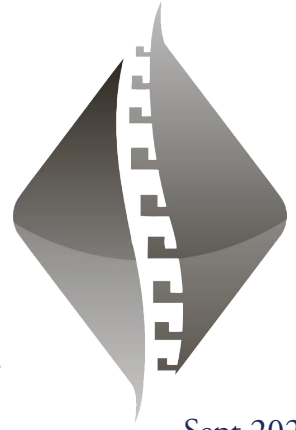


VANDAM CHIROPRACTIC



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CHIROPRACTIC CARE VS TRADITIONAL MEDICINE

Finding the Right Balance.

Chiropractic care and traditional medicine represent two distinct approaches to health, each offering unique benefits. While traditional medicine focuses on treating symptoms through pharmaceuticals and surgeries, chiropractic care emphasizes the body's natural ability to heal itself, primarily through spinal adjustments. Striking the right balance between these approaches can be essential for many patients.

Anecdotally speaking, a patient was a nurse who believed in the power of medicine. Her husband, on the other hand, swore by chiropractic care, attributing his healthy back to regular adjustments. This created a unique dynamic in their home, where both approaches were respected and utilized. I've seen firsthand how integrating these methods can provide a more comprehensive path to wellness.

Chiropractic care addresses misalignments in the spine, which can affect the nervous system and lead to various health issues. Regular adjustments can alleviate chronic pain, improve mobility, and enhance overall well-being. I've personally benefited from chiropractic care, particularly in managing the lower back pain that plagued me during my teenage years (1).

With its advanced diagnostics and treatment options, traditional medicine is often crucial in acute and life-threatening situations. I knew someone who

suffered from a severe illness as a child and required the expertise of traditional medicine for his recovery. Without it, the outcome could have been devastating. However, as he grew older, chiropractic care became a regular part of his health routine, helping him manage lingering discomfort and promoting his long-term well-being.

Many patients find that combining chiropractic care with traditional medicine offers a balanced approach. For example, after a car accident left a patient with whiplash, she initially relied on pain medications prescribed by her doctor. These were essential in the immediate aftermath of the injury. However, as she started to recover, she incorporated chiropractic care into her treatment plan. The adjustments reduced the pain more effectively and restored her range of motion, which traditional medicine alone couldn't achieve (2).

In my experience, the key is not choosing one approach over the other but understanding how each can complement the other. Chiropractic care can often serve as a preventive measure, reducing the need for more invasive treatments down the line. Meanwhile, traditional medicine provides essential support when the body's natural healing processes need a boost or when conditions are too severe for non-invasive treatments alone.

The decision on how to balance these approaches should be based on individual needs and

Chiropractic Care vs Traditional Medicine.....1
Traditional Eating.....2

Just the Essentials.....2
Research and Chiropractic.....3

circumstances. Consulting with a chiropractor and a traditional healthcare provider can offer insights into the best strategy for your health. After all, it's about finding what works best for you in the long run.

TRADITIONAL EATING

Intuitive Eating (A Modern diet alternative)

Intuitive eating has emerged as an alternative approach to dieting that prioritizes listening to your body's hunger and fullness cues over following restrictive food rules. This approach encourages individuals to trust their bodies to determine what, when, and how much to eat, fostering a healthier relationship with food and overall well-being.

For chiropractic patients, particularly those dealing with chronic pain or stress, intuitive eating can offer significant benefits. Many traditional diets are restrictive, which can increase stress levels and negatively impact mental health. In contrast, intuitive eating emphasizes body awareness and self-compassion, which can complement chiropractic care by reducing stress and promoting a more relaxed state of mind.

One of the critical principles of intuitive eating is the rejection of diet culture. Instead of focusing on calorie counts or labeling foods as "good" or "bad," intuitive eating encourages a more balanced approach. This can be particularly beneficial for those who have struggled with emotional eating or disordered eating patterns. By allowing yourself to eat what you want without guilt, you may find that cravings decrease over time, leading to a more balanced intake of nutrients.



Intuitive eating can help chiropractic patients manage pain by reducing inflammation and improving energy levels. Listening to your body's cues and eating naturally can alleviate chronic pain, which may be worsened by poor nutrition or strict dieting.

Additionally, intuitive eating aligns well with the chiropractic philosophy of supporting the body's natural healing ability. Just as chiropractic care seeks to restore balance in the body through adjustments, intuitive eating aims to restore balance in your relationship with food. This holistic approach can

enhance the benefits of chiropractic treatments, leading to better overall health outcomes.

A study published in the *Journal of the Academy of Nutrition and Dietetics* found that intuitive eating is associated with better psychological health and lower body mass index, suggesting it could be a valuable tool for those seeking a sustainable approach to health and wellness.(3)

For chiropractic patients looking to improve their health, incorporating intuitive eating into their lifestyle may provide a valuable, stress-reducing complement to their care.

JUST THE ESSENTIALS

Boost Immunity with Essential Oils During the School Year!

Keeping our kids healthy is always at the top of our minds as the school year begins. Supporting their immune systems becomes even more important with the flurry of activities, new social interactions, and inevitable exposure to various germs. One simple, natural method many parents have turned to is diffusing essential oils at home.

Diffusing essential oils offers a way to cleanse the air while simultaneously boosting our children's immune systems. Essential oils such as eucalyptus, tea tree, and lemon have been praised for their immune-supporting properties. When these oils are diffused, they can fill the air with a gentle mist that smells pleasant and helps keep those pesky bugs at bay.



Eucalyptus oil, for instance, is well-known for its ability to support respiratory health. This can be especially helpful during colder months when coughs and colds are more common. Lemon oil, with its fresh, uplifting scent, is not only a mood booster but also an excellent choice for keeping the air clean. On the other hand, tea tree oil is often used for its powerful antimicrobial properties, making it a go-to for parents wanting to keep their homes germ-free.

A 2016 study highlighted the potential benefits of essential oils in supporting immune function and reducing the spread of airborne pathogens, making them a valuable tool in maintaining a healthy home environment (4).

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 22-year-old man experienced fatigue, shortness of breath, and a rapid heartbeat during mild physical activity. Previously diagnosed with arrhythmia during a high school physical exam, he sought chiropractic care, where he received spinal adjustments. His progress was tracked using ECG and HRV monitoring. After eight adjustments, he noticed reduced symptoms and could run short distances without excessive strain. (5)



Irregular Bowel Movements. An 8-year-old girl with a history of irregular bowel movements and fecal incontinence came in for chiropractic care. Prior efforts with potty training, laxatives, and stool softeners had not resolved the issue. After two weeks of chiropractic treatment, improvements were observed. Following six weeks of adjustments, her fecal incontinence was completely resolved, and she experienced no accidents for the first time in her life. (6)



CHIROPRACTIC CARE FOR ALLERGIES AND SINUS RELIEF

Chiropractic care has shown potential benefits for managing allergies and sinus issues, offering a non-invasive approach that complements traditional treatments. While many people think of chiropractic

adjustments primarily to relieve back or neck pain, the benefits extend to various bodily functions, including immune system regulation and sinus relief.

The nervous system plays a crucial role in controlling and coordinating bodily functions. Misalignments in the spine, known as subluxations, can impair nerve function, leading to various health issues, including exacerbated allergy symptoms and sinus congestion. By correcting these misalignments, chiropractic adjustments can help restore proper nerve function and, in turn, support the body’s ability to manage allergens and maintain clear sinuses.

Chiropractic care can also improve sinus drainage, especially when misalignments in the cervical spine affect the nerves connected to the sinuses. Regular adjustments can help address the root cause of these problems by ensuring the nervous system functions optimally, potentially reducing the frequency and severity of allergic reactions and sinus problems.

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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