

VAN DAM CHIROPRACTIC

Dr. *Scott A.* VAN DAM



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

WHY CHIROPRACTIC WORKS

Chiropractic began with a simple yet profound discovery by D.D. Palmer in 1895. He found that restoring movement to a misaligned vertebra in a deaf man's spine improved his hearing. This observation led him to develop the understanding that the nervous system controls every function of the body and that interference along the spine can affect overall well-being (1).

The spine is more than a stack of bones; it protects the spinal cord, which acts as the body's electrical wiring. When a vertebra shifts out of place, even slightly, it can cause nerve irritation. These interferences, which Palmer called subluxations, can disrupt communication between the brain and the rest of the body. By addressing these shifts, chiropractors aim to help the body work as it was designed.

The Nervous System's Role in Health

Every function in the body, from digestion to breathing, depends on the nervous system. The brain sends signals down the spinal cord and through nerves to coordinate movement, immune responses, and emotions. If these signals are blocked or distorted by spinal misalignments, problems can arise.

Many people think of the spine in relation to posture or back discomfort, but its influence extends far beyond that. A misaligned vertebra may affect nerves connected to digestion, breathing, or muscle function. Since the nervous system oversees many processes, interference in one area can lead to effects elsewhere in the body.

The Body's Ability to Self-Heal

D.D. Palmer described chiropractic as working with the body's natural ability to heal rather than forcing change through external means. Health comes from within, and when the body is free from interference, it maintains itself as it was designed to (1).



This idea is simple but powerful: the body is built to heal itself. A cut on the skin closes on its own. A broken bone mends without outside intervention provided the body has what it needs. Chiropractic does not heal—it removes obstacles that prevent the body from working correctly.

Changes That Happen After Spinal Adjustments

People often notice improvements in energy, mobility, and comfort after receiving chiropractic care. Some experience better digestion, clearer thinking, improved sleep, and even enhanced immune function. These changes aren't coincidences. When nerve interference is reduced, the body operates more efficiently.

One common example is the way chiropractic helps infants and children. Many parents bring their newborns to a chiropractor because of colic, feeding difficulties, or trouble sleeping. Birth can be physically demanding, and small misalignments in the spine may contribute to discomfort. By gently adjusting the spine, chiropractors help restore normal nerve function, leading to improvements in well-being. Athletes also rely on chiropractic to improve performance. When the spine moves properly, muscles coordinate better, reaction times improve, and endurance increases. Many top athletes see chiropractic as essential, not just for recovery but for achieving peak performance.

Chiropractic Respects the Body's Natural Design

Unlike approaches that attempt to mask symptoms, chiropractic works with the body's structure and function. Instead of forcing change, it restores normal movement and alignment, allowing the body to express health naturally.

D.D. Palmer understood that the body is self-regulating. A properly aligned spine reduces stress on the nervous system, allowing the body to function at its highest level. Many people experience noticeable improvements, not because something was "fixed," but because interference was removed, letting the body work as it was meant to.

Palmer's discovery over a century ago was just the beginning of a deeper understanding of how the nervous system controls health. The body's wisdom is already present—chiropractic removes the obstacles that get in its way.

CHIROPRACTIC & BETTER SLEEP

A good night's sleep can make all the difference. Waking up refreshed and feeling light and energized isn't just about having the right mattress or bedtime routine. The nervous system plays a key role, and chiropractic care has long been associated with helping the body function as it should—including during rest.



People who struggle with restlessness, tossing and turning, or waking up feeling stiff often find that their spine holds the answer. The body relies on clear communication between the brain and every system that keeps it running. Signals can't travel properly when there's interference—whether from poor posture, stress, or misalignments. This affects more than just comfort; it influences how deeply and peacefully a person sleeps.

It's common to hear from those under regular chiropractic care that they fall asleep faster and wake up less throughout the night. There's a simple reason for this. When the spine is aligned, unnecessary tension eases, and the nervous system shifts away from a state of stress. Many people live with tightness and hardly notice until it's gone. Their shoulders, neck, and lower back relax, allowing the body to settle naturally into rest.

The Nervous System's Role in Sleep

The connection between spinal health and sleep isn't just anecdotal. Research published in *Brain Sciences* observed significant improvements in light sleep stages among participants receiving chiropractic adjustments over four weeks. These participants also reported enhanced overall quality of life, with notable reductions in anxiety, depression, fatigue, and pain. The study suggests that the health benefits of chiropractic care may be due to altered brain activity, supporting the idea that spinal alignment can ease tension and encourage better sleep (2).

Stress is another factor that affects sleep quality. Many who experience frequent waking during the night or have difficulty falling asleep are unknowingly caught in a cycle of nervous system overstimulation. Chiropractic care is known to support the body's ability to transition from a heightened state of alertness to relaxation. As the nervous system finds balance, the body becomes more receptive to the natural sleep cycle. This is why those receiving regular care often describe feeling more rested, even if the total number of hours slept does not change.

Better sleep isn't just about feeling well-rested. Sleep is when the body repairs itself, restores energy, and processes information from the day. Poor sleep can contribute to brain fog, irritability, and reduced immune function. By improving nervous system function, chiropractic care may help people sleep more soundly and wake up feeling clearer and more focused. Over time, consistent rest can have long-term benefits for physical and mental well-being.

Light pressure, gentle care, and attention to the body's natural structure often lead to noticeable differences. Some notice it right away, others over time. Either way, sleep improves when the body isn't working against itself.

ESSENTIAL OILS AND DIGESTIVE HEALTH

Peppermint Oil: Cooling Relief for Digestion

Peppermint oil is known for its refreshing scent and cooling effect. When diluted and massaged onto the abdomen, it can help relax the digestive tract muscles, making it useful for bloating and cramping. Many people also inhale peppermint oil to ease nausea, especially during travel or after eating a heavy meal. Research suggests that peppermint may support gastrointestinal comfort, with a study by McKay and Blumberg (2006) highlighting its potential benefits (3).

Ginger Oil: Warming Comfort for the Stomach

Ginger has long been used to settle the stomach, and its essential oil offers similar benefits in a concentrated form. When mixed with a carrier oil and applied to the abdomen, ginger oil provides a warming sensation that can encourage smoother digestion. Some prefer to add a small drop to warm tea or water, mimicking the traditional use of ginger root for digestive support. This oil is often chosen for its ability to ease queasiness and promote overall stomach comfort.

Fennel Oil: Supporting Gut Function

Fennel oil, with its naturally sweet and earthy scent, is often used when digestion feels sluggish. It can be diluted and rubbed onto the abdomen to encourage digestive ease. Fennel seeds have been chewed after meals for centuries, and their essential oil provides a concentrated form of the same beneficial compounds. Many find fennel oil helpful in maintaining regular digestion and soothing occasional bloating.

Using Essential Oils Safely

With essential oils, a little goes a long way. Proper dilution is key, as applying them directly to the skin without a carrier oil may cause irritation. High-quality, pure oils offer the best experience, whether applied topically, inhaled, or used in appropriate amounts in warm liquids.

A Natural Way to Soothe Digestion

Essential oils like peppermint, ginger, and fennel offer a simple and effective option for those seeking natural digestive support. These plant-based solutions have stood the test of time, whether easing bloating, reducing nausea, or promoting gut comfort.



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.



Linda, a 55-year-old schoolteacher, struggled with severe low back pain that made it difficult to stand in front of her class. Painkillers provided little relief, and her orthopedic doctor suggested surgery.

Looking for alternatives, she tried chiropractic care.

Her chiropractor discovered a pelvic misalignment, likely from years of poor posture. After just a few sessions, Linda felt significant relief, and after three months of treatment, she was able to teach pain-free for the first time in years. She even canceled her surgery, making her skeptical orthopedic surgeon admit, “Whatever you’re doing, it’s working.”(4)



Tom, a 35-year-old firefighter, frequently battled colds and sinus infections due to his demanding job.

Skeptical but willing, he joined a chiropractic study. After months of adjustments, he noticed fewer illnesses, milder allergies, and more energy.



One night, after a major fire, he realized he hadn’t been sick in months. Lab tests confirmed improved immune markers, reinforcing his belief in chiropractic care’s benefits.(5)

DID YOU KNOW?

- The first St. Patrick’s Day parade didn’t happen in Ireland—it was held in New York City in 1762 by Irish soldiers in the British army.
- More than 13 million pints of Guinness are consumed worldwide on St. Patrick’s Day, making it one of the biggest beer-drinking holidays.



HAPPY FIRST DAY OF SPRING!

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