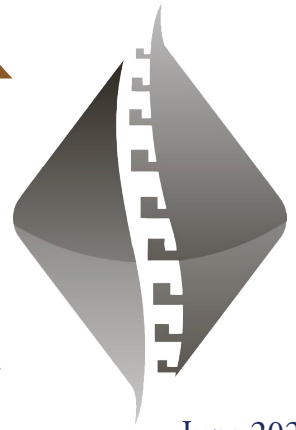


Celebrating 25 years
 OF PROVIDING CHIROPRACTIC &
 ACUPUNCTURE HEALTHCARE

VANDAM CHIROPRACTIC

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FIBROMYALGIA & CHRONIC PAIN

CHIROPRACTIC TREATMENT OF FIBROMYALGIA

Fibromyalgia causes muscles to tighten and lose their natural pliability, which triggers the spine to decrease its own flexibility, which leads the muscles to tighten even more. It is a vicious cycle that can get worse and worse, causing ever greater pain.



Therefore, chiropractic care is essential as it ensures that sufferers do not lose too much movement from their spine and muscles. The spine must be properly adjusted and kept moving to counter the insidious creep of fibromyalgia. Treatments should happen three to four times per month. These sessions will be gentler than normal to take into account the muscles' susceptibility to injury and their lack of healing ability. When seeking a chiropractor, you need to ascertain that they fully understand how the condition affects the muscles.

TRIGGER POINT THERAPY TO TREAT FIBROMYALGIA

Trigger points are tight knots in the muscle fibers, and they can easily be confused with "tender points." They are not the same, though.

- A trigger point is painful under firm pressure,

whereas it takes only very light pressure on a tender point to elicit pain

- Trigger points refer pain to other areas of the body, where tender points do not
- Trigger points can be painful without any pressure exerted on them, as they refer their pain elsewhere
- Trigger points are comprised of knotted muscle fibers that have gone into spasm, whereas tender points are knots filled with ground substance

People living with Fibromyalgia will almost always have both trigger and tender points. They can benefit greatly from trigger point therapy, albeit a lighter form, to ensure that the muscles are not injured.

SELF-CARE FOR FIBROMYALGIA

Sufferers should not forget that lifestyle choices play a key role in how fibromyalgia affects them. Those who take care of themselves show hugely better outcomes than those who don't. They suffer far less pain and manage to stay much more active, both of which greatly impact the quality of life. If you have fibromyalgia, the following advice should help:



- Get sufficient sleep
- Exercise
- Look at your working life
- Eat well
- Supplement your nutritional intake (1)

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CHIROPRACTIC Q & A

Question: WHAT IS HEALING?

Answer: Healing is the magic that occurs when blockages and interferences are removed, and the individual reconnects to themselves. The true magic of healing is you are becoming you! The body has innate wisdom that guides the maintenance and repair of our cells, tissues, organs, and systems, so everything works together seamlessly as one unit.

Messages travel through the brain and spinal cord to all parts of our body and back again, constantly. So this information goes back and forth, here and there, and we are designed to keep up this functioning at high efficiency as long as we are in good health.



The chiropractor's job is to ensure that the messages that travel over your nerves, under the direction of your body's wisdom, are free from stress. They do that by analyzing your body for subluxations – areas of spine and nerve stress – then using the art and science of the chiropractic adjustment to release or remove those subluxations. That way, you can function at your best.

JUST THE ESSENTIALS

Harnessing the Power of Essential Oils in Spring: A Trio of Benefits

Spring is a season of renewal and rejuvenation, the perfect time to incorporate the therapeutic properties of essential oils into your routine. Essential oils, derived from the distillation or expression of various plant parts, can offer an array of benefits to enhance your wellbeing. Here are three compelling reasons to use essential oils during spring.



First, they can aid in allergy relief. Spring often brings an increase in pollen, leading to an uptick in allergies for many individuals. Certain essential oils, such as peppermint, lemon, and lavender, have been shown to help alleviate common allergy symptoms like sneezing, itchy eyes, and congestion. Diffusing these oils in your home or applying them topically (when diluted with a carrier oil) can help soothe these discomforts.

Second, essential oils can assist in mood enhancement. With their potent aromatic compounds, oils like sweet orange, bergamot, and jasmine are renowned for their uplifting properties. Research has revealed that these oils can influence our mood, reducing feelings of stress and anxiety while fostering positive emotional states. Incorporating these oils into your springtime routine can encourage a more buoyant mood as the world reawakens around you.

Lastly, essential oils can contribute to increased focus and productivity. Spring is a time of renewed energy and goals, and oils like rosemary, peppermint, and lemon can boost cognitive function. Studies have shown that these oils can enhance concentration, memory, and mental clarity, creating an ideal environment for productivity.

To conclude, the advent of spring presents an ideal opportunity to harness the natural, therapeutic power of essential oils. By offering allergy relief, mood enhancement, and cognitive boosts, essential oils can truly enhance your springtime experience. Always remember to use these potent botanical extracts responsibly, consulting a healthcare provider as necessary.

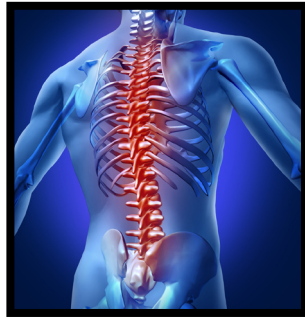
Van Dam Chiropractic would like to thank our patients for their many referrals of friends and family to our office.

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.

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.

Meniere’s Disease. A forty-eight-year-old woman, a retired registered nurse, was diagnosed with right unilateral Meniere’s Disease (MD). Her symptoms included many episodes of dizziness with nausea and vomiting as well as drop attacks. She also had low-frequency hearing loss, tinnitus, and a sense of ear fullness with pain.



Chiropractic care consisted of twelve visits over six days. She returned for a reevaluation four years later. All her complaints were relieved, except hearing loss, though it did improve. (2)

Fibromyalgia in a 64-year-old. A 64-year-old woman with fibromyalgia was medically diagnosed 6 years before beginning chiropractic care. In addition, she complained of sleep apnea, loss of coordination, glaucoma, degenerative disc disease, and changes in bowel habits.

Using X-ray and other tools, an upper cervical subluxation was discovered at her atlas (C1) vertebrae.

She received upper cervical care for three months. At the time of this study, she reported 80% relief from symptoms and an improvement in energy level. (1)

Scoliosis in a 10-year-old girl. This was the patient’s first time under chiropractic care. Analysis revealed a 16.2 degree right thoracolumbar scoliosis, measured from her 12th thoracic vertebra to her 6th lumbar vertebra.



She was adjusted for three months. X-rays, taken at 3 months, showed a 28.4% improvement in her scoliosis (a decrease of 4.6 degrees). (2)



DID YOU KNOW?

Why are people in the public eye said to be, “in the limelight”?

Answer: Invented in 1825, limelight was used in lighthouses and stage lighting by burning a cylinder of lime which produced brilliant light.

In theater, performers on stage, “in the limelight,” were seen by the audience as the center of attention.

Do all mosquitos bite?

Answer: Only female mosquitoes bite you. Only female mosquitoes bite us because the required nutrition from their victim’s blood is needed to develop their eggs. Male mosquitoes feed on the nectar of flowers.

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