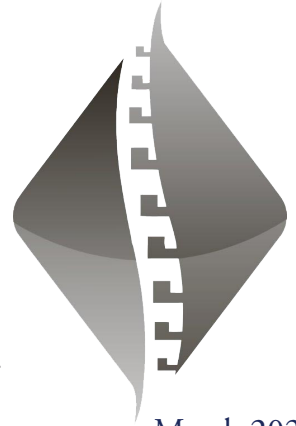


VANDAM CHIROPRACTIC



Dr. *Scott A.* VAN DAM

March 2024

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

WHAT IS A SUBLUXATION?

From a chiropractic perspective, a subluxation is defined as a misalignment of the vertebrae, regarded as a key cause of health problems through its impact on the nervous system. Unlike the medical definition, which emphasizes partial dislocation of any joint, chiropractic subluxation focuses specifically on the spine and its influence on overall health. Chiropractors believe that these spinal subluxations can interfere with the body's self-healing capabilities by disrupting the flow of nerve impulses between the brain and the rest of the body.

Subluxations are thought to result from various stress factors that can be physical (such as poor posture, accidents, or repetitive motions), chemical (like poor nutrition or substance abuse), or emotional (stress, anxiety). These stressors can lead to changes in the spinal tissues, causing vertebrae to move out of their normal position and potentially affect nerve function.

Symptoms of a subluxation may not be as immediately apparent as those of a medical subluxation and can vary widely among individuals. Some may experience back or neck pain, while others may have systemic issues such as digestive problems, headaches, or fatigue, suggesting that the effects of subluxations can extend beyond the immediate area of misalignment to influence overall health.

The chiropractic approach to removing subluxations is through adjustments, a specialized technique

designed to correct vertebral misalignments, thereby restoring proper nerve function and promoting the body's natural healing processes. Chiropractors use their hands or specific instruments to apply controlled force to the spine, aiming to realign the vertebrae to their proper position.

Research and clinical studies support the chiropractic assertion that addressing spinal subluxations can have a positive impact



on overall health. For instance, a study published in the *Journal of Manipulative and Physiological Therapeutics* highlights the potential benefits of chiropractic adjustments in improving nerve function and reducing pain (1).

In summary, from a chiropractic standpoint, a subluxation is not just a physical misalignment but a significant health concern with the potential to affect the nervous system and overall well-being. Chiropractors emphasize the importance of correcting these subluxations to maintain health and prevent disease.

What is a Subluxation?.....1
Childhood Development & Chiropractic.....2

Chiropractic Care when you're Feeling Down....2
Research and Chiropractic.....3

HOW CAN CHIROPRACTIC CARE ENHANCE CHILDHOOD DEVELOPMENT?

D.D. Palmer, the founder of chiropractic, posited that many health issues stem from misalignments in the spine (subluxations), which can impede the flow of innate intelligence or the body's natural healing capability. For children, ensuring that the spine is properly aligned is believed to support the body's natural development processes and overall health. Traditional chiropractic care aims to correct these subluxations through specific adjustments, thereby enhancing the nervous system's function.

One of the primary ways chiropractic can enhance childhood development is by improving nervous system functionality. A healthy spine is crucial for a well-functioning nervous system, which in turn is essential for the growth and development of children. The nervous system controls and coordinates all the body's organs and structures and plays a key role in developmental milestones such as walking, talking, and fine motor skills. By ensuring that there are no spinal misalignments, chiropractic care can support the optimal functioning of the nervous system, facilitating better health and development outcomes for children.



Additionally, chiropractic care has been associated with improvements in specific childhood issues such as colic, asthma, and ear infections, which can affect a child's overall development and quality of life. A systematic review published in the "Journal of Manipulative and Physiological Therapeutics" highlights the potential benefits of chiropractic interventions in reducing colic symptoms in infants, suggesting a positive impact on early developmental stages (2).

Furthermore, research documented in the "Chiropractic & Manual Therapies" journal indicates that chiropractic care may improve behavioral and emotional health outcomes in children, pointing to its holistic benefits on childhood development (3). These studies underline the significance of a well-aligned spine for general health and development, echoing

D.D. Palmer's foundational principles of chiropractic care.

CHIROPRACTIC CARE WHEN YOU ARE FEELING DOWN

In today's fast-paced world, mental well-being is as crucial as physical health, yet it often receives less attention. While traditional mental health interventions focus on psychotherapy and medication, emerging evidence suggests that chiropractic care can also play a vital role in managing mood disorders and improving overall mental wellness. This holistic approach to health care, primarily known for addressing musculoskeletal issues, might offer a surprising benefit to those feeling mentally down.

The spine is a central conduit of nerve impulses throughout the body, and misalignments—known as subluxations—can disrupt this system, potentially affecting mood and mental health. The connection between chiropractic adjustments and improved mental health lies in the body's response to treatment. Adjustments to the spine can reduce physical pain, which in itself is a significant factor in mental distress. Chronic pain is a known contributor to depression, anxiety, and reduced quality of life. By alleviating this pain, chiropractic care can indirectly lift one's mood and enhance feelings of well-being.

Moreover, chiropractic adjustments may influence the body's biochemistry. Research suggests that spinal adjustments can lead to hormonal changes, including increases in endorphins and cortisol, which are associated with pain relief and mood elevation. These hormonal shifts can provide a natural boost to one's mental state, particularly for those dealing with stress, anxiety, or mild depression.

A critical piece of evidence supporting the link between chiropractic care and improved mental health comes from a study published in the "Journal of Upper Cervical Chiropractic Research." This research found significant improvements in psychological health in participants following chiropractic adjustments, with reductions in depression and anxiety scores. The study underscores the potential of chiropractic care as a complementary approach to traditional mental health treatments (4)



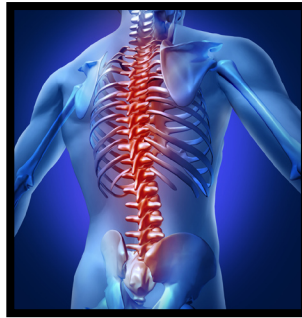
(continued on page 3)

While chiropractic care is traditionally associated with physical health, its benefits may extend far beyond, offering a complementary solution for those feeling mentally down. By addressing the physical discomfort and promoting hormonal balance, chiropractic adjustments can play a role in improving mental wellness. As always, it's essential to consult with healthcare professionals to determine the most appropriate care plan for your specific needs. Integrating chiropractic care with conventional mental health interventions might provide a holistic path to improved well-being.

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.

Constipation. The patient, a 54-year-old woman, had been experiencing constipation for the past eight months, with less than three bowel movements per week. Along with this, she also complained of bloating in her stomach but without any pain. Chiropractic adjustments were performed on her C1, C2, T6, L4, and sacroiliac joints to address any vertebral subluxations. After receiving one month of care, the patient was able to have at least one bowel movement per day. (5)

Cerebral Palsy in an infant. An infant diagnosed with Cerebral Palsy was brought to a chiropractic clinic at the age of 3½ weeks. The baby boy had suffered from encephalopathy, a brain damage caused by low oxygen during birth. It took 30 minutes for the ambulance to arrive, and the infant was already 70 minutes old when he reached the hospital. The doctors had informed the parents that their child might be confined to a wheelchair for the rest of his life. However, after starting chiropractic treatment twice a week, adjustments were made to his sacrum, atlas, and cranium. As he progressed,

the frequency of visits reduced to once a month over a period of five years. The patient's mother also provided physical therapy sessions at home. As a result, the patient can now walk, talk, and function like any other normal child, although with slight developmental delays. The patient is no longer wheelchair-bound. (6)



**this will
CRACK
you up!**

Why don't we ever tell secrets on the farm anymore?

Because the potatoes have eyes, the corn has ears, and the beans stalk.

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. Journal of Manipulative and Physiological Therapeutics, 2020
2. Dobson, D., Lucassen, P.L.B.J., Miller, J.J., Vlieger, A.M., Prescott, P., & Lewith, G. (2012). Manipulative therapies for infantile colic. Journal of Manipulative and Physiological Therapeutics, 35(8), 600-607.
3. Alcantara, J., Anderson, R., Froehle, R.M. (2011). Chiropractic care of a pediatric patient with asthma, allergies, chronic colds & vertebral subluxation. Chiropractic & Manual Therapies, 19(1), 25.
4. “Journal of Upper Cervical Chiropractic Research,” A study on the impact of chiropractic care on psychological health.
5. Acosta B. Resolution of Chronic Constipation in a 54-Year-Old Female Following Chiropractic Care: A Case Study & Review of the Literature Annals of Vertebral Subluxation Research, Volume 2024 Annals of Vertebral Subluxation Research. January 2, 2024, Pages 1-7
6. Rubin D, Taylor C. 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, Volume 2023 Journal of Pediatric, Maternal & Family Health, Chiropractic ~ December 12, 2023 ~ Pages 35-42