

VAN DAM CHIROPRACTIC

Dr. *Scott A.* VAN DAM



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

LOWER BACK PAIN: CHIROPRACTIC SECRETS FOR THRIVING THIS WINTER

Winter brings unique challenges for the body, particularly when it comes to activities like shoveling snow and enduring colder temperatures. Chiropractic care, rooted in the principles of DD Palmer, emphasizes the importance of maintaining a healthy nervous system to ensure the body functions optimally during these demanding months.

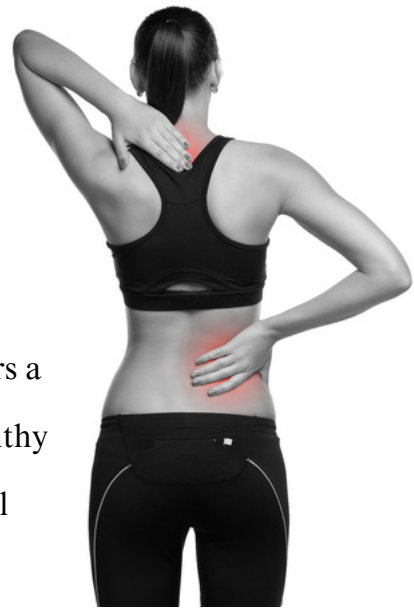
Low back pain is a common complaint during winter, especially after shoveling snow. The repetitive bending, lifting, and twisting can strain the lumbar spine, causing discomfort or injury. Chiropractic adjustments help by addressing spinal misalignments that disrupt nerve flow, allowing the body to recover naturally and efficiently. Keeping the spine aligned not only alleviates discomfort but also enhances the body's ability to respond to physical stress.

Cold weather can also affect the body. Muscles tend to tighten in response to lower temperatures, increasing the likelihood of stiffness and strain. This natural reaction makes it even more critical to maintain spinal health. A misaligned spine can exacerbate tension in surrounding muscles and restrict movement, making everyday activities more challenging. Regular chiropractic care helps keep the spine balanced, reducing the risk of injury and promoting better mobility.

Beyond physical alignment, chiropractic philosophy teaches that the body is self-healing when free of interference. Cold weather can weaken immune function, and a healthy nervous system supports the body's ability to adapt to seasonal challenges. By ensuring the spine is aligned, chiropractic adjustments support overall resilience during the winter months.

A patient once shared their experience of dealing with recurring back pain every winter. They struggled with basic tasks like shoveling the driveway without discomfort. After incorporating regular chiropractic care, they noticed a significant improvement—

not only in their back pain but also in their overall energy and ability to enjoy the season. DD Palmer's wisdom reminds us (1) that health is about allowing the body to function as intended, without interference. Chiropractic care offers a practical approach to staying active and healthy throughout winter, addressing the physical and environmental challenges this season brings.



WORDS OF WISDOM

“What you get by achieving your goals is not as important as what you become by achieving your goals.” – Zig Ziglar



CHIROPRACTIC & CHILDHOOD EAR INFECTIONS

Childhood ear infections, or otitis media, are a frequent concern for parents seeking gentle and natural approaches to support their children's health. Chiropractic, rooted in the philosophy of optimizing the body's innate ability to heal, offers an approach centered on nervous system function and spinal alignment.

Ear infections often involve fluid accumulation and pressure in the middle ear, which is frequently linked to Eustachian tube dysfunction. The Eustachian tube plays a vital role in maintaining ear health, and its function is closely connected to the alignment of the cervical spine. Misalignments, or subluxations, in the upper cervical region may interfere with the nerves that regulate these structures. By addressing subluxations through chiropractic adjustments, many parents report improvements in their children's ear health, as the body's natural drainage and immune responses are better supported.

A study published in the *Journal of Manipulative and Physiological Therapeutics* examined the relationship between chiropractic care and pediatric ear infections(2). It was found that children receiving chiropractic adjustments experienced fewer episodes and less severity of ear infections over time. The authors suggest that this may result from restoring nervous system balance and enhanced fluid movement in the ear, allowing the body to resolve infections more effectively (Mills et al., 2003).

Chiropractors work with children by carefully assessing spinal alignment, particularly focusing on areas affecting the head and neck. The adjustment process is gentle and tailored to each child's unique needs, respecting their developing systems. This philosophy emphasizes that the body functions optimally when interference in the nervous system is minimized.

Parents often find value in chiropractic for ear infections, not just in symptom relief but in fostering overall health. While the results can vary, many families appreciate the proactive focus on allowing the body to perform as it was designed. Chiropractic aims not to "treat" the infection directly but to support the nervous system's communication pathways, encouraging natural resolution.

The growing interest in chiropractic for children underscores a desire for approaches that align with the body's inherent potential to thrive, reflecting a trust in its remarkable design.



JUST THE ESSENTIALS

The new year is the perfect time to reset, refocus, and refresh your mind, body, and spirit. Incorporating essential oils into your routine can be a powerful way to support your health and wellness goals. Here are three of the best essential oils to help you start the year on the right foot, along with their benefits.

1. Lavender Oil

Lavender oil is a versatile essential oil known for its calming and relaxing properties. Starting the year with a calm mind can set the stage for better focus and reduced stress.

Benefits:

- **Promotes Relaxation:** Diffuse lavender oil in your home or apply it to your temples to alleviate stress and encourage restful sleep.
- **Skin Support:** Add a few drops to your moisturizer for soothing dry or irritated winter skin.
- **Emotional Balance:** Its soothing scent can help lift your mood and reduce feelings of anxiety.

2. Lemon Oil

Lemon oil is your go-to essential oil for energy and mental clarity. Its refreshing citrus aroma can invigorate your senses and help you tackle new goals.

Benefits:

- **Boosts Energy:** Add a few drops to a diffuser to energize your mornings and improve concentration.
- **Detoxifying Properties:** Mix a drop with water (using food-grade oil) to support digestion and natural detoxification.
- **Cleansing:** Use it to clean and purify your home for a fresh start to the year.

3. Peppermint Oil

Peppermint oil is invigorating and uplifting, perfect for maintaining motivation as you embrace the year ahead.

Benefits:

- **Enhances Focus:** Diffuse or inhale directly to clear your mind and stay productive.
- **Relieves Tension:** Apply to your temples or neck to relieve headaches or muscle tension.
- **Supports Digestion:** Rub on your abdomen to soothe discomfort or promote digestive health.

These three essential oils can empower you to begin the new year with balance, energy, and clarity. Use them individually or combine them to create a personal blend that fits your wellness journey!



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.



BEHAVIORAL IMPROVEMENTS IN A 10 YEAR OLD BOY

were observed after chiropractic care. The boy experienced sudden shifts from calmness to violent outbursts, struggled with sleep due to emotional detachment disorder, and frequently had panic attacks. These challenges led to his suspension from school.

Chiropractic evaluation identified subluxations in the upper cervical, thoracic, and lumbopelvic regions, which were addressed through adjustments.

After eight adjustments, the boy’s violent outbursts significantly decreased, and his overall behavior improved. He also showed noticeable progress in sleep quality and reduced anxiety levels. (3)



DID YOU KNOW?

New Year's Day, celebrated on January 1st, marks the start of the Gregorian calendar year and has roots dating back to ancient Rome. Julius Caesar introduced January 1 as the new year in 46 B.C. to honor Janus, the two-faced Roman god of beginnings and endings, symbolizing looking back at the past and forward to the future.

GASTRO-ESOPHAGEAL REFLUX DISEASE (GERD)

often occurs during the first year of life, peaking around four months old. A mother brought her four-month-old daughter to a chiropractor, concerned about persistent GERD and plagiocephaly, which had caused part of the baby’s skull to flatten. The baby experienced frequent reflux and vomiting episodes daily.

The chiropractor identified subluxations in the neck (C2 and C4 vertebrae), lower lumbar spine (L4), and sacroiliac joints, which were adjusted during care. After the initial visit, the mother noticed her baby had a significant bowel movement and slept longer than usual.

Chiropractic visits continued twice a week for two weeks, then weekly for another four weeks. By the second appointment, the mother observed reduced vomiting and reflux episodes. Over the next three weeks, the frequency of these episodes steadily decreased until they stopped entirely. Additionally, the baby’s skull flattening resolved during this time. (4)



Happy New Year!

REFERENCES

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