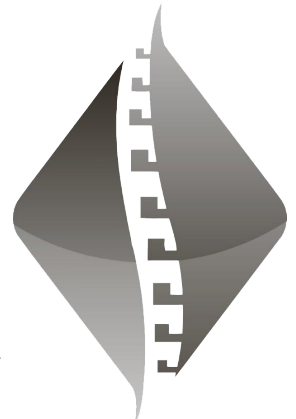


VANDAM CHIROPRACTIC



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THE GERM THEORY

Everybody please calm down. You are safe. Really. Germs are not lurking to get you. Hug each other, shake hands, even kiss – there’s nothing to be afraid of.

Why? Because the germ theory has never been proven. That’s right, it’s never been proven that germs cause disease.

THE GERM THEORY

The germ theory says every disease is caused by a germ. This is a relatively and yet to be proven theory.



Traditionally, the hygienic school of healing that is thousands of years old says germs don’t make you sick, when your body is already sick (malnourished from eating bad foods, exposed to toxins, herbicides, pesticides, sleep

deprived, subluxated, tired, weak, stressed) germs appear. But the germs aren’t trying to kill you, instead germs eat weak, diseased, dying, and toxic tissue. Symptoms of fever, diarrhea, vomiting, rashes, eruptions, sweating, malaise, aches and pains are

how your body heals. These symptoms are really mechanisms your body uses to restore balance (homeostasis).

When your tissues are strong, germs cannot infect you. It has never been shown that infections are contagious. There are many other causes of diseases than the unscientific theory that breathing an itty, bitty, teensy, microscopic germ will make you sick.

BJ Palmer, the developer of chiropractic has said, “If the germ theory were true, there would be no one alive to believe it.”



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CHIROPRACTIC FOR THE HOLIDAYS

The most exciting part of the holidays is that family members get together. The most difficult part of the holidays is, you guessed it, that family members get together.



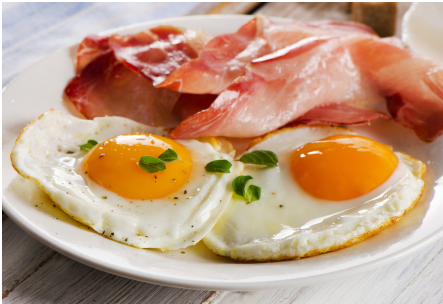
Now is the best time to see your chiropractor who will address a hidden form of stress – the subluxation. Subluxations put stress on your muscles, joints, ligaments, tendons, body structure and your brain. Getting a chiropractic adjustment can help you weather and enjoy the ups and downs of the holidays.

Holidays are wonderful opportunities for warmth, caring, connecting, growth and healing. It's not always easy so make sure you are at your best. Come in for a pre-holiday chiropractic checkup and adjustment so you'll be better able to enjoy the season.

Bring in the entire family. We love seeing families.

PS. Come in after the holidays too.

CARB LOADING FOR EXERCISE?



As we begin our exercise routines (as part of our resolutions of course) eat properly. For years athletes were told that "carb loading" was a good idea and that if we stuff

ourselves with fruit juice, potatoes, pasta, and other forms of sugar it'll improve our performance.

It turns out it won't. Researchers stuffed athletes with animal fat and found that they performed much better than those on a high carb diet.

One study found that cyclists on a 7% carbohydrate diet could pedal twice as long as those who had a 74% carbohydrate diet.

Dr. Weston A. Price, the nutrition pioneer discovered

in Africa that the most meat eating tribes always dominated those tribes that ate vegetables.

Professional basketball player Bill Walton was a strict vegetarian. He developed severe osteoporosis, pathological fractures, and had to leave basketball. He tried real meat and fat and made a remarkable recovery and went to work as a spokesman for the meat industry. (1)

DID YOU KNOW?

What's in one square inch of skin?

- 9,500,000 cells
- 650 sweat glands
- 65 hairs
- 6 or more yards of blood vessels
- 78 yards of nerves
- 19,400 sensory cells
- 1,300 nerve endings for pain
- 160-165 pressure receptors
- 78 heat receptors
- 13 cold receptors (2)

Merry Christmas

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.

Traumatic birth. A 2-month-old boy had a traumatic birth with the umbilical cord wrapped around his body, a vacuum extraction, and induced labor.

At birth he was not breathing, was completely cyanotic (blue) and needed resuscitation. His head was deformed, he was bruised from the birth process, had blood and mucous in his stool, had severe colic, and had breastfeeding, and sleep issues.

The parents brought the child in for chiropractic evaluation and care. Subluxations were analyzed and located in the baby's spine. The infant was adjusted and had relief from all of his symptoms. (3)

Ear infection in an 8-year-old girl. An 8-year-old girl complaining of ear pain, sinus discomfort, and neck pain was brought in for chiropractic care. Vertebral subluxations were found in her neck (cervical), mid-back (thoracic) and lower back (lumbar) areas.

Her subluxations were adjusted, her otitis media improved and was completely resolved by the third visit. There was also improvement of her sinus discomfort and neck pain. (4)

Chiropractic & Fibromyalgia. 55 women aged 21-59 with fibromyalgia ages were divided into two groups: some did resistance training and others did resistance training plus received chiropractic care. Both groups improved significantly with increased upper and lower body strength, decreased pain and tender points, and an improved ability to perform everyday tasks.

However, the patients who received chiropractic care were more likely to follow the exercise program

consistently and had more significant improvements in functionality, balance, flexibility, and endurance. (5)

JUST THE ESSENTIALS ESSENTIAL OILS FOR THE HOLIDAY SEASON

You've probably heard all about the benefits of essential oils in the past, but you might be wondering how best to use them during the holidays. Sure, they can help with relaxation and stress, but they can also be used for many other reasons. For example, you can use them to make your home smell nice, so that guests feel welcome. You can also use them to clean and freshen up your home. And you can even use them for skin care, as long as you take care to dilute them first. In addition, you can add a few drops of essential oil to massage oil when creating a relaxing massage for yourself or someone else. So don't feel limited by just using essential oils during the holiday season; you can try many different ways to enjoy their benefits through the entire year!



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