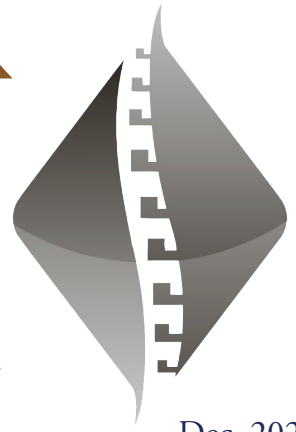


Celebrating 25 years  
OF PROVIDING CHIROPRACTIC &  
ACUPUNCTURE HEALTHCARE

# VANDAM CHIROPRACTIC

Dr. *Scott A.* VAN DAM



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

## SHOULD I GO TO THE CHIROPRACTOR?

How do you know if you should go to a chiropractor?  
Ask yourself the following:

1. Am I alive?
2. Do I have a spine and structural system?
3. Do I have a brain and nerve system?
4. Do I have stress in my life?
5. Do I live on a planet with gravity?

If you answered yes, drop what you are doing and run over to your neighborhood chiropractor for a chiropractic check-up.

Yes, the test seems a bit humorous, but we're trying to make an important point. That is, everyone needs to ensure they have a healthy spine and structural system free of subluxations. That means everyone! From infancy to the elderly.

Most people have been taken to a dentist for check-ups since childhood. People also get their eyes checked, their hearing checked, etc. You can live without teeth, without vision, and even without hearing – but can you live without a spine? Never! Why haven't you had your spine checked?

Children must be taught the importance of spine and body structure health. They need to be brought to the chiropractor for a check-up. It's a great



habit to get used to. They'll remember it. And then, when they are adults and must deal with life's stresses, they won't think twice about chiropractic care. And they'll thank their parents for being so thoughtful.

Spinal care is ancient. Throughout the world, in many different cultures, the health of the spine is considered essential to the health of the body. The Greeks, Japanese, Chinese, Indians, Africans, Polynesians, American Indians, and many others practiced spinal care. What happened?



### It Was Lost but Has Thankfully Come Back

With the advent of conventional medicine, which is now dominant in society, spinal health was all but forgotten. That is ironic since the father of medicine, Hippocrates, said, "Look well to the spine for the cause of diseases."

Fortunately, chiropractic has brought back that healing art, science, and philosophy of spinal care – true natural healing. Please bring in your whole family for chiropractic checkups, and you'll see a beautiful improvement in everyone's well-being.

Should I go to the Chiropractor.....1  
Saying 'Thanks' is the Ultimate Mood Booster....2

Just the Essentials.....2  
Research and Chiropractic.....3

## WHY SAYING “THANKS” IS THE ULTIMATE MOOD BOOSTER

Hey there, lovely reader! Have you ever thought about the magic behind the simple word “thanks”? It’s like a little spell we cast that makes both the sayer and the receiver feel warm and fuzzy inside. But there’s more to being thankful than just polite manners and that warm feeling. Let’s dive into why being grateful is the ultimate win-win situation.

- 1. Hello, Happy Brain:** Saying “thanks” isn’t just about making the other person happy. When you express gratitude, your brain releases dopamine, that fabulous feel-good neurotransmitter. It’s like giving your mind a mini spa day!
- 2. Stress, Be Gone:** Gratitude has this excellent side effect: it reduces stress. By focusing on the positive and acknowledging the good things and people in our lives, we shift our focus away from what’s bothering us. The result? A calmer, more centered you.
- 3. Builds Strong Relationships:** Have you ever noticed how saying thank you makes both you and the other person smile? That’s because gratitude strengthens bonds. It’s like glue for human connections. When you show appreciation, you tell the other person, “Hey, I see you. I value you.” And who doesn’t want to feel seen and valued?
- 4. Boosts Resilience:** Life throws curveballs. Being thankful, even for the small stuff, helps us bounce back. It reminds us of the good times and the supportive people around us. So, the next time life gives you lemons, make some lemonade and thank the lemons!
- 5. Sleep Like a Baby:** Yep, you read that right. Studies have shown that jotting down a few things you’re thankful for before hitting the sack can lead to better sleep. Dreamy, right?

So, the next time you feel down or just meh, try counting your blessings. Not in a preachy, “you should be grateful” kind of way, but as a self-care, mood-boosting strategy. It’s a small gesture with massive benefits. After all, a thankful heart is a magnet for miracles. Cheers to gratitude!

## JUST THE ESSENTIALS

### The Therapeutic Integration of Essential Oils in Chiropractic Care

Chiropractic, a holistic approach to healthcare, primarily focuses on the musculoskeletal system, especially the spine. Historically, it has relied on manual adjustments to align the spine and restore its proper function. However, many chiropractors today are exploring and incorporating complementary therapies to enhance the efficacy of their care. One such modality gaining attention is the use of essential oils.

Essential oils, derived from plant materials, have been used for centuries in various cultures for their therapeutic properties. These concentrated plant extracts are believed to possess a range of benefits, from anti-inflammatory and antimicrobial properties to stress-relieving effects. When integrated into chiropractic care, essential oils offer multiple potential benefits.

- 1. Enhanced Relaxation:** Oils like lavender, chamomile, and ylang-ylang are renowned for their calming effects. When applied before a chiropractic adjustment, these oils can promote relaxation, enabling muscles to loosen and making the adjustment more effective. This optimizes the adjustment and ensures the patient experiences a comprehensive sense of well-being.
- 2. Pain Relief:** Some essential oils, such as peppermint and eucalyptus, have analgesic properties. When applied topically, they can offer pain relief to sore muscles or joints, complementing the therapeutic effects of spinal adjustments.
- 3. Reduced Inflammation:** Oils like frankincense and turmeric are recognized for their anti-inflammatory effects. Using these oils in conjunction with chiropractic care can aid in reducing inflammation, further facilitating the healing process.
- 4. Stress Reduction:** Stress can exacerbate musculoskeletal issues, and oils like bergamot and rose are known for their stress-reducing properties. By incorporating these oils, chiropractors can provide a more holistic approach to treating the physical and emotional aspects of a patient’s well-being.

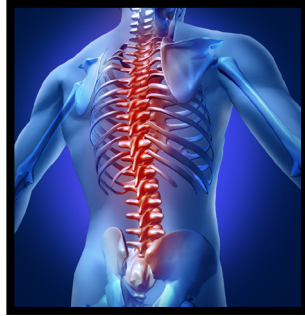
Incorporating essential oils into chiropractic care is a testament to the evolving nature of holistic healthcare, reflecting an understanding of the interconnectedness of body and mind.



## 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.

### **Sports Concussion (post-concussions syndrome).**

A 20-year-old athlete presented to a chiropractic office with complaints of headache, nausea, dizziness, and diplopia after he suffered a sports-related concussion. It was his third concussion in five years.

The patient received chiropractic adjustments. He experienced a 50% reduction in symptoms after the first adjustment. He was seen nine times over five weeks and was completely symptom-free (asymptomatic) with no recurrence of symptoms. (1)

**Anxiety and Chiropractic.** Chiropractic has a long and rich history of helping individuals with mental health disorders. In a paper looking it how Chiropractic care could help it discussed the finding of how two women and three men (24-53 years old) who were diagnosed with anxiety began chiropractic care. In addition to their anxiety, they all complained of headaches, neck pain, and/or back pain. One person had hypertension.

The five individuals reported health improvements in all areas, including improved digestion, bowel movements, weight management, allergies, immune system function, anxiety, and reduced or eliminated medication use. (2)

**Hypertension (high blood pressure).** A 77-year-old woman who was previously diagnosed by her MD with hypertension (high blood pressure), and prescribed Clopidogrel to treat her symptoms for the prior five years.

She was involved in an auto accident 25 years prior and stated she had polio and spinal meningitis in 1952 and a full hysterectomy in 1990.

A chiropractic examination revealed subluxations in her cervical spine (neck). During the patient’s care, improvements were observed in all objective indicators, including a correction in x-ray findings and a decrease in the patient’s blood pressure readings.

The patient is currently under care and continues to maintain a lowered BP and has stopped taking one of her BP medications. She is evaluated every five weeks for vertebral subluxation and adjusted accordingly. (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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