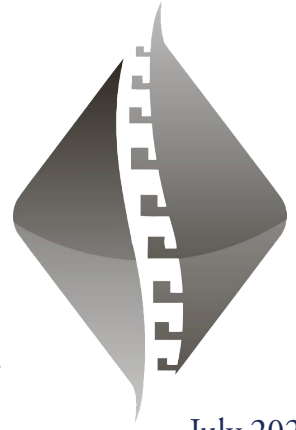


VANDAM CHIROPRACTIC



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CHIROPRACTIC IS MORE THAN BACK PAIN

The Comprehensive Benefits of Subluxation-Based Care

Chiropractic care has long been associated primarily with back pain relief, but its scope extends far beyond this common perception. The core principle of chiropractic care, particularly subluxation-based chiropractic, encompasses a holistic approach to health and wellness. Subluxation-based chiropractic care focuses on identifying and correcting vertebral subluxations to enhance the body's natural ability to heal itself, offering myriad health benefits beyond alleviating back pain.

Understanding Subluxation-Based Chiropractic Care

Subluxation-based chiropractic care centers around the concept of vertebral subluxations—misalignments or dysfunctions of the vertebrae that can disrupt the nervous system's function. Chiropractors who practice this method aim to detect and correct these subluxations through specific adjustments. The goal is to restore proper alignment and function to the spine, thereby promoting optimal communication between the brain and the rest of the body.

Beyond Pain Relief: The Broader Health Benefits

While pain relief, particularly for back pain, is a significant benefit of chiropractic care, the advantages extend to various aspects of health. Correcting subluxations can positively impact the body's overall function and well-being. Some of the broader health

benefits include:

Chiropractic adjustments can help restore proper nerve function by addressing subluxations. This improvement can lead to better regulation of bodily functions and enhance the body's ability to adapt to stress and environmental changes.



A well-functioning nervous system is crucial in maintaining a robust immune response. Subluxation-based care can boost the immune system, making the body more resilient to infections and diseases.

Regular chiropractic care can help improve posture and increase mobility. By maintaining proper spinal alignment, individuals can experience better balance and coordination, reducing the risk of injuries and enhancing physical performance.

Chronic stress can have detrimental effects on health, leading to a variety of physical and mental health issues. Chiropractic adjustments can help reduce muscle tension and promote relaxation, contributing to stress relief and overall mental well-being.

Chiropractic care can benefit individuals with chronic conditions such as migraines, asthma, and digestive issues. Chiropractic adjustments can help manage

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symptoms and improve quality of life by improving nervous system function.

A Holistic Approach to Health

The holistic nature of subluxation-based chiropractic care makes it a valuable addition to an individual's healthcare regimen. Unlike care focusing solely on symptoms, chiropractic care addresses the root cause of health issues by promoting spinal health and enhancing the body's innate healing capabilities.

This comprehensive approach to health and wellness aligns with the growing recognition that optimal health involves more than just the absence of disease. It encompasses physical, mental, and emotional well-being. By focusing on the spine's health and its impact on the nervous system, subluxation-based chiropractic care offers a pathway to achieving and maintaining overall health and vitality.

"Chiropractic is more than back pain; it's about improving the body's ability to function at its best" (1). This perspective highlights the far-reaching benefits of chiropractic care, emphasizing its role in promoting overall health and vitality.

DID YOU KNOW?

Fireworks Tradition:

The tradition of celebrating with fireworks is joyous and unifying. It dates back to the first anniversary of the Declaration of Independence in 1777, when Philadelphia celebrated with bells, bonfires, and fireworks, setting a precedent for future celebrations.



JUST THE ESSENTIALS

Soothe Your Sunburn with Essential Oils: A Fun and Fresh Approach

Summer is here, and with it comes the joy of basking in the sun. But sometimes, we get a little too much sun and end up with that all-too-familiar, painful sunburn. Ouch! Fear not, sun lovers, because essential oils can be your new best friend in soothing(2) those fiery burns and helping your skin heal faster.

Lavender Oil: The Soothing Superstar

Lavender oil is not just for relaxation. Its anti-inflammatory properties make it perfect for calming irritated skin. Just mix a few drops of lavender essential oil with a carrier oil like coconut or almond oil and gently apply it to the sunburned area. You'll feel the cooling, soothing effect almost instantly.

Peppermint Oil: The Cooling Champion

Peppermint oil is known for its cooling sensation, making it an excellent choice for sunburn relief. It helps reduce pain and inflammation while giving you a refreshing tingle. Combine a couple of drops with a carrier oil and massage it onto your sunburn. You'll be saying goodbye to that uncomfortable heat in no time!

Tea Tree Oil: The Healing Hero

Tea tree oil is a powerful antiseptic that helps prevent infection and promotes healing. Its anti-inflammatory properties reduce swelling and redness. Dilute tea tree oil with a carrier oil and apply it to the affected areas. Your skin will thank you as it heals more quickly and with less peeling.

Aloe Vera Gel and Essential Oils: The Dynamic Duo

Combine the natural soothing power of aloe vera gel with a few drops of your favorite essential oils for a potent sunburn remedy. Aloe vera provides hydration and healing, while essential oils add extra benefits. This combination will leave your skin feeling cool, calm, and rejuvenated.

Next time you find yourself a little too sun-kissed, reach for these essential oils. Not only will they help your skin recover, but they'll also leave you smelling fabulous. Enjoy your summer, and remember to protect your skin from too much sun exposure!

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.

Sickle Cell Disease: An 8-year-old boy with sickle cell disease suffered from frequent, severe pain crises and right arm weakness due to a traumatic birth. After

five months of chiropractic care, his pain crises became less frequent, shorter, and less intense.



His right arm improved by 26 degrees in extension, along with increased strength and dexterity. (3)

Stroke: A stroke, the interruption of blood flow to the brain, can cause significant physical, psychological, social, and financial impacts. Millions experience strokes annually, leaving many disabled. While once common, mainly in older adults, 26% of strokes now affect those under 65, and 13 in every 100,000 children. (4)

Survivors often struggle with depression, upper limb function loss, speech issues, incontinence, and cognitive difficulties.(5)

Chiropractic care shows potential benefits for



stroke patients, enhancing strength and reducing fatigue. A study noted a single chiropractic adjustment increased foot strength by 64.2%. (4)

**this will
CRACK
you up!**

Why don't scientists trust atoms?
Because they make up everything!

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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