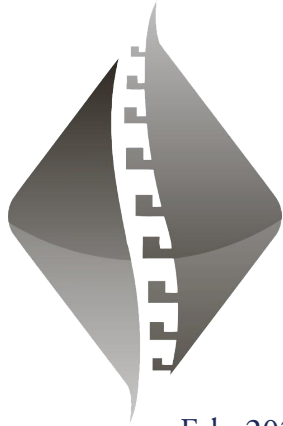


# VANDAM CHIROPRACTIC



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## HOW CAN CHIROPRACTIC ADJUSTMENTS HELP WITH STRESS?

Chiropractic care, widely recognized for its effectiveness in treating musculoskeletal issues, also offers significant benefits for managing stress. Stress, a common affliction in modern society, can manifest both physically and emotionally, impacting overall health and well-being. Chiropractic adjustments are crucial in alleviating stress [1] by targeting its physical symptoms and promoting relaxation.

One of the primary ways chiropractic adjustments help with stress is by reducing tension in the body. When stressed, the body's natural response is to tense up, leading to muscle stiffness and pain, particularly in the neck, shoulders, and back. Chiropractors use spinal adjustments and manipulations to realign the spine and relieve this tension. This realignment eases physical discomfort and enhances the nervous system's function. As the spinal column houses the nervous system, proper alignment ensures unimpeded nerve signal transmission, which is essential for the body's stress response.

Furthermore, chiropractic care has been shown to decrease cortisol levels, a stress hormone, in the body. By lowering cortisol levels, chiropractic adjustments can reduce the physiological effects of



stress, such as high blood pressure and a weakened immune system. This, in turn, can lead to improved mood and a sense of calmness.

Additionally, chiropractic adjustments can improve sleep quality, which is often disrupted by stress. Good sleep is crucial for stress management, allowing the body and mind to recover and rejuvenate. Chiropractic care helps to create the ideal conditions for restful sleep by alleviating pain and promoting relaxation.

Chiropractors also often provide lifestyle advice, including stress management techniques, exercise recommendations, and nutritional counseling. These holistic approaches complement physical adjustments, offering a comprehensive strategy for tackling stress.

Chiropractic adjustments are a valuable tool in managing stress. By addressing physical tension, improving nervous system function, reducing cortisol levels, and enhancing sleep quality, chiropractic care offers a natural and effective way to combat the adverse effects of stress on the body and mind.



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## DID YOU KNOW?

### **Sleeping in a Cold Room Can Help You Lose Weight:**

Sleeping in a cooler environment can slightly increase the calories you burn at night. This is because your body has to work harder to maintain its core temperature. Additionally, cooler temperatures can promote the formation of brown fat, which is a type of fat that burns off more calories than regular fat.

**Venus Rotates Backwards:** Unlike most planets in our solar system, Venus spins in the opposite direction of its orbit around the sun. This means that on Venus, the sun would appear to rise in the west and set in the east. Additionally, Venus has an extremely slow rotation, taking about 243 Earth days to complete a single rotation.

**The Eiffel Tower Can be 15 cm Taller During the Summer:** The metal structure of the Eiffel Tower expands during hot weather. When the temperature rises, the iron expands, causing the tower to grow by up to 15 centimeters (about 6 inches). The tower contracts again as the temperature drops.

### **Your Body Has Enough Iron to Make a Metal Nail:**

The average human body contains enough iron to forge a small iron nail, about 3 inches long. Iron is a crucial component of hemoglobin, the protein in red blood cells that carries oxygen around the body. Without sufficient iron, your body can't produce enough healthy oxygen-carrying red blood cells, leading to anemia.

## JUST THE ESSENTIALS

### **The Multiple Benefits of Lavender Essential Oils**

Lavender essential oil, often celebrated as the 'Swiss Army knife' of essential oils, is a true marvel of nature, brimming with therapeutic benefits. This delightful elixir, extracted from the fragrant purple flowers of the *Lavandula angustifolia* plant, is a staple in aromatherapy and a darling of holistic health enthusiasts.

The most striking attribute of lavender oil is its ability to induce relaxation and reduce stress. Its sweet, floral aroma is like a gentle lullaby for the senses, calming the mind and easing away the worries of the day. A study published in the International Journal

of Nursing Practice found that inhaling lavender oil significantly reduced stress levels in nursing students during their clinical practice. It's like having a pocket-sized spa experience, ready to whisk you away to a state of zen at a moment's notice.

But lavender's talents don't stop at stress relief. This versatile oil is also known for its sleep-inducing properties. A few drops on your pillow or in a diffuser can help pave the way to a more peaceful slumber, making it a popular choice for those battling insomnia or restless nights.



Additionally, lavender oil is hailed for its skin-soothing abilities. It can help calm irritated skin, reduce redness, and promote healing, making it a go-to remedy for minor burns, cuts, and insect bites.

With such a wide array of therapeutic benefits, it's no wonder lavender essential oil is a must-have in many households. Whether used for relaxation, sleep, or skincare, this natural wonder continues to impress with its gentle yet effective healing powers.

**this will  
CRACK  
you up!**

They walk among us, and they vote.

During a recent password audit at a local company, it was found that a young woman was using the following password:

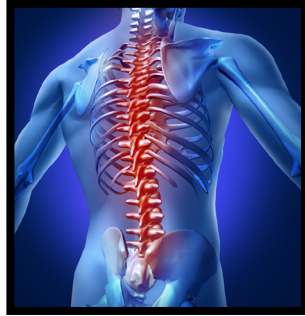
MickeyMinniePlutoHueyLouieDeweyDonaldGoofy

When asked why such a big password, she said that it had to be at least 8 characters long.

## 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.

### Cerebral Palsy and Chiropractic.

A 3.5-week-old baby's body suffered from low oxygen that resulted in brain damage (encephalopathy) at birth. He was lacking oxygen for 30 minutes until the ambulance arrived. His parents were told he might use a wheelchair for the rest of his life.

The child began twice-per-week chiropractic care. Over the five-year course of his chiropractic care, he progressed to one visit per month. He also had physical therapy sessions at home with his mother. As of this writing, the child can walk, talk, and function as an average child with slight developmental delays. He does not use a wheelchair. [1]

### Chiropractic Care and ADHD

The holistic wellness movement has ushered in a plethora of alternative treatments for various conditions, and Attention Deficit Hyperactivity Disorder (ADHD) is no exception. Amid traditional interventions like behavioral therapy and pharmaceuticals, chiropractic care has emerged as a complementary approach for children with ADHD.

The potential link between chiropractic adjustments and ADHD management revolves around the central nervous system (CNS). The spine, which encases the spinal cord, is a crucial communication channel between the brain and the body. Chiropractic care focuses on rectifying spinal misalignments or “subluxations” that can impede this communication. The underlying philosophy is that by optimizing the CNS's function, we might address some neurological disorders' root causes.

Considering ADHD's classification as a neurodevelopmental disorder, it's not entirely far-

fetched to examine how spinal health could influence its manifestation. A study published in the Journal of Upper Cervical Chiropractic Research highlighted that children with ADHD experienced some symptomatic relief following chiropractic care [2]. The participants showcased improvements in hyperactivity, attention, and behavioral challenges. While this is just one piece in the larger puzzle, such findings underscore the potential benefits of integrating chiropractic adjustments into ADHD management strategies.

Personal accounts from parents further bolster this perspective. Many have observed better sleep patterns, reduced hyperactivity, and improved concentration in their children post-chiropractic sessions. Though anecdotal, these experiences cannot be dismissed and warrant further scientific exploration.

However, it's essential to note that chiropractic care isn't proposed as a standalone treatment for ADHD but rather a supplementary one. For parents intrigued by this avenue, it's crucial to engage with chiropractors skilled in pediatric care and versed in the nuances of ADHD.

The broader perspective on ADHD and exploring treatments like chiropractic care reflects a growing interest in holistic health management. While the definitive role of chiropractic care in ADHD treatment requires further research, its potential promises hope for many families.

**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. Alcantara, J., Weisberg, J., & Kaczor, D. (2011). The chiropractic care of a pediatric patient with ADHD: a case report. *Journal of Upper Cervical Chiropractic Research*, 3(3), 63-71.
2. Rubin D, Taylor A. Chiropractic Care & Long Term Follow Up of an Infant with Cerebral Palsy: A Case Report & Review of the Literature. *Journal of Pediatric, Maternal & Family Health, Chiropractic* ~ December 12, 2023 ~ Pages 35-42