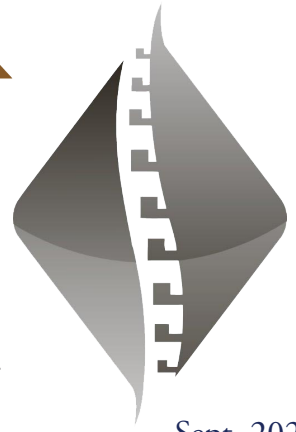


Celebrating **25** years
 OF PROVIDING CHIROPRACTIC &
 ACUPUNCTURE HEALTHCARE

VANDAM CHIROPRACTIC

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HOW DO YOU KNOW IF YOU SHOULD GO TO A CHIROPRACTOR?

Ask yourself the following questions:

1. Am I alive?
2. Do I have a brain and nerve system?
3. Do I have a spinal column and skeletal system?

If you answered yes to these three questions, run over to your neighborhood chiropractor for a check-up.

This may be a bit humorous, but we're making an important point. You've been getting various check-ups from different doctors for most of your life yet have ignored your spine and structure.

You get dental check-ups, you get your eyes and vision checked, your hearing checked, your heart checked – but what about your spine?



For thousands of years, all over the world, the spine's health was considered essential to the health of the body. Japanese, Chinese, Indian, African, Polynesian, American Indian, ancient Greek and ancient Egyptian cultures practiced spinal care.

About 300 or so years ago, spinal care was becoming

a lost art as more and more healers turned to the chemical medicine that is now dominant in society. Over time, spinal health was all but forgotten.

This is ironic considering the father of medicine, Hippocrates, said, "Look well to the spine for the cause of diseases."

Thankfully, spinal and structural care is having a renaissance. Times are changing as more and more people turn to chiropractic care. Please bring in your whole family for chiropractic check-ups and care; you'll see a beautiful improvement in everyone's well-being.

DID YOU KNOW?

- The typical tree or plant receives about 10% of its nutrition from the soil, the rest comes from the atmosphere.
- The dwarf willows on Greenland's tundra are the smallest trees in the world. They are only two inches high.



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JUST THE ESSENTIALS

The Best Essential Oils for Back to School

As students transition back to the academic routine, the stress, excitement, and nervousness are often a bundled package. Fortunately, nature provides a potent arsenal to tackle these challenges: essential oils. These natural extracts have been used for centuries due to their therapeutic properties. For those heading back to school, certain oils can help foster focus, calm nerves, and even strengthen immunity.



Lavender: Widely recognized for its calming effects, lavender essential oil can be a true ally during the anxiety-ridden back-to-school season. According to a study published in the **Journal of the Medical Association of Thailand**, inhaling lavender essential oil can significantly reduce stress and anxiety levels, promoting a sense of calm and relaxation [1]. For students, this translates to better sleep and a more relaxed mindset during the initial school days.

Peppermint: If you need a mental wake-up call, peppermint is the go-to essential oil. A study from the **International Journal of Neuroscience** revealed that peppermint oil can enhance memory and increase alertness [2]. A whiff during study sessions or in the morning can set the tone for an alert and focused day.

Tea Tree: Given the large gatherings in schools, bolstering one's immunity becomes paramount. Tea tree oil is lauded for its antimicrobial properties, making it an ideal choice to fend off potential pathogens. While it's more commonly applied topically, its aroma can also be invigorating and refreshing.

Lemon: Besides its refreshing scent, the lemon essential oil is known for its mood-enhancing properties. Diffusing this oil in the study area can create an uplifting environment essential for those long study sessions.

As students gear up for another academic year,

integrating essential oils into daily routines can offer natural support for the challenges ahead. From promoting calm to sharpening focus, these oils could be the unsung heroes of the school year.



SALIVA

How about saliva as an example of your body's wisdom? To live, we must eat food. However, until the food is broken down into the energy that gives us strength and life, it must pass through the many stages of the digestive system.

The first stage begins in our mouths, not our stomachs. We do two things there – chew food (mechanical breakdown) and mix it with saliva (chemical breakdown). Saliva is a unique liquid containing many different types of enzymes. Some enzymes break down starches, and others break down fats.

Saliva is amazing. Our glands produce extra saliva before we even put food in our mouths. Saliva is made in glands below the jaw and under the tongue. Believe it or not, you have hundreds of saliva glands that empty into your mouth through openings called ducts.

Seeing food, smelling it, or even thinking about it can make saliva happen. When you say that mouth begins to water, that's pretty close to the truth because saliva is 99% water and 1% protein and salt. Typically, you make 2 to 4 pints of saliva a day. Usually, the body makes the most saliva in the late afternoon and the least amount at night.

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.

Tinnitus in a 55-year-old.

A 55-year-old man suffered from tinnitus after a fall that caused head trauma six months earlier.

After the first chiropractic adjustment, he reported an immediate decrease in pain and tinnitus for several hours. He continued with care, and 13 weeks later, at his 17th appointment, he reported that he had his “best week ever.” (1)

A 45-Year-Old Female Suffering from Asthma.

A 45-year-old woman suffering from asthma, headaches, insomnia, low back pain, and sinus problems began chiropractic care. She had never been in an auto accident, knocked unconscious, or had fractures of any bones. In the past two years, she reported having problems with headaches, chronic sinus issues, asthma, digestive disorders, sciatica, low back pain, and insomnia.



After four months of chiropractic care, her headaches, low back pain, and asthma showed “much improvement,” while her insomnia showed “mild improvement.” (2)

A 10-year-old with Arthritis.

A 10-year-old girl with reactive arthritis suffered from

neck and mid-back pain, making it difficult for her to perform daily activities such as walking, putting on her clothes, and playing sports. At times she needed to crawl upstairs due to the pain and arthritis and almost drowned while swimming due to the pain.

Several medical doctors prescribed non-steroidal anti-inflammatory drugs (NSAIDs), such as Naproxen and Meloxicam, and steroids that gave a few hours of relief.

A chiropractic examination revealed subluxations and postural distortions. She began chiropractic care and had 20 visits over seven weeks. X-rays revealed correction of spinal alignment, subluxations, and posture. She reported complete resolution of her neck and mid-back pain and improved quality of life. She continues regular, maintenance chiropractic adjustments 1 to 2 times per month. (3)



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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