

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

VANDAM CHIROPRACTIC

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CHIROPRACTIC AND CHILDHOOD SPORTS INJURIES

Participation in sports is highly beneficial for children, promoting physical fitness, coordination, and teamwork skills. However, it also carries the risk of injuries, which can significantly impact a child's overall well-being. Chiropractic care has emerged as a valuable complementary approach for managing childhood sports injuries.



Childhood sports injuries can range from sprains and strains to more severe conditions like fractures and concussions.

Chiropractic care focuses on but is not limited to musculoskeletal disorders, including sports injuries. Chiropractors employ a holistic approach to care, aiming to restore proper alignment and function of the spine and other joints in the body. By doing so, they alleviate pain, reduce inflammation, and promote the body's natural healing process.



Several studies support the efficacy of chiropractic care in managing childhood sports injuries. For instance, a study published in the Journal of Manipulative and Physiological Therapeutics examined the effects of chiropractic intervention on ankle sprains in young athletes. The results indicated that chiropractic treatment significantly improved pain reduction, range of motion, and functional ability compared to a control group (1).

Chiropractic care offers a holistic and evidence-based approach to managing childhood sports injuries. By addressing musculoskeletal imbalances, chiropractors can help children recover from injuries, prevent future occurrences, and enhance their overall sports performance. However, it is important to consult a qualified healthcare professional to determine the most appropriate treatment plan for each case.



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JUST THE ESSENTIALS

Embracing Essential Oils in August: Top Reasons for Seasonal Integration

As we settle into August, the peak of summer, incorporating essential oils into daily routines can enhance health and well-being, relieving common seasonal challenges.



Harnessing the therapeutic properties of these natural compounds during this specific month can yield significant benefits.

Firstly, essential oils can be an effective tool to cope with August's heat. With its cooling and refreshing properties, peppermint oil has been shown to help lower body temperature and reduce heat stress. (2) a study published in the Journal of the International Society of Sports Nutrition has demonstrated that peppermint oil improves exercise performance, respiratory function, and focus, making it an ideal companion for summer workouts. (3)

The second compelling reason to use essential oils in August is their ability to repel common summer pests. Citronella oil is known for its insect-repelling properties and is recognized by the Environmental Protection Agency (EPA) as a biopesticide with a non-toxic mode of action. (4) By diffusing citronella oil outdoors during barbecues or evening relaxation sessions, one can enjoy summer events with minimal disturbance from mosquitoes and other insects.

Lastly, essential oils can support relaxation and stress relief, aspects particularly beneficial during the vacation season in August. Lavender oil is renowned for its calming properties and ability to promote sleep. (2) Diffusing lavender oil in the evening can help foster restful nights, enhancing overall holiday relaxation.

In conclusion, essential oils are natural, beneficial agents in tackling common August concerns, from heat stress to pest control and relaxation. Understanding and harnessing their potential can optimize your summer experience, making August a truly rejuvenating time of the year.

WE DO SOMETHING UNIQUE

We, chiropractors, do something other primary healthcare providers aren't trained to do. We are specially trained to locate stress in your body that can interfere with your health. These stressors are called subluxations. Subluxations are tiny, commonly occurring misalignments or distortions of your spine and structural system that can interfere with the nerves that carry messages throughout your body.

Subluxations are dangerous because they may impinge ("pinch") the nerves that connect your brain and spinal cord to your muscles, bones, joints, ligaments, discs, glands, and other internal organs. This can diminish your overall body function.

How can you tell if you have a subluxation? Some subluxations are associated with pain or malfunction, but many don't cause pain or apparent symptoms.

For example, imagine you have a vertebra out of position, causing nerve pressure that affects nerves going to the stomach. Your digestion may be impaired, your stomach may be "nervous," and you may have ulcers or other conditions, yet you feel no back or spinal pain. This is because not all nerves carry pain messages.

As this illustration shows, your heart, lungs, kidneys, intestines, bladder, eyes, ears, throat, and other internal organs are connected to your brain by many nerves that emit from your brain and spine. The connected systems will suffer if these nerves are irritated by a subluxation.

For over a hundred years, the recorded benefits of subluxation correction include the successful treatment of ear infections, asthma, allergies, cancer, heart disease, ADHD, autism, headaches, backaches, digestive problems, vision and hearing problems, as well as improvement of overall immunity, balance, brain function, concentration, IQ, energy—and many more.



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.

Tourette’s Syndrome in a nine-year-old boy.

The child suffered from Tourette’s Syndrome, Attention Deficit Hyperactivity Disorder (ADHD), depression, asthma, insomnia, and headaches since age 7.

Forceps were used during his delivery. He was fully vaccinated. His medications included Albuterol™, Depakote™, Wellbutrin™, and Adderall™.

Chiropractic care corrected and stabilized the patient’s subluxation. After six weeks of care, all six conditions were no longer present, and all medications were discontinued, except for a half-dose of Wellbutrin™.

After five months of care, all symptoms remained absent. (5)

Head tilt, ear infections, and other problems in a seven-month-old boy. This is the case of a 7-month-old boy with significant head tilt from birth, ear infections, flattening of the left side of his face, spitting up 15 times per day, projectile vomiting (about once each week), and muscle spasms. The child cried frequently and rarely laughed.

Chiropractic adjustments were performed three times a week for three months. After five months of chiropractic care, the child’s head tilt and associated muscle spasms were absent, dramatically improving the child’s general demeanor. Regurgitation became much less frequent, with some residual facial asymmetry remaining. (6)

Meniere’s disease (MD) in a forty-eight-year-old woman. Forty-eight-year-old woman, a retired registered nurse, was diagnosed with right unilateral Meniere’s Disease (MD) in 1995 that started going

bilateral in 1998. Her symptoms included multiple vertigo episodes with nausea and vomiting (including drop attacks), low-frequency hearing loss, tinnitus, and pain. Other MD symptoms include dizziness, imbalance, hearing distortion, hyperacusis, nystagmus, BPPV, brain fog, severe sweating, severe depression, anxiety with panic attacks, IBS, TMJ dysfunction, migraines, headaches, chronic fatigue, eustachian tube dysfunction, neck, and low back pain.

Chiropractic care consisted of twelve visits over six days. All her complaints were resolved except hearing loss though it did improve. She returned for a reevaluation four years later. All of her complaints continued to resolve except for partial hearing loss. (7)

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.

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