

# VAN DAM CHIROPRACTIC

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June 2025

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## SCIATICA AND LOWER BACK PAIN RELIEF: A HANDS-ON APPROACH

### When pain takes over daily life.

It started with a twinge—just a nagging ache after sitting too long. Then came the shooting pain down the leg, the numb toes, the sleepless nights trying to find a position that didn't feel like a jolt of electricity. This is how sciatica creeps in for many people, often paired with relentless lower back pain that disrupts even the most basic daily routines.

This type of discomfort is one of the top reasons people walk into a chiropractor's office. It's not just a sore back—it's pain that radiates, tightens, and limits movement. Sometimes it begins after lifting something heavy or twisting the wrong way. At other times, it develops slowly, often associated with poor posture or prolonged periods spent sitting at a desk. Either way, the nerves are irritated, and the body doesn't let you forget it.

### How Chiropractic Adjustments Help

Chiropractic care addresses this issue by focusing on the structure of the spine. When the vertebrae are misaligned or joints aren't moving the way they should, nearby nerves, like the sciatic nerve, can get pinched or inflamed. Through specific spinal adjustments, chiropractors help restore natural alignment and mobility, which can alleviate pressure on the nerves and ease pain.

For many patients, this means more than just relief; it means getting back to walking the dog, gardening, working, or simply being able to tie their shoes without wincing. In some cases, people notice changes after the first visit, while others experience steady improvement over several sessions. What matters most is that the body is given the opportunity to heal without drugs or invasive procedures.

One patient, a 42-year-old graphic designer, had tried everything from heat packs to over-the-counter pills. Nothing worked until he visited a chiropractor who specialized in gentle adjustments and guided him through simple stretches.

"I thought I'd have to live with this forever," he said. "I was shocked how quickly things started to turn around."



Chiropractors may also

recommend exercises, posture tips, or ergonomic adjustments for use at home or in the workplace. These small shifts can make a big difference in preventing future flare-ups. The goal isn't just to ease the current pain but to help the body stay strong and aligned moving forward.

It's worth noting that clinical studies support this hands-on care. A review in the *European Spine Journal* found that spinal manipulation was more effective than exercise alone or medical care for sciatica relief and improving function [2]. No one should have to tough it out or mask the pain with temporary fixes. With the right chiropractic care, lasting relief is possible—and life doesn't have to be lived from the sidelines.



## STAY COOL AND BALANCED: ESSENTIAL OILS FOR JUNE WELLNESS

As June brings in the warmth of summer, longer days, and outdoor adventures, essential oils become valuable allies in staying refreshed, protected, and balanced. Whether you're heading to the beach, tending to your garden, or simply trying to beat the heat, these natural oils can enhance your well-being throughout the season.

### 1. Peppermint Oil

A go-to for cooling relief, peppermint essential oil helps combat heat exhaustion and mental fatigue. Add a few drops to a spray bottle with water and mist your face or neck for an instant cooling effect. Its invigorating aroma can also support energy and focus during hot, sluggish days.

### 2. Lavender Oil

Known for its calming properties, lavender is ideal for soothing sun-exposed skin, bug bites, or mild irritations from outdoor activities. Blend it with aloe vera gel for a gentle after-sun treatment or use it in a diffuser to ease stress and promote restful sleep.

### 3. Citronella and Lemongrass Oils

Keep mosquitoes and other pests at bay with these natural repellents. Use them in outdoor diffusers, homemade sprays, or diluted in carrier oils for skin application before heading outside.

### 4. Eucalyptus Oil

This refreshing oil supports clear breathing, especially when early summer pollen triggers allergies. Diffuse it indoors or use it in steam inhalation for sinus relief.

### 5. Tea Tree Oil

With antifungal and antibacterial properties, tea tree oil is a staple for summer skin care. It's helpful for minor cuts, athlete's foot, or acne that flares up in humid weather.

**Tip:** Always dilute essential oils before applying to the skin and consult a professional if you're pregnant, nursing, or have health concerns.

Harness the power of essential oils this June to embrace summer with vitality, comfort, and natural protection.



## FEED YOUR BRAIN, FIGHT THE FIRE

Your brain isn't just along for the ride. It depends on what you eat, just as much as your muscles and joints do. If you've ever felt foggy after a sugar-heavy snack or struggled to focus during a fast-food slump, you've already experienced the brain-food connection firsthand. The good news? Swapping out inflammation-triggering foods for brain-loving alternatives can make a real difference.

### Everyday Brain-Boosting Foods

Omega-3 fats are some of your best allies here. Found in wild-caught salmon, sardines, and walnuts, they help keep brain cells working smoothly. They also help alleviate inflammation, which has been linked to cognitive issues such as memory loss and brain fatigue. Add a few servings a week, and you'll likely notice more clarity and better mood stability.

Turmeric is another simple upgrade. You can stir it into scrambled eggs, blend it into smoothies, or sprinkle it onto roasted vegetables. The active ingredient, curcumin, has been shown to support memory and reduce brain inflammation [1].

Berries belong in your regular rotation, too. Blueberries, blackberries, and raspberries are rich in antioxidants that help protect your brain from oxidative stress. That's science-speak for cellular wear and tear that messes with how your brain communicates. A handful of your morning oatmeal or mixed into a salad works wonders.

One easy win? Start your day with a brain-boosting smoothie: 1 cup of unsweetened almond milk, ½ banana, a handful of spinach, one tablespoon of ground flaxseed, ¼ cup of blueberries, and a pinch of turmeric. Blend and sip. Your brain will thank you.

### What to Avoid (and What to Add)

Leafy greens like kale and chard? They're loaded with folate and vitamin K, which have been linked to slower mental decline. Avocados provide healthy fats and vitamin E, both of which are known to support focus and memory.

Keeping your gut happy helps your brain, too. Your gut and brain are more closely connected than most people realize. Try adding fermented foods, such as sauerkraut or plain yogurt with live cultures, to your meals for a healthy boost. They boost your microbiome, which plays a surprising role in mental clarity.

The best part of eating this way? You're not following a strict plan or giving up everything you love. You're just giving your brain the fuel it prefers.



## 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.

**Cervical Radiculopathy:** A 61-year-old man with right-sided neck pain and arm numbness was diagnosed with cervical radiculopathy, confirmed by MRI showing a C5-C6 disc herniation. He received chiropractic care, including cervical adjustments and therapeutic exercises, over a 12-week period. The treatment resulted in significant pain relief, improved mobility, and restored limb strength, demonstrating the effectiveness of chiropractic care in managing cervical radiculopathy. [2]



**A 42-year-old male presented with chronic migraines and neck pain**, conditions he associated with poor posture. After undergoing chiropractic care, he reported significant improvements in both migraine frequency and neck discomfort. The treatment focused on spinal adjustments aimed at correcting postural misalignments, particularly forward head posture, which is often linked to chronic headaches. This case underscores the potential effectiveness of chiropractic interventions in addressing posture-related headache disorders. [3]



**Why did the student eat his homework?**

Because the teacher said it was a piece of cake.

**What's orange and sounds like a parrot?**

A carrot.

**What kind of tree fits in your hand?**

A palm tree.

**Why did the bicycle fall over?**

It was two-tired.

**Van Dam Chiropractic** would like to thank you for the 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 your name down as the referral, **Dr. Van Dam** will send you 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!

## REFERENCES

1. Small, G.W., Siddarth, P., & Merrill, D.A. (2020). Memory and Brain Amyloid and Tau Effects of a Bioavailable Form of Curcumin in Non-Demented Adults: A Double-Blind, Placebo-Controlled 18-Month Trial. *American Journal of Geriatric Psychiatry*, 26(3), 266-277.
2. 1. Kumar N, Krishna S, Shenoy R. *BMJ Case Rep*. 2014;2014:bcr2013200546. doi:10.1136/bcr-2013-200546
3. Hassan F, Postlethwaite R, McIvor C. Improvement in migraines and chronic neck pain in a 42-year-old male under chiropractic care: A Case Report. *Asia-Pacific Chiropractic Journal*. 2021