

VAN DAM CHIROPRACTIC

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Feb 2025

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WHY PEDIATRIC CHIROPRACTIC CARE STOPS RECURRING EAR INFECTIONS: THE SCIENCE EXPLAINED

Ear infections impact over 80% of children under three and remain a leading cause of pediatric visits. Despite the widespread use of antibiotics, evidence suggests that these medications often perform no better than the body's natural immune response. Parents seeking alternative approaches frequently turn to chiropractic care, which supports the body's ability to manage recurring ear infections naturally.

Children between 6 months and 2 years face increased susceptibility due to differences in their anatomy. Their eustachian tubes are shorter, narrower, and more horizontally positioned, which makes fluid drainage more difficult. Contributing factors like daycare attendance, exposure to second-hand smoke, and genetic predisposition further elevate their risk. These infections can result in temporary hearing loss and delayed speech development due to fluid buildup behind the eardrum.

Chiropractic care addresses these issues by promoting proper spinal alignment, enhancing nerve function, and supporting the immune system. A study published in the Journal of Manipulative and Physiological Therapeutics demonstrated that chiropractic adjustments improved immune system markers, aiding the body's response to infection. These adjustments may also relieve pressure on the lymphatic system, which is crucial in clearing infections (1).

Complementary strategies can further reduce the frequency of infections. Xylitol, a natural sweetener found in berries, has been shown to lower the occurrence of ear infections by enhancing ear drainage. Probiotics also contribute by fostering a healthy microbiome, which strengthens immune defense and reduces the need for antibiotics. Environmental changes, such as avoiding second-hand smoke and ensuring adequate vitamin D intake, are effective preventive measures.

Dietary modifications offer additional benefits. Studies reveal that children with food sensitivities are more likely to experience recurring ear infections. Introducing anti-inflammatory foods like fresh fruits, vegetables, and omega-3 fatty acids can help reduce inflammation and support overall immune function.

Combined with these natural strategies, chiropractic care provides families a non-invasive, drug-free solution to recurring ear infections. By enhancing the body's natural defenses and addressing contributing factors, this approach helps children recover faster. It reduces the long-term risks of hearing and speech issues associated with frequent infections.



CHIROPRACTIC & HEART HEALTH: A NATURAL CONNECTION

Heart disease remains the leading cause of death in the United States, claiming nearly 700,000 lives each year. Millions of people also face high blood pressure, a major contributor to cardiovascular issues. While medications and lifestyle changes are common approaches, research increasingly supports chiropractic care as an effective, natural method for improving heart health and overall wellness.

A notable University of Chicago Medical Center study demonstrated significant cardiovascular benefits from upper cervical chiropractic adjustments. Patients in the study experienced reductions of 14 points in systolic blood pressure and 8 points in diastolic pressure—changes comparable to taking two medications simultaneously. These adjustments also improved heart rate variability and decreased inflammation, which are key factors in maintaining heart health (2).

The link between spinal alignment and heart function lies in the autonomic nervous system, which regulates heart rate, blood pressure, and other critical processes. The vagus nerve, a central pathway in this system, plays a significant role in maintaining cardiovascular balance. Misalignments in the cervical spine, particularly in the Atlas vertebra, can disrupt these pathways, contributing to heart-related issues. By correcting these misalignments, chiropractic care helps restore proper communication between the brain and body.

Some key physical benefits of chiropractic care for heart health include:

- Significant blood pressure reductions.
- Improved blood circulation through corrected spinal alignment.
- Decreased inflammation in arteries and veins, reducing strain on the heart.
- Enhanced heart rate variability, reflecting better autonomic balance.

Chiropractic care also supports emotional health. Spinal adjustments stimulate the release of hormones like oxytocin, which promotes relaxation and emotional stability. Chiropractic adjustments help reduce stress, improve sleep, and enhance mental clarity by targeting the nervous system. Patients often report feeling more emotionally balanced and better equipped to handle daily challenges after regular care.

Research shows that proper spinal alignment can reduce strain on the heart by improving blood flow to the brain and regulating the nervous system. This natural approach addresses physical health and fosters emotional well-being, offering a unique path for individuals managing cardiovascular conditions.

With mounting evidence connecting spinal health to cardiovascular function, chiropractic care is a valuable addition to heart health management. By addressing the root causes of nervous system imbalances, chiropractic adjustments provide a natural and effective way to support long-term heart health.

HOW ESSENTIAL OILS CAN “SPICE” UP YOUR VALENTINES DAY

Valentine’s Day is all about romance, connection, and creating an atmosphere that makes your loved one feel special. Whether planning a cozy night in or a grand romantic gesture, essential oils can add a spark to your celebration. From setting the mood to creating luxurious DIY gifts, here’s how to use essential oils to spice up your Valentine’s Day!

Set the Mood with Sensual Scents

Scent has a powerful effect on emotions and memory, making essential oils the perfect way to create a romantic ambiance. Try diffusing ylang-ylang, jasmine, or sandalwood to fill the air with an alluring aroma. These oils are known for their aphrodisiac properties and can help create a warm, inviting space for connection.

For a fun twist, blend orange and cinnamon essential oils to add a cozy, spicy-sweet aroma that ignites passion and energy.

Just a few drops in a diffuser or a simmer pot on the stove will set the stage for a night to remember!



Indulge in a Romantic Massage

What’s more intimate than a soothing massage? Create your Valentine’s Day massage oil by mixing sweet almond oil with a few drops of lavender, rose, and sandalwood essential oils. This blend smells divine and helps relieve tension and promote relaxation. Light some candles, make soft music, and give your partner (or yourself!) a little extra TLC.

Creating Luxurious DIY Gifts

Store-bought gifts are great, but handmade gifts carry an extra touch of love. Whip up a simple essential oil-infused sugar scrub using coconut oil, sugar, and a few drops of vanilla and rose essential oils. It’s the perfect way to exfoliate and soften skin while enjoying a spa-like experience at home.

Another idea? Make a romantic essential oil perfume by blending jasmine, bergamot, and patchouli with jojoba oil in a small roller bottle. This personal touch will make your Valentine feel extra special.

Whether you are planning a night of relaxation, adventure, or heartfelt connection, these natural scents will add an extra touch of love to your celebration! ❤️

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 six-year-old boy with a three-year history of cyclic vomiting syndrome (3). Despite consultations with his pediatrician, gastroenterologist, and pediatric neurologist, as well as multiple drug interventions, no improvement was observed.

The patient received a single full-spine adjustment using the Diversified technique and was recommended for oral probiotics. Following the adjustment, he experienced one mild episode of vomiting, after which his symptoms fully resolved. At his five-month follow-up, he remained symptom-free.



HUMOR

How do chiropractors stay so calm?
They always keep their spine in line!

Why did the chiropractor get promoted?
They really knew how to straighten things out!

Why did the chiropractor bring a camera to work?
They wanted to focus on alignment!

What’s a chiropractor’s favorite movie genre?
Action films—because they love all the twists and turns!

DID YOU KNOW?

- Around 145 million Valentine's Day cards are exchanged yearly in the U.S. alone!
- Teachers receive the most Valentine's Day cards, followed by children, mothers, and wives.
- Red roses symbolize love and passion because they were the favorite flower of Venus, the Roman goddess of love.
- Richard Cadbury introduced the first heart-shaped box of chocolates in the 1860s!



REFERENCES

1. Froehle, R. M. (1996). Ear infections: A retrospective study examining improvement from chiropractic care and analyzing ear infection incidence reduction. *Journal of Manipulative and Physiological Therapeutics*, 19(3), 169-177.
2. Bakris, G., Dickholtz, M., et al. (2007). Atlas vertebra realignment and achievement of arterial pressure goal in hypertensive patients. *Journal of Human Hypertension*, 21(5), 347-352.
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