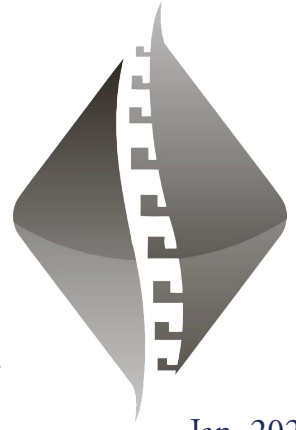


# VANDAM CHIROPRACTIC



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## WHY SHOULD YOU RETURN TO SEE A CHIROPRACTOR?

The importance of maintaining optimal spinal health cannot be overstated. Many individuals experience immediate relief after their initial chiropractic session, but it's essential to recognize that consistent chiropractic care offers long-term benefits that go beyond momentary comfort.

Regular chiropractic adjustments can help in preventing future injuries. Just as we exercise to keep our muscles robust and engage in activities promoting cardiovascular health, ensuring our spine is in its best condition is equally vital. Chiropractors emphasize the proactive maintenance of spinal health, which can prevent the onset of issues before they become more pronounced and difficult to correct.

Moreover, consistent chiropractic visits can improve posture, especially for individuals who spend extended periods sitting or engaging in repetitive tasks. Poor posture not only affects our appearance but also leads to an array of health issues, such as back pain, neck pain, and decreased lung capacity. Regular adjustments can help realign the spine and promote better postural habits.

Another noteworthy benefit is the enhancement of the body's overall function. The nervous system is the primary



communicator within our body, and any misalignment can hinder this communication, leading to decreased bodily function. Chiropractic care ensures that the spine, which houses the nervous system, functions optimally, ensuring the entire body operates at its peak.



Furthermore, a study published in the Journal of Manipulative and Physiological Therapeutics found that chiropractic care can boost the immune system, which is crucial for fighting illnesses and infections (1).

While immediate relief from pain or discomfort following a chiropractic adjustment is undoubtedly beneficial, the long-term advantages make regular visits invaluable. Whether you're aiming to prevent future injuries, improve your posture, enhance your body's overall functionality, or boost your immune system, returning to see a chiropractor is a decision that can significantly improve your quality of life.

*Happy New Year*

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## NUTRITIONAL SUPPLEMENTS AND CHIROPRACTIC CARE

Chiropractic care has traditionally been associated with spinal. However, as holistic health paradigms gain traction, integrating nutritional supplements and herbs with chiropractic care is garnering attention in integrative healthcare. Blending these therapies offers several critical advantages for patients seeking comprehensive well-being.

**Enhanced Recovery:** As you know Chiropractic care focuses on the relationship between the spine's structure and the body's function, regulated by the nervous system. When combined with specific nutritional supplements, recovery can be expedited. For instance, omega-3 fatty acids, known for their anti-inflammatory properties, can help reduce inflammation post-adjustment. Likewise, magnesium supplements can aid muscle relaxation and reduce the potential for muscle spasms following a chiropractic session.

**Synergistic Health Benefits:** Certain herbs and supplements can work in tandem with chiropractic care to provide amplified health outcomes. Turmeric's active ingredient, curcumin, is renowned for its anti-inflammatory effects. The combined effect can significantly diminish pain and promote mobility when paired with chiropractic adjustments that realign the spine and reduce nerve impingements.

**Holistic Wellness:** The human body operates as an interconnected system. While chiropractic care addresses structural and neuromuscular aspects, nutritional supplements and herbs can support the body's biochemistry, ensuring optimal internal health. For example, supplements like vitamin D can support bone health, making the skeletal system more responsive and resilient to chiropractic adjustments.

**Personalized Care:** Chiropractors who incorporate nutritional guidance into their practice are better positioned to offer tailored recommendations based on individual health needs. Whether a patient requires immune support, anti-inflammatory agents, or adaptogenic herbs to manage stress, a combined approach allows for a more personalized care regimen.

**Prevention is Paramount:** Regular chiropractic

care combined with a strategic intake of nutritional supplements and herbs can act as a preventive measure. This proactive approach can prevent common issues like recurrent pain, joint degeneration, or systemic inflammation, ensuring long-term health and vitality.

Chiropractic care offers substantial benefits on its own, and its combination with nutritional supplements and herbs can elevate the healing process, creating a comprehensive, integrated, and personalized health experience for patients. Individuals need to consult with healthcare professionals before starting any new supplement or herb to ensure safety and appropriateness for their unique health profile

## JUST THE ESSENTIALS

As the New Year approaches, many of us look for ways to refresh and rejuvenate our lives. Essential oils, with their natural aromatic compounds, offer a delightful and holistic approach to embracing new beginnings. Among the myriad options, two essential oils stand out for starting the New Year positively: Peppermint and Lemon.

### **Peppermint Oil: A Revitalizing Boost**

Peppermint oil, derived from the leaves of the peppermint plant, is celebrated for its invigorating and refreshing properties. Its primary component, menthol, imbues it with a cooling sensation that can energize and awaken the senses. This makes it an excellent choice for those seeking a natural way to boost energy levels, especially during winter's shorter, darker days.

### **Benefits:**

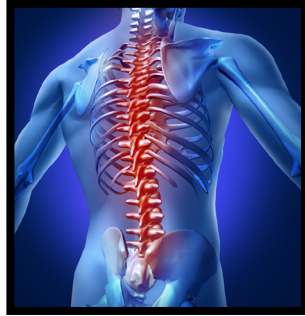
**Mental Clarity:** The sharp, penetrating aroma of peppermint oil is known to enhance mental alertness and concentration. Diffusing it in your workspace can help set intentions and goals for the year ahead.



## 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.

**A woman who is 58 years old is dealing with Parkinson's disease. She experiences tremors in her right hand at rest, weakness in her right arm, and sluggish body movements. The diagnosis of Parkinson's disease was made one year before she started chiropractic care.**

Over the course of one year of care, she has seen significant improvements. Her muscle strength has increased, her range of motion in her neck has improved, and her neck and upper back muscles have become more relaxed. She has also noticed improvements in her resting tremors, bradykinesia (slowness of movement), and weakness in her right arm. As a result, she has resumed daily walks for exercise. (1)

**Rheumatoid arthritis (RA) is a condition that affects a 28-year-old woman.** It is classified as a disorder with an unknown cause and is considered to be incurable. Apart from RA, she also experienced symptoms such as fatigue, headaches, dizziness, pain in the toes, and occasional double vision. To manage her symptoms, she was taking 500mg of Naproxen™ multiple times a day and using moist heat on the affected joint.

After receiving care for 12 weeks, she no longer needed to take the prescription medications methotrexate™ or naproxen™ for her joint pain. Her symptoms of fatigue, swollen and painful joints, difficulty sleeping, headaches, dizziness, blurred or double vision, chest pain, frequent colds or flu, and digestive problems had significantly decreased.

At the time of this case study, she continues to receive care for her condition. (2)

**this will  
CRACK  
you up!**

**What's a cow's favorite holiday?**  
Moo Year's Eve!

**Why was the computer cold on New Year's Eve?**  
Because it left its Windows open!

**Why did the calendar file a lawsuit on New Year's Eve?**  
Because its days were numbered!

**Why should you put your new calendar in the freezer?**  
To start the new year in a cool way!

**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.**

## REFERENCES

1. M. Improved Health Outcomes in a 58-Year-Old Female Patient with Parkinson's Disease Following Chiropractic Management Utilizing Diversified Technique: A Case Study & Review of the Literature. Annals of Vertebral Subluxation Research, Volume 2023 Annals of Vertebral Subluxation Research ~ October 2, 2023 ~ Vol. 2023 Pp. 130-140.
2. Brown D, Korten J. Improvement Following Subluxation-Based Corrective Chiropractic Care in a 28-Year-Old Female Diagnosed with Rheumatoid Arthritis: A Case Study & Review of Literature. Annals of Vertebral Subluxation Research, Volume 2023. Annals of Vertebral Subluxation Research ~ October 24, 2023 ~ Volume 2023 ~ Pages 141-149