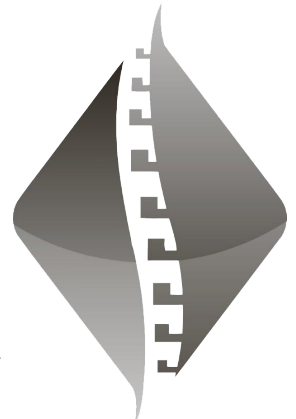


# VANDAM CHIROPRACTIC



Dr. *Scott A.* VAN DAM

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1203 28th St. S - Fargo, ND 58103 - 701.532.5320 - vandamchiropractic.com

## SPORT & CHIROPRACTIC

Top athletes from all over the world rely on chiropractic to keep their body structure balanced, their nerve system healthy and their muscles and joints functioning at their peak.



Name the sport: golf, tennis, baseball, football, soccer, track, swimming, hockey, martial arts, wrestling, and all the others – chiropractic is used by top players in all these fields to give them the winning edge. Why? Chiropractic promotes better balance, improved coordination, increased strength, and vitality. Athletes are fine-tuned and very sensitive to their bodies. That's why they make some of the most grateful chiropractic patients.

Because of the above benefits, Chiropractic can help prevent sports injuries and can also help an injured player return to the game or competition faster. (1,2,3)

Of course, you don't need to be an Olympian or a professional athlete to go to a chiropractor; anyone who uses his/her body needs it to function at its peak. That means everyone. Even computer users, even kids on their smart phones (they especially need chiropractic structural care).

## 7 THINGS FOR A HEALTHIER LIFE

1. You can't be fully healthy with subluxations. Keep your body free from subluxations - see your chiropractor.
2. Be grateful for all the good in your life and all the difficulties in your life – both give us opportunities to grow. Gratitude is the most powerful healing emotion.
3. Sleep, rest, laugh and love – you need it, nourish it.
4. Give charity. You always feel better afterwards.
5. Connection is the heart of health. Call your mother, father, friends.
6. Avoid junk food – artificial or refined sugars, vegetable oils, canola, hydrogenated oils, Crisco™, and margarine.
7. Eat life-supporting (nutrient-dense) foods – organic grass-fed animal products, organic, vegetables, organ meats (4)



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# CHIROPRACTIC Q & A

**Question: Which part of my spine affects immunity?**

**Answer: Every and any part of the spine can affect your immunity.** That is because the body is interconnected in many complicated ways. A subluxation at the top of the spine or at the bottom of the spine can affect the immune system. And so can a subluxation anywhere else in the spine.

A subluxation affects overall body function and energy. Internal organs need an uninterrupted connection to the nerves coming out of the spine, so they function at their peak.

An unhealthy spine may be off-balance and that will cause the muscles to work extra hard to maintain stability. As a result, your energy is drained, and your overall body is weakened.

Do you wish to achieve optimal immune function? Make sure your spine is free from health-damaging subluxations. Subluxations may be painless, but they can undermine your health (cause dis-ease) and set the stage for sickness and disease.



# CHIROPRACTIC FOR CHANGE

What season causes people to get sick the most? The answer may surprise you – it's not any particular season, it's change of seasons.



When seasons change, we must adapt to changes in temperature, humidity, light, energy levels, activity and more. Adaptation requires a healthy nervous system. That is why you should especially see your chiropractor when the seasons change. Chiropractic keeps your nervous system free of stress so you can adapt to your fullest.

# DID YOU KNOW?

- Your thumb is the same length as your nose.
- The liver is the largest of the body's internal organs.
- The skin is the body's largest organ.
- Your teeth start growing 6 months before you are born
- When you are looking at someone you love, your pupils dilate, and they do the same when you are looking at someone you hate

## Life's Little Adjustments



**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.

**Improvement in language in an autistic boy.** A 17-year-old boy with autism, altered behavioral patterns, language deficits, sleeping problems, constipation, and earaches was brought in for chiropractic care. He was under care for 24-months during which time chiropractic adjustments to reduce subluxation were administered.

The patient responded favorably to chiropractic care. He demonstrated a decrease in frequency of earaches, normalized sleep patterns, improved language development, behavioral patterns, and digestion. (5)



**Allergies and asthma in a 38-year-old.** A 38-year-old woman was suffering from allergy-induced asthma since she was a teenager. She also complained of allergies, chronic sinus issues, headaches, and numbness in her right leg.

Adjustments were delivered to subluxations within the spine over the course of six months. Various analysis procedures such as surface electromyography (EMG) and thermography (heat reading) were used to monitor her progress.

After six months of care, the patient reported complete improvement in her asthma and allergies as well as improvement in her other complaints. (6)



**A 59-year-old woman with Meniere's Disease.** This woman had left ear hearing loss, extreme vertigo (dizziness), tinnitus (ringing in the ears), brain fog, and pressure in her forehead area.

Medical doctors gave her three steroid injections, but she had no relief. She sought out chiropractic care as a last resort.

Upper neck (cervical) subluxations (atlas and axis) were found on analysis. An atlas correction (adjustment) was performed. She did not need another correction for 72 days!

Her vertigo resolved immediately; her tinnitus went from a 10 to a 2 on a scale 0-10 with 10 being the worst. Her brain fog and forehead pressure went away, and her hearing was restored.

She was soon able to go for long walks, drive, exercise, and work. Her overall health and well-being greatly improved after being under care. (7)



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