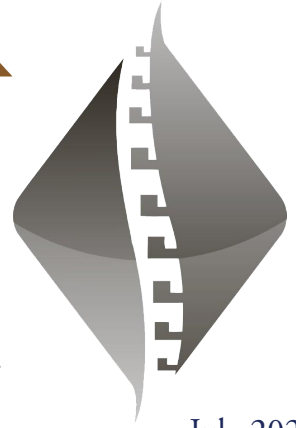


Celebrating 25 years
OF PROVIDING CHIROPRACTIC &
ACUPUNCTURE HEALTHCARE

VANDAM CHIROPRACTIC

Dr. *Scott A.* VAN DAM



July 2023

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

SPRING & SUMMER BASEBALL

**Baseball is 90% mental, and
the other half is physical.**

Lawrence P. "Yogi" Berra,
American Baseball Hall of Famer

Except for the math, Yogi was right. That's why baseball and chiropractic go together so well.

Nearly a hundred years ago, the New York Yankees became the first major league team to travel with a chiropractor. Richard van Rumpt, DC, was a chiropractor to Babe Ruth and the other Yankee greats (as well as many other famous people).

It's not just about keeping baseball players free from injuries or getting them back in the game faster; chiropractic prevents injuries, improves balance and range of motion, improves focus, and enhances brain-body communication. Remember, every muscle, bone, and joint in your body needs proper communication with your brain and nerves.

Chiropractic releases stress on your spinal column and nervous system. This is why athletes say that chiropractic gives them the "winning edge."

Do you need a chiropractor for your little (or not so little) league team? Discuss it with us. Chiropractors work with baseball teams, but we also work with individual professional (and amateur) tennis, golf, football, gymnastics, track and field, and other athletes as well.

HUMOR

The local news station interviewed an 80-year-old lady because she had just married for the fourth time. The interviewer asked about her life, what it felt like to be married again at 80, and then about her new husband's occupation. "He's a funeral director," she answered. "Interesting," the newsman thought. He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living. She paused momentarily, needing time to reflect on all those years. After a short time, a smile came to her face, and she answered proudly, explaining that she had first married a banker when she was in her 20s, then a circus ringmaster when in her 40s, and a preacher when in her 60s, and now - in her 80's - a funeral director. The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers. She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."



| | | | |
|-------------------------------|---|--------------------------------|---|
| Spring & Summer Baseball..... | 1 | Just the Essentials..... | 2 |
| Humor..... | 1 | Research and Chiropractic..... | 3 |
| Chiropractic Q and A..... | 2 | References..... | 3 |

CHIROPRACTIC Q & A

Question: Is a fever good or bad?

Answer: A fever, in most cases, is good. This is well reported in the medical literature.

For example:

An elevation in temperature following bacterial infection results in a significant increase in host survival. (1)

Fever is an important indicator of disease and should not be routinely suppressed by antipyretics...fever may benefit the host defense mechanism....(2)

There is overwhelming evidence in favor of fever being an adaptive host response to infection..as such, it is probable that the use of antipyretic/anti-inflammatory/analgesic drugs, when they lead to suppression of the fever, results in increased morbidity and mortality during most infections. (3)

Elevated body temperature enhances the inflammatory response and function of the immune system at the same time that it reduces the replication of microbes and tumor cells. (4)

Accumulated direct and indirect evidence suggests an overall beneficial effect of physiologic temperature elevation or fever on host defense mechanisms. (5)

JUST THE ESSENTIALS

The Healing Power of Essential Oils During the Summer Months

As the weather warms up and days grow longer, our needs and routines adapt to the changing environment. Essential oils, nature's versatile gift, have been shown to offer various benefits suitable for the summer months (6).



Essential oils such as citronella, peppermint, and lemongrass act as natural insect repellents (7). Many

insects do not favor their distinct and potent aromas, reducing the likelihood of bites and stings when enjoying time outdoors. Lavender essential oil, on the other hand, is known for its calming properties (8). When diffused, it promotes restful sleep, which can be particularly beneficial for those suffering from disturbed sleep due to hot summer nights.

Regarding skincare, the antioxidant properties of essential oils such as tea tree and rosemary can help refresh and rejuvenate sun-exposed skin (9). It is crucial, however, to remember that undiluted essential oils can cause skin irritation and should always be mixed with a carrier oil before topical application (10).

Peppermint and eucalyptus essential oils also offer cooling properties (11). These can be used in a diffuser or diluted and sprayed on the body to provide a refreshing and invigorating cooling effect, especially during hot, humid days.

To conclude, as we navigate through the summer season, essential oils provide a variety of applications, ranging from repelling insects to cooling and soothing our bodies. Utilized correctly, they can significantly enhance our summer experience responsibly, consulting a healthcare provider as necessary.

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.

4TH of JULY

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.

Otitis media (ear infection) and developmental delays in a 2-year-old boy. A 2-year-old boy had an altered ability to crawl and other developmental delays. The child had birth trauma, cranial distortions, and ear infections. After six chiropractic adjustments, his symptoms first began improving. His speech and movement continued to improve over two years of care. His mother reported he began climbing a lot more and started using pronouns. His vocabulary exploded since beginning chiropractic care; he was speaking more two-letter words and vowels and was starting to use two-word phrases. He was sleeping better, and his eye contact and interaction improved. His language continues to improve, and his vocabulary has expanded. His ear infections resolved. (12)



Autism in a 7-year-old boy.

A seven-year-old boy with autistic symptoms, including stimming, poor social skills, lack of comprehension, and decreased intellectual function, was diagnosed as autistic at three years and nine months old. The mother reported improved autistic behaviors after less than three months of chiropractic care. (13)



A pregnant woman medically diagnosed with symphysis pubis dysfunction.

A woman at 26.4 weeks pregnant had severe pelvic pain and crepitus (joint sounds) in the pubic symphysis area that she had been experiencing for the prior 16 weeks. (The pubic symphysis is in the center front of the pelvis.) She described her pain as

constant, sharp, throbbing, burning, and aching and a 10/10 on the pain scale (i.e., 0=no pain; 10=worst pain imaginable).

MDs diagnosed with symphysis pubis dysfunction (SPD). Her pubic region, sacroiliac joint, and lower back were tender to the touch; muscles in the lumbar area on both sides were tight. Chiropractic examination revealed vertebral subluxations at the sacral apex, pubic bone, C2, and C7. Following one visit, her SPD pain stopped and did not return throughout the rest of her pregnancy. After three weeks of care, she could drive for the first time in a month, and after six weeks of care, she had less difficulty getting up from sitting, walking and climbing stairs, and lying on her side. At a fourteen-week follow-up, she was able to return to regular activity. (14)



REFERENCES

1. Science 1975 Apr 11; 188 (4184): 166-8
2. Infect Dis Clin North Am 1996 Mar; 10 (1) 211-216
3. Infect Dis Clin North Am 1996 Mar; 10(1): 1-20.)
4. Dinarello CA et al. New concepts on the pathogenesis of Fever. Reviews of Infectious Diseases, Vol 10, No 1 January-February 1988. Page 184.
5. Styrt B, Sugarman B. Antipyresis and Fever, Arch Intern Med – Vol 150, August 1990.
6. National Association for Holistic Aromatherapy. (2020). Exploring aromatherapy.
7. Maia, M. F., & Moore, S. J. (2011). Plant-based insect repellents: a review of their efficacy, development and testing. Malaria Journal, 10(S1), S11.
8. Koulivand, P. H., Khaleghi Ghadiri, M., & Gorji, A. (2013). Lavender and the nervous system. Evidence-based Complementary and Alternative Medicine, 2013.
9. Orchard, A., & Van Vuuren, S. (2017). Commercial Essential Oils as Potential Antimicrobials to Treat Skin Diseases. Evidence-Based Complementary and Alternative Medicine, 2017.
10. Tisserand, R., & Young, R. (2014). Essential Oil Safety: A Guide for Health Care Professionals. Elsevier Health Sciences.
11. Raudenbush, B., Corley, N., & Eppich, W. (2001). Enhancing athletic performance through the administration of peppermint odor. Journal of Sport & Exercise Psychology, 23(2), 156-160.
12. Adams-Sajdak T, Resolution of Otitis Media & Developmental Delays Following Chiropractic Care in a Boy with Birth Trauma: A Case Study & Review of the Literature
13. Rubin D, Bergo. Improvement Following Chiropractic Care in a 7-Year-Old Diagnosed with Autistic Spectrum Disorder: A Case Report & Review of Literature. Journal of Pediatric, Maternal & Family Health, Chiropractic. April 10, 2023, Pp. 27-34
14. Schwab D, Blaricum CV, Alcantara J. Resolution of Symphysis Pubis Pain & Dysfunction in a Pregnant Patient Following Chiropractic Care to Reduce Subluxation: A Case Study & Review of Literature. Journal of Pediatric, Maternal & Family Health Chiropractic, Volume 2023. March 7, 2023, Pp. 21-26