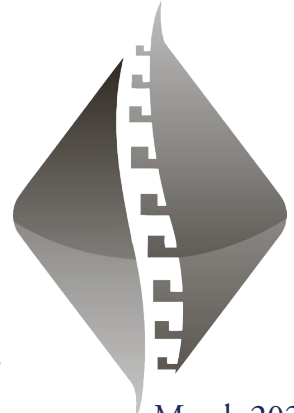




VANDAM CHIROPRACTIC



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YOUR BODY IS AT WAR

Your world is constantly assaulting you with physical, emotional, toxic, environmental, and chemical stresses. We are fighting a constant war of adaptation. It is a war of high stakes – your life and health! Life requires constant adaptation.

HOW IS THIS WAR FOUGHT?

Symptoms are the mechanisms your body uses to bring you into balance (or homeostasis). Symptoms may be uncomfortable, but they are necessary. These include diarrhea, vomiting, fever, sneezing, coughing, sweating, and shivering (as mentioned above), mucus and pus, skin eruptions, fatigue, and lack of appetite (natural fasting) and many more. These are natural ways you cleanse, detox, and heal.



Symptoms are not diseases; they are the cure of diseases. Suppressing symptoms can lead to deeper health problems. Whether or not you'll get symptoms and how quickly they go away depends on your ability to respond to adapt to challenges.

ADAPTION IS EMOTIONAL AS WELL AS PHYSICAL

Two people may experience a great emotional stress such as divorce or death in a family. One will grieve a short time and recover while the other may fall into a long depression. Why? It depends on how well they can adapt.

CHIROPRACTIC FOR ADAPTATION

Your nervous system: brain, spinal cord, and billions of nerves that travel to every nook and cranny in your body continuously transmit information. Adaptation is dependent upon this communication. You need a healthy nervous system so it may send messages all over your body so you may adapt most efficiently,



Structural subluxations can interfere with your nervous system, weakening you on many levels. Subluxations may stress your brain, spinal cord, and outlying nerves. Chiropractic care is dedicated to locating and correcting your subluxations, permitting your nervous system to operate with less stress – helping you adapt physically, chemically, and emotionally.

Keep yourself and your family adapting at their peak – get regular chiropractic care for your brain, spinal cord, and nervous system health.

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CHIROPRACTIC Q & A

Q. Why don't chiropractors prescribe drugs?

A. Your body is the world's greatest drugstore. It makes every drug you'll ever need to stay healthy for your entire life. They are delivered within seconds, to where they are exactly needed – and at no charge (well, you must eat properly so your body has good raw materials). Chiropractic care helps your body function better, so it'll make its own drugs to keep you healthy naturally.



WATER AND HIGH BLOOD PRESSURE

You need to know this (especially if you drink alcohol)

Your blood is mostly water. When you are dehydrated your blood thickens a little your heart has to pump harder and that raises your blood pressure.



According to a study appearing in the Journal of the American Medical Association, two million children have high blood pressure. Could this be due to dehydration? Are your children drinking water or sugary (and especially caffeine) drinks? (3)

Alcohol is dehydrating. Much of hangover pain is the result of dehydration. That's why one of the best ways to prevent and even get rid of a hangover is to drink lots of water.

HUMOR

ENGLISH IS A CRAZY LANGUAGE.

There is no egg in eggplant nor ham in hamburger, neither apple nor pine in pineapple

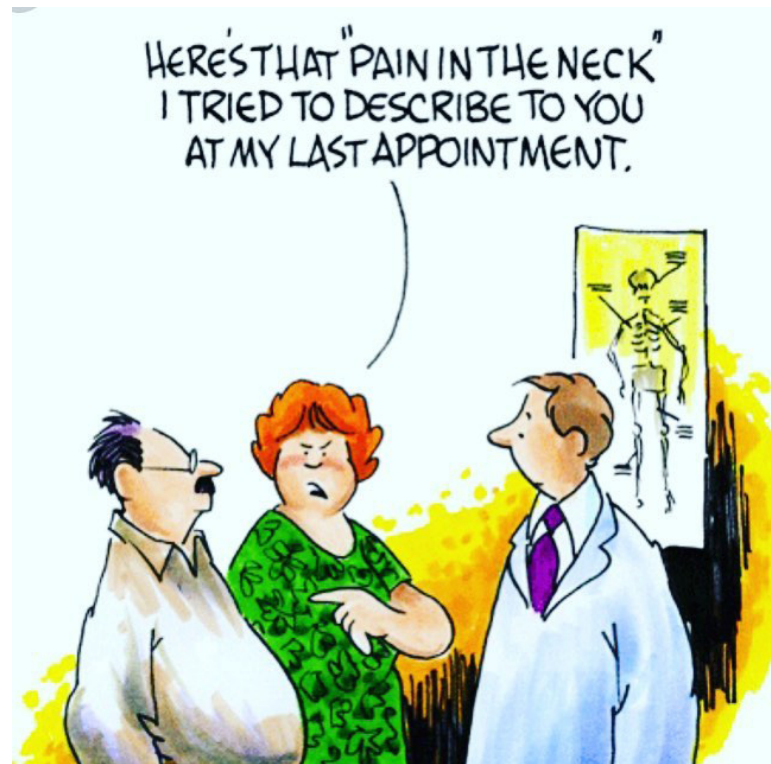


English muffins weren't invented in England nor French fries in France.

Sweetmeats are candies while sweetbreads, which aren't sweet, are meat.

We take English for granted but if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square, and a guinea pig is neither from Guinea nor is it a pig.

And why is it that writers write but fingers don't fing, grocers don't groce and hammers don't ham.



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.

Scoliosis in a 5-year-old. A 5-year-old girl with a thoracolumbar (mid and lower back) scoliosis began chiropractic care.

In addition to scoliosis, she suffered from poor sleep, and headaches.

The child’s spine was analyzed; vertebral subluxations were located in her cervical (neck). She received adjustments to eliminate the subluxations.



Twenty-eight days after beginning care, her thoracolumbar scoliosis, decreased from 130 degrees to 00 degrees. The patient received no traction, nor did she perform any corrective exercises. There was also a reduction in headaches and improvement in sleep. (1)

Breastfeeding, Other Difficulties and Chiropractic. 13 case reports, 5 articles, and 3 literature reviews were reviewed.

Chiropractic care was reported to help many infant nursing and other difficulties such as problems with latching, reflux, regurgitation, poor sleep, excessive gas, vomiting, refusal to nurse, cranial plagiocephaly and torticollis, excessive crying.



Difficulty with breastfeeding and infant digestive and other issues affect all socioeconomic groups and cultures. Chiropractic care provides numerous benefits for an infant’s health as well as for the mother in the long and short-term. (2)

Difficulty conceiving a child. A 29-year-old woman with a 3-year history of infertility began chiropractic care. She had failed attempts with intrauterine insemination and in vitro fertilization. She had taken estrogen modulators for 5 months clomiphene citrate (Clomid) with no success. Additionally, she reported experiencing 3-4 headaches per week. She had been in a major car accident five years prior.

Vertebral subluxations were found at different segments in the spine. Adjustments were made at the sites of vertebral subluxations. During the first two months of care her headaches resolved. After a later visit to an obstetrician her



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