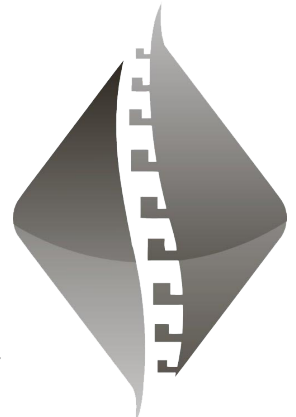


VANDAM CHIROPRACTIC



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THE GERM THEORY

Today news stories are all about germs causing infections, epidemics, and pandemics with new a “variant” ready to get us. What if germs didn’t cause disease?

Germs are all around us. We breathe germs all the time, they inhabit every nook and cranny of our body; we have a balanced relationship with them. Our obsession with germs is based on the germ theory. It was born when the microscope was discovered, and germs were found in sick people. The theory says that every disease is caused by a different germ. There’s only problem with this theory – it has never been proven. In fact, the opposite has been proven.

THE ALTERNATIVE

The hygienic system has been around for thousands of years and has survived the test of time. It says that germs don’t make you sick, rather when your body is sick (malnourished, toxic, subluxated, tired, weak, stressed) germs appear to eat weak, diseased, dying, and toxic tissue.

When your tissues are strong, infections don’t exist, the billions of germs always in and around us don’t grow out of control.

DON’T BE SCARED OF GERMS

The bottom line is that healthy people simply don’t get other people sick. Sick people don’t make people sick. Stop being scared of germs; they have their place. You can’t escape them from entering your body unless you stop eating, drinking and beathing. There are many valid reasons why people in the same household

come down with similar symptoms, but germs are not one of them. It’s an unproven superstition.

In experiments, sick people were placed near healthy volunteers, sat close to them, sneezed on them, coughed on them, and even had bodily fluids placed in their noses and mouths. None of the volunteers got sick. Underlining that was a report in in the British Medical Journal that “asymptomatic transmission of disease” does not exist. A study of almost 10 million people found “no evidence of asymptomatic transmission.” People without symptoms don’t make people sick. (1) So much for the logic behind masks.

WHAT TO DO?

Get back to basics – healthy food, (avoid junk), good sleep, good relationships, clean water, plumbing, sewage, waste disposal – these are what have gotten rid of the plagues of the past. It was never vaccines or drugs. The best foods to use are raw milk from grass-fed cows and goats, olive oil, coconut oil, butter, cream, ghee, lard, and tallow as fats/oils. Also get a good water filter to remove toxic chlorine, fluoride, and other chemicals.

To give your health a boost, get chiropractic care! Life is full of stress, falls, and accidents; your body will function better and be stronger with chiropractic care. Other forms of natural care that, like chiropractic, remove blockages to energy and healing are traditional homeopathy, acupuncture, traditional osteopathy, traditional naturopathy, and many traditional detoxification practices.

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CHIROPRACTIC Q & A

Q. Are chiropractors back doctors?

A. Chiropractors work on the back

(the spine) but that's because subluxations (blockages) are found there. However, by releasing subluxations in the spine every organ and gland, every muscle and bone can be affected. Chiropractors remove blockages.

For over a hundred years, clinical case histories of chiropractic subluxation correction has been shown to improve the function of the lungs, heart, kidneys, brain, eye, ear, stomach, intestines, skin – and much more. Chiropractors work on the back (the spine) to help the entire body. Since MDs give drugs people swallow would that make them stomach doctors? The drugs are supposed to affect many parts of the body. In the same (but a healthier way) chiropractic care affects the entire body.



JUST THE ESSENTIALS

The healing power of aromatherapy has been employed for thousands of years in nearly every culture. Recently Israeli researchers have discovered that the incense known as frankincense can be a very effective mood-altering tool. It affects the same part of the brain as anti-anxiety and anti-depression drugs. (1) Frankincense also has anti-inflammatory, antiseptic and anti-neurotic effects.

Frankincense is a wonderful sleep aid relieving stress and promoting relaxation. Place a few drops of oil into your hands, rub your palms together, and inhale before laying down to sleep.

Essential oils and incense have been used to change mood, improve the immune system, heal, and promote wellness. Why not add some aromatherapy to your life?



Celebrating
25 *Years*
providing chiropractic
and
acupuncture healthcare

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 birth. A 31-year-old pregnant woman began chiropractic care. She was diagnosed as having a transverse breech presentation by her obstetrician at 30 weeks' gestation.

A chiropractic “breech procedure”, the Webster Technique, was utilized during her care.

She visited her chiropractor for seven visits over a three-week period of care. Her midwife confirmed that the baby had turned into a normal (vertex presentation). The mother went on to have a natural home birth thereafter. (2)



Infertility, Conception, and Birth.

A 31-year-old woman began chiropractic care because she had been unable to become pregnant for over a year. Vertebral subluxations were found and specific adjustments were delivered.

She had six visits over a 34-day period and reported being pregnant. She eventually gave birth to a healthy baby girl. (2)



Sleep Disturbance and Anxiety Disorder. A 28-year-old woman sought chiropractic care complaining of sleep disturbance, anxiety disorder and musculoskeletal symptoms. She was assessed pre- and post-care using EMG (electro myelography), X-ray, spinal head analysis, the Pittsburgh Sleep Quality Index (PSQI) and the Hamilton Anxiety (HAM-A) questionnaires



Chiropractic care for subluxation correction was given twice weekly for three months.

The patient reported improvements in both musculoskeletal and non-musculoskeletal complaints and demonstrated marked reduction of sleep disorder and marked reduction of anxiety disorder. (3)



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