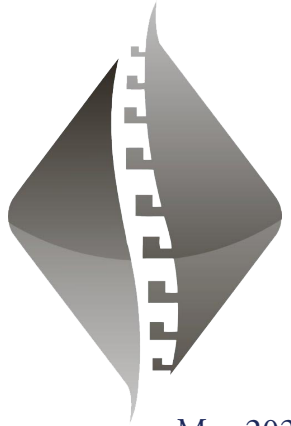


# VANDAM CHIROPRACTIC



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## SENIORS BENEFIT FROM REGULAR CHIROPRACTIC ADJUSTMENTS

Chiropractic care has emerged as a cornerstone of wellness for the aging population, providing a non-invasive solution for managing pain and enhancing mobility. As individuals age, the wear and tear on their bodies can lead to chronic conditions such as osteoarthritis, decreased flexibility, and a heightened risk of falls. Regular chiropractic adjustments offer a promising avenue to address these age-related challenges, supporting seniors in maintaining an active and healthy lifestyle.

Regular chiropractic care can lead to significant health benefits for seniors. These adjustments help improve spinal alignment and function, reducing pain and increasing the range of motion. Importantly, chiropractic care helps decrease dependency on prescription painkillers, which are often associated with significant side effects and risks, particularly in older adults.

One of the primary benefits of chiropractic adjustments for seniors is mobility enhancement. Improved mobility is crucial for maintaining independence, performing daily activities, and reducing the risk of falls—a major concern for the elderly. Falls are the leading cause of injury among seniors, and improving balance and coordination with chiropractic care can significantly mitigate this risk.

In addition to enhancing physical capabilities, chiropractic care has been linked to improved cognitive



function. A study published in the 'Journal of Manipulative and Physiological Therapeutics' found that chiropractic adjustments may influence somatosensory processing, sensory integration, and motor control, which are all factors in cognitive processes. This suggests that chiropractic care could potentially slow down cognitive decline associated with aging. (1)

The anti-inflammatory benefits of chiropractic adjustments are also notable. Chronic inflammation is common in seniors and can exacerbate arthritis symptoms and other conditions. Chiropractic care can help reduce inflammation levels, alleviate pain, and improve overall health by aligning the spine and improving the body's physical function.

Chiropractic care offers many benefits for the elderly, from reducing reliance on medication and enhancing mobility to improving cognitive function and managing inflammation. Regular chiropractic adjustments can be a safe and effective strategy for seniors looking to maintain their independence and quality of life. As always, it is important for individuals to consult with their healthcare provider to determine the best course of action for their specific health needs.

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## CHIROPRACTIC CARE AND IRRITABLE BOWEL SYNDROME (IBS)

Irritable Bowel Syndrome (IBS) is a common gastrointestinal disorder characterized by symptoms such as abdominal pain, bloating, constipation, and diarrhea. While the primary treatment for IBS typically involves dietary changes, medications, and psychological interventions, an emerging area of interest is the potential role of chiropractic care in managing this condition.

Chiropractors use a variety of manual therapies, including spinal adjustments, to alleviate pain and improve the functional abilities of patients.

The connection between chiropractic care and IBS may lie in the concept of visceral somatic response. This theory suggests that spinal misalignments (subluxations) can lead to nerve interference, affecting the functioning of internal organs, including those within the gastrointestinal tract. By correcting these subluxations, chiropractors can improve nerve function and, consequently, the overall health of the digestive system.

A pilot study conducted by researchers found that patients with IBS who received chiropractic spinal adjustments showed significant improvements in symptoms compared to those who did not receive such care. The study suggested spinal adjustments might help manage IBS symptoms by improving gastrointestinal function through enhanced nerve communication.(2)



## JUST THE ESSENTIALS

Essential oils are a thoughtful and increasingly popular Mother's Day gift, offering a wide range of therapeutic benefits and a delightful sensory experience. Whether your mother is a long-time enthusiast or new to aromatherapy, essential oils can provide relaxation, invigoration, and a host of health benefits.

### The Therapeutic Benefits of Essential Oils

Essential oils are concentrated extracts from plants

and herbs' leaves, flowers, and stems. They capture the plant's scent and flavor, or "essence." Unique aromatic compounds give each essential oil its characteristic essence and health benefits. These oils can be used in diffusers for aromatherapy, blended into carrier oils for massages, added to baths, or even mixed into skincare products.

### Popular Essential Oils and Their Uses

**Lavender:** Known for its calming and relaxing properties, lavender oil is ideal for reducing stress and anxiety. It can also help improve sleep quality, making it a wonderful gift for mothers who deserve a little rest and relaxation.



**Peppermint:** Refreshing and revitalizing, peppermint oil is excellent for boosting energy and mental clarity. It can also relieve headaches and digestive issues, making it a practical choice for busy moms.

**Eucalyptus:** Eucalyptus oil is known for its respiratory benefits. It can help clear nasal congestion and relieve sinus pressure. Its invigorating scent is perfect for mothers who enjoy a burst of freshness.

**Rose:** Rose oil's soothing floral scent is often associated with feelings of love and comfort. It benefits skin health and emotional balance, making it a luxurious and caring gift.

### Creating a Personalized Gift

When choosing essential oils for Mother's Day, consider your mother's preferences and needs. Does she need more relaxation or perhaps an energy boost? You can create a personalized blend of oils she can use in her diffuser or as a massage oil.

For a truly thoughtful gift, consider pairing a set of essential oils with a diffuser or a beautiful storage box. You can also include a book on aromatherapy or a subscription to a monthly essential oil delivery service.

Essential oils offer a unique and personal gift option for Mother's Day that can enhance well-being and express care in a special way. Whether used for their delightful aromas or health-promoting properties, they will surely be appreciated by any mother who receives them.

## 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.

**An 11-year-old with ADHD:** A child aged 11, diagnosed with ADHD, had not yet outgrown his “primitive reflexes” and scored poorly on the Interactive Metronome, a scientifically backed tool for training and assessment. Following the advice of his chiropractor, the child underwent reexaminations at visits 12 and 24, which showed significant improvements in his behavior, reduction in his primitive reflexes, and improvement in his Interactive Metronome scores. The implementation of non-invasive techniques, such as chiropractic adjustments, rehabilitation for primitive reflexes, and the use of Interactive Metronome, resulted in notable progress for a child previously diagnosed with ADHD. (3)

**Rheumatoid Arthritis:** A 28-year-old woman with rheumatoid arthritis sought chiropractic care in hopes of finding relief for her migrating peripheral joint pain. Before care, she had a medical history that included symptoms such as fatigue, headaches, dizziness, joint and toe pain, and occasional double vision. After three months of chiropractic care, follow-up X-rays revealed significant improvements in her spine’s structural integrity and alignment. By the 12-week mark, a subsequent examination was conducted, and the patient reported that she was no longer taking prescription drugs for her joint pain. Her symptoms of fatigue, swollen/painful joints, difficulty sleeping, headaches, dizziness, blurred/double vision, chest pain, frequent colds/flu, and digestive problems had all significantly decreased. She also had an increased range of

motion, particularly in the cervicothoracic junction. The patient’s QVAS score dropped from 14 to 6, with her worst pain level being a 2 out of 10. She continues to receive chiropractic care. (4)

## HUMOR

**Why did the frog take the bus to work?**

Because his car got toad!

**Why did the baby cookie cry?**

Because his mom was a wafer for so long!



**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

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