor for soldiers, tanks, and helicopters.



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.

Vaginal birth after cesarean section. The patient is 40-year-old woman 33 weeks pregnant with her third child. She had two prior cesarean sections due to malposition of fetus, deceleration of heart rate during labor and Pitocin intolerance.

Vertebral subluxations that decreased her pelvis and spinal range of motion, abnormal posture, and muscle spasms were observed during the chiropractic examination.

The patient was adjusted weekly. Her progress was closely monitored. A total of ten adjustments were administered and the mother was successful in having a vaginal birth after cesarean. (6)

Chiropractic improves brain function in children. Thirty-seven pediatric patients with neurological disorders, were enrolled in a chiropractic clinic to see if subluxation correction would influence their brain function measured by improved processing, engagement, learning and connection to the surroundings. In addition, primitive reflexes, gross motor skills, fine motor skills, auditory verbal skills, eye movement and visual cognitive skills were evaluated.

Learning included ease completing homework, ability to concentrate on a task/goal, handwriting, reading comprehension, organization/planning, spelling, understanding concepts, vocabulary and expression, attention/focus, and participation in extracurricular activities,

Vertebral subluxations when found at specific spinal segments were adjusted. During care, patient outcomes were measured via both objective and subjective measurements.

There was improvement of 74.1% in quality of life measured by parent surveys in all measured areas such as intra/interpersonal skills outcomes, feelings about school, relationships with peers, mood, anxiety, rigidity/demand for sameness, family relationships, loss of temper/emotional outbursts, and ability to self-regulate emotions.

There was also steady improvement with getting to sleep, quality of sleep, amount of sleep, eating habits, digestive health overall, frequency of bowel movements, and energy levels. (7)

Fibromyalgia in a 64-year-old woman. The patient was a 64-year-old woman diagnosed with fibromyalgia diagnosed 6 years prior. She also complained of sleep apnea, loss of coordination, glaucoma, degenerative disc disease, and changes in bowel habits.

An upper cervical (upper neck) subluxation was determined using X-rays and other forms of analysis.

The patient received chiropractic care for three months and by then had 80% relief of symptoms and an improvement in energy. (8)

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