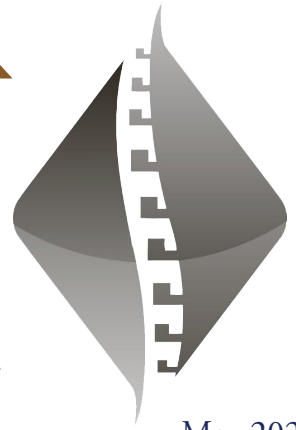


Celebrating **25** years
 OF PROVIDING CHIROPRACTIC &
 ACUPUNCTURE HEALTHCARE

VANDAM CHIROPRACTIC

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WHAT IS CHIROPRACTIC?



Each year millions of people are enjoying the most popular natural, drug-free health care system in the world – chiropractic! Chiropractic helps people function closer

to their physical and emotional best, recover from sickness, disease, and disability faster and minimize the use of drugs and surgery in their lives! Many chiropractic users report less stress more vitality and more enjoyment in life!

Chiropractic is a system of health care that releases a serious stress from your body: the subluxation. A subluxation is an often painless, tiny, structural distortion that can affect your nerves, muscles, internal organs, discs, bones, brain function, posture, and overall health.



Subluxations are caused by stress of all kinds: poor posture, accidents, sitting or working in the same position for long periods, sports, emotional pain, toxins, poor nutrition, and gravity (it's always pulling you down).

Adults can carry subluxations in their bodies that were originally caused by a stressful birth or a childhood fall. Unless they have a chiropractic checkup these long-standing subluxations may never be corrected.

YOUR DISCS LOVE MOVEMENT

To keep your spinal discs healthy, you need movement! You've got 23 of these spinal discs that function as "shock absorbers" in your spine. With your every step they absorb the forces of gravity and cushion the pounding coming from living on this world. (Those living without gravity can skip this section).

Your discs also add to your height – that's why you are taller in the morning (they puff up a bit) than in the evening (after a day of gravity). Astronauts actually gain height as they live in the weightlessness of space. They also lose muscle and bone mass unless they've exercised in the spaceship. Exercise is good for all your muscles and bones as well as your discs when you are on earth too!

Your discs also create the spinal curves in your neck and lower back (referred to as your lordotic curve), and mid-back (your kyphotic curve). If your



curves aren't properly curvy, your spine is weaker and unnatural pressure will stress your discs and that could cause disc problems – so make sure your spine is properly aligned with a chiropractic check-up. If needed a painless, adjustment will release stress on your discs, your spine, and your entire body structure.

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CHIROPRACTIC Q & A

Question: Is chiropractic safe for a pregnant woman?

Answer: ABSOLUTELY! Keeping your spine free from subluxations is one of the best things you can do if you are pregnant. If there's one group of people who need chiropractic checkups more than any other, it's pregnant women. Pregnant women are taking more responsibility for their bodies: reading more, asking more questions, eating better, exercising more and exploring ways of optimizing health.

Chiropractic care should be considered an essential part of the pregnant woman's health care regimen. Women are recommended to have chiropractic care throughout their entire pregnancy. With less stress on the baby and the mother. Patients have even received adjustments during labor. There are reported cases of a chiropractor called in to perform a spinal adjustment when labor had stopped. Immediately after the adjustment labor resumed normally. (1)



BABIES HEAL THEIR MOTHERS

The birth of a child is miraculous; there are miracles we are discovering from that miracle. A more recently discovered "miracle" the discovery that the unborn baby can help the mother heal while the mother is growing the baby inside her. This win-win relationship has been named "mother-fetal microchimerism".

This is how it works: during pregnancy, cells from the fetus cross the placenta and enter the mother's body. These cells become part of her breast, thyroid, brain, lung, thymus and other tissues and will remain there for decades. The baby leaves a permanent imprint on the mother.



This occurs with every child, even if a baby is still-born, or if the mother has an abortion, those baby's cells are still in her.

BENEFITS TO THE MOTHER BENEFIT TO THE BABY

Baby's cells were identified in healed cesarean section scars which indicates that the baby participates in the mother's wound healing.

It's more than just wound repair. If a mother's heart is injured, for example, fetal stem cells will rush to the injury site and transform into different types of cells that specialize in repairing the heart. The child helps the mother repair, while the mother builds the child. Obviously, mother-fetal microchimerism is good for both the baby and the mother.



Some fetal cells have stem-like properties that may allow them to provide maternal benefits...We predict that microchimerism should be associated with enhanced maternal health where there is potential for the fetus to enhance maternal health at low or no cost to itself, such as in the transmission of fetal stem cells that might provide a benefit for somatic maintenance (i.e., maternal tissue repair or replenishing stem cell niches). (2)

This may be the reason why some diseases fade away during pregnancy.

When a mother says they feel like, "my children are still a part of me," long after they've given birth, they are more accurate than they realize.

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.

Two-year-old boy with developmental delays and otitis media. A two-year old boy was first brought in for chiropractic care because of an altered ability to crawl and developmental delays. He also had middle ear infection with effusion (OME). His birth had been traumatic and he had been fully vaccinated.

Positive responses to care began after six visits. His mother reported he began climbing a lot more and that he also had started using pronouns. He began pointing to things and tried to say the name of them.



His vocabulary had exploded since beginning chiropractic care. The child’s speech and movement improved after being adjusted over a two-year period. His ear infection resolved. (3)

Autism in a 3-year-old. The child was diagnosed of autism spectrum disorder. He had delayed developmental milestones, an inability to eat solid foods, was unable to gain weight, and had a limited vocabulary of a few words. Additionally, he had an aversion to being touched, had sleep deprivation, and suffered from constipation. Past history included a difficult pregnancy, labor, and delivery for the patient’s mother. Vertebral subluxations were found upon examination and corrected by the chiropractor.



By his third chiropractic visit, he was comfortable with the doctor touching him and his parents reported that he is not usually comfortable with even his grandmother touching him. His parents reported that he had been trying to say his first words and had improvements in constipation, behavior, and

sleep habits.

Adjustments continued and over a 2-month period the child continued improvements in sleep patterns, behavior, sensitivity to touch, expansion of vocabulary, constipation, and retained primitive reflexes following chiropractic adjustments. The patient continues chiropractic care. (4)

A Five-Year-Old with Sensory Modulation Disorder and Constipation. The patient is a 5-year-old girl with a history of birth trauma, developmental delays, sensory processing, sleep difficulties and other functional disorders.



Following chiropractic adjustments, the patient’s nervous system was able to function at a higher level, resulting in improved bowel function, mood, ability to concentrate and engage with her environment, less-fragmented more-restful sleep, improved mood, and ability to focus. (5)



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