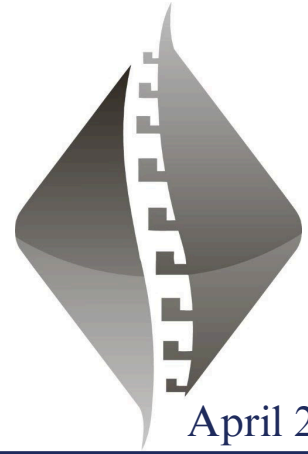


VAN DAM CHIROPRACTIC

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CHIROPRACTIC MYTHS: FACT OR FICTION

When people think of chiropractic, they often picture loud cracks, twisted bodies, and quick fixes for back pain. These images, shaped by movies, television, and secondhand stories, tend to miss the mark. Many of the most common beliefs about chiropractic care are based on outdated assumptions or misunderstandings that don't reflect the real experience.

One widespread belief is that chiropractic is only useful for back pain. While many find relief in that area, chiropractic care focuses on how the spine affects the nervous system. When the spine is misaligned or not moving well, it can interfere with how nerves communicate with the rest of the body. That interference can show up in many ways—poor sleep, low energy, digestive issues, or trouble focusing. Many patients have shared that after starting care, they noticed unexpected improvements beyond what they originally came in for. Chiropractic doesn't cure or treat specific conditions—it helps the body work better.

Safety is another area where myths often take hold. A common concern is spinal adjustments, especially to the neck, are dangerous. It's an understandable fear, especially when stories are shared without context. However, research shows the risk of serious complications from a chiropractic neck adjustment is extremely low. According to the Journal of Manipulative and Physiological Therapeutics, the risk is about the same as having one's hair washed at a salon.⁽¹⁾ Most people find adjustments to be gentle, precise, and relieving.

Then there's the idea that chiropractic is "cracking backs." This oversimplifies a highly skilled and thoughtful process. Chiropractors use a wide range of techniques. Some involve a quick, light thrust; others use hand-held instruments; still others include positioning the body in a way that allows natural correction. The goal is not force—it's precision. A good chiropractor observes subtle patterns, listens to the body, and adjusts with intent to reduce nerve interference so the body can respond more efficiently.

Another common myth is that once someone starts seeing a chiropractor, they're locked in for life. People often hear this and assume it's a sales tactic. The truth is that ongoing care is entirely voluntary. Many people choose to continue because they feel a difference in their daily lives—more energy, less stiffness, better digestion, or improved mood.

Just like regular exercise or healthy eating, chiropractic care is something people often want to keep up with because it helps them feel and function.



Some also question whether chiropractors are "real" doctors. The answer is yes—they are trained extensively in anatomy, physiology, neurology, radiology, and diagnosis. Chiropractic education includes thousands of classroom and clinical hours, plus national board exams. While their approach differs from medical doctors, their education is demanding and science-based.

Many people who once believed these myths had changed their minds after experiencing care themselves. They come in uncertain and leave feeling more connected to their bodies. It's often not about what gets fixed but how much better life starts to feel when the nervous system can do its job



CHIROPRACTIC CARE AND THE AFFECTS ON DIGESTION, IMMUNITY AND HORMONES

Most people don't think about their spine when dealing with digestive issues, fatigue, or hormone imbalances. But the spine does far more than support the body's structure—it's the main channel through which the nervous system sends signals. When that communication breaks down, a range of problems can appear: slowed digestion, weakened immune response, and hormone irregularities.

One patient—a young woman—originally came in for back discomfort. Over time, without changing her diet or routine, she noticed her digestion improved. Bloating disappeared, stomach aches subsided, and she felt more energetic. The only shift in her life was regular chiropractic adjustments. Her experience reflects what many have found: when nervous system function is restored, the body begins to regulate itself more efficiently.

The nervous system influences everything from intestinal movement to immune system readiness to hormone release. Spinal misalignments, known in chiropractic as subluxations, can interfere with these vital signals. They don't always cause pain but disrupt how the body works. With gentle adjustments, chiropractors aim to restore that flow, allowing the body to function as intended.(2)

Another example involved a father of three who constantly battled colds and sinus congestion. After a few months of chiropractic care, he noticed he wasn't getting sick—even when his kids brought home the usual school-time bugs. His immune system seemed to be working more effectively. That shift wasn't about boosting anything artificially but clearing the nervous system so it could do its job without interference.

Hormonal changes are often mentioned, too. Some women report a more regular menstrual cycle after beginning care. Others say they sleep better, feel calmer, or experience more emotional balance. These aren't promises—they're observations from people who notice what happens when their bodies start communicating better.

People often come in expecting one thing to improve and are surprised when something else shifts, too. It's not a coincidence. The body is connected in ways that aren't always obvious, and removing pressure from the nervous system can have a ripple effect on digestion, immunity, and hormone balance.

The body is built to heal and self-regulate. Chiropractic care doesn't add anything new to the system; it simply helps remove what's getting in the way.

WHY EVERY PREGNANT WOMAN SHOULD SEE A DOCTOR

During pregnancy, many women have trouble sleeping, pressure in the hips, and occasional sciatica that can make everyday movement uncomfortable. Some discover that visiting a chiropractor brings significant relief. One mother described how, after a few visits, her body felt more balanced, her discomfort eased, and her sleep improved. She noticed she could breathe more deeply and move more freely, even late in the third trimester.

As the baby grows, posture shifts, ligaments loosen, and the spine compensates. These changes are part of the body's natural preparation for birth, but they can also create stress in the spine and nervous system. Chiropractic adjustments help reduce that stress, allowing the body to adapt more comfortably.

Pregnant women often report feeling more centered and stable after an adjustment. Many say their hips feel better aligned, and their belly carries more evenly. Others notice improved sleep, fewer aches, and a stronger sense of connection to their changing bodies. Rather than focusing only on relief from discomfort, chiropractic care supports the body's ability to function well throughout pregnancy.

A key benefit is the support chiropractic provides to the nervous system. The spine protects the communication pathways between the brain and the body. The function can be affected when these pathways are irritated or under pressure. By gently adjusting the spine, chiropractors help restore proper communication, which may improve digestion, energy levels, and overall ease.

Some women also find that regular care encourages better fetal positioning. One mother shared that her baby had settled heavily on one side in her third trimester. After a few targeted adjustments, the baby shifted and remained more balanced. She described the change as feeling "lighter," as if her body had made space where needed.

Research supports these experiences. A 2007 review published in the *Journal of Manipulative and Physiological Therapeutics* found that chiropractic care during pregnancy may reduce back pain, improve overall comfort, and even lessen the need for pain medications during labor (3).



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Chiropractic care during pregnancy isn't only about addressing discomfort—it's about helping the body work the way it was designed to. As the body makes room for new life, chiropractic can support that process by keeping the spine and nervous system clear and responsive.

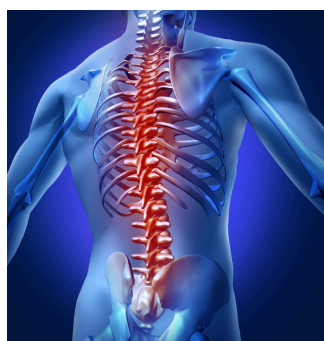
Every pregnant woman deserves to feel strong, supported, and in tune with her body. Gentle, thoughtful adjustments can make a meaningful difference in how a woman experiences her pregnancy and prepares for birth. For many, that difference is not just physical but deeply reassuring.

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 **35-year-old woman** with a rare condition that causes muscle weakness (called spinal muscular atrophy) was suffering from painful jaw problems that made it hard to eat and speak. Because her body was already physically weak, regular medical or dental treatments weren't ideal.

She went to a chiropractor, who used gentle hands-on treatments, soft tissue work (like massage), and specific exercises to help relax and strengthen the muscles around her jaw.

After a short course of care, her jaw pain got much better and her ability to open and move her mouth improved. This case showed that even people with complicated health issues can benefit from personalized, gentle chiropractic care.(4)



A **35-year-old pregnant woman** developed back and pelvic pain in the later stages of her pregnancy. The pain was strong enough to interfere with her sleep and daily activities.

Rather than taking medication (which can be risky during pregnancy), she visited a chiropractor. She received gentle spinal adjustments, soft tissue therapy, and simple home exercises designed for pregnancy. She was also given tips for better posture and movement during her day.

After six weeks of care, the pain dropped dramatically, and she was able to sleep better and move more comfortably. This case highlighted that chiropractic care can be a safe and natural option for pregnant women dealing with back or pelvic pain.(5)



DID YOU KNOW?

- Flowers aren't the only things that bloom in spring—so do babies! Studies show more babies are conceived in spring than in any other season.
- Birds sing louder in spring. This isn't just your imagination—many birds become more vocal in spring to attract mates and mark territory.

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