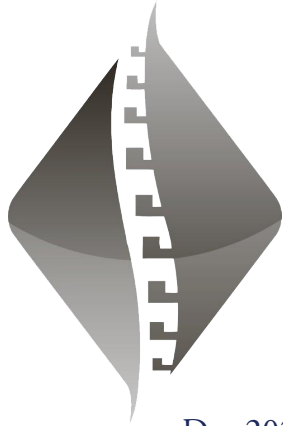


VANDAM CHIROPRACTIC



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SPINAL ADJUSTMENTS FOR SCIATIC NERVE PAIN RELIEF

Sciatic nerve pain can disrupt daily life, radiating from the lower back through the hips and legs. For those experiencing this discomfort, spinal adjustments offer a reliable path to relief by targeting the underlying cause of the irritation.

Chiropractic care addresses sciatic nerve pain by focusing on spinal misalignments, often in the lumbar region. Misaligned vertebrae can place pressure on the sciatic nerve, leading to pain, tingling, or weakness in the lower extremities. Restoring proper alignment reduces nerve compression, alleviating symptoms and promoting improved mobility.

Research underscores the benefits of chiropractic adjustments for managing sciatic nerve pain. A study published in *The Journal of Manipulative and Physiological Therapeutics* found that spinal manipulations provided significant pain reduction and functional improvement in patients with sciatica (1). These adjustments are effective and noninvasive, appealing to individuals seeking alternatives to medication or surgery.

Another study highlighted in *Spine* demonstrated the efficacy of manual therapies for patients with lumbar disc herniation causing sciatic nerve pain. The research revealed a notable decrease in pain intensity and an increase in daily activity levels following targeted spinal adjustments (2).

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providing cumulative benefits. Spinal adjustments improve joint movement and stimulate the nervous system, which can help reduce inflammation around the sciatic nerve.

Chiropractors customize care to suit individual needs, ensuring adjustments are precise and safe. This patient-centered approach enhances recovery and minimizes recurrence. Those seeking relief from sciatic nerve pain can experience improved quality of life with regular care, often regaining the ability to move comfortably and engage in everyday activities.

Chiropractors help patients achieve long-lasting relief by addressing the root causes of sciatic nerve pain through targeted adjustments. With consistent care and attention to spinal health, many individuals find the support they need to return to a pain-free lifestyle.

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TRADITIONAL EATING

The holiday season brings with it rich traditions, family gatherings, and an abundance of food. While it's tempting to indulge in sugary treats and processed snacks, enjoying the season while nourishing your body is possible. Drawing inspiration from Weston A. Price's (3) emphasis on nutrient-dense, traditional diets, here are some tips to eat healthily during the festivities.

Embrace Traditional Holiday Foods

Many traditional holiday dishes are surprisingly nutrient-dense. Think roasted meats, bone broths, fermented vegetables like sauerkraut, and butter-laden side dishes. These foods align with Weston A. Price's principles, emphasizing whole, unprocessed ingredients rich in vitamins and minerals. Opt for grass-fed meats, pasture-raised butter, and organic root vegetables to enhance the nutritional value.



Incorporate Fermented Foods

Fermented foods like kefir, yogurt, or sourdough bread can support digestion and immune health during a season notorious for indulgence. These probiotic-rich foods were staples in traditional diets and helped balance the gut microbiome, which is often challenged by holiday sweets and alcohol.

Swap Sugar for Natural Sweeteners

Holiday desserts don't have to be harmful to your health. Use natural sweeteners like raw honey or maple syrup in place of refined sugar. These options are less processed and offer trace nutrients, making them better for your favorite festive recipes.

Focus on Quality, Not Quantity

Rather than loading up your plate, focus on savoring smaller portions of high-quality foods. This aligns with the nutrient-density principle of Weston A. Price's work—eating less but nourishing more.

Make Broth Your Best Friend

Bone broth, a holiday staple in many cultures, is rich in collagen, amino acids, and minerals. It's perfect for sipping during colder months or as a base for hearty soups and stews.

Integrating these principles into your holiday meals allows you to enjoy the season without compromising your health. As Weston A. Price said, "Life in all its fullness is mother nature obeyed."

JUST THE ESSENTIALS OILS THAT IS

The holiday season is a magical time of year, but it can also bring stress, exhaustion, and an overwhelming to-do list. Essential oils offer a natural, effective way to maintain your well-being, helping you feel balanced, energized, and serene during this busy season.

1. Create a Calm Environment

Holiday stress often arises from juggling responsibilities and social commitments. Lavender and chamomile essential oils are excellent for creating a calming atmosphere. Diffuse them in your living space to reduce anxiety and promote relaxation. Adding a few drops to a warm bath can also help unwind after a hectic day.

2. Boost Your Energy and Focus

Late nights and early mornings can leave you feeling drained. Essential oils like peppermint, rosemary, and citrus varieties (like orange or lemon) are perfect for an energizing pick-me-up. Diffuse these oils in the morning or keep a roller blend handy to apply to your wrists or temples when your energy dips.

3. Support Your Immune System

Staying healthy is crucial with colder weather and crowded gatherings. Essential oils such as tea tree, eucalyptus, and oregano are known for their antimicrobial properties. Use them in a diffuser or create a DIY cleaning spray to keep your environment fresh and germ-free.

4. Enhance Sleep Quality

Quality rest is key to maintaining holiday cheer. Essential oils like cedarwood and frankincense can promote deep, restorative sleep. Apply them to the soles of your feet or diffuse them in your bedroom 30 minutes before bedtime.

5. Embrace the Holiday Spirit

Bring the scents of the season into your home with oils like cinnamon, clove, and pine. Not only do they evoke festive feelings, but they can also uplift your mood and create a welcoming environment for guests.

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.

Persistent atrial fibrillation: A 64-year-old male with persistent atrial fibrillation and related symptoms experienced complete resolution following chiropractic care, including spinal adjustments and soft tissue techniques. This case study identifies the potential benefits of chiropractic care for managing atrial fibrillation. (3)

75-year-old female patient who experienced benign paroxysmal positional vertigo (BPPV) and generalized cervical pain following a fall onto a concrete floor. After six chiropractic adjustments targeting the cervical, thoracic, and lumbar regions, her vertigo symptoms improved significantly, decreasing from a severity of 10/10 to 0/10. (4)

AVOID THE HOLIDAY BLUES WITH CHIROPRACTIC CARE

The holidays are magical, but they often come with their share of challenges. Between the extra errands, long travel days, and packed schedules, it’s easy to feel overwhelmed. For many, the season also brings physical strain and stress that can dampen the festive mood. Chiropractic care is a powerful way to help your body stay balanced, ensuring you enjoy the holidays to their fullest.

Relieve Holiday Stress

Stress during the holidays doesn’t just affect your mood—it also impacts your body. Tight shoulders, stiff necks, and headaches are common physical responses to emotional tension. When your body is under stress, the spine can shift out of alignment, placing pressure on your nervous system. This can

exacerbate feelings of discomfort and unease.

Chiropractic adjustments aim to restore proper spinal alignment, which allows your nervous system to function optimally. When the spine is aligned, your body becomes better equipped to handle stress. A study published in the *Journal of Manipulative and Physiological Therapeutics* found that spinal adjustments could lower cortisol levels, the hormone linked to stress, helping patients feel calmer and more balanced (5).

Stay Comfortable During Holiday Travel

Whether you’re flying across the country or driving a few hours to visit loved ones, holiday travel takes a toll on your body. Extended periods of sitting can strain the lower back and neck, while carrying heavy luggage can lead to muscle tension or misalignment

Merry Christmas

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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