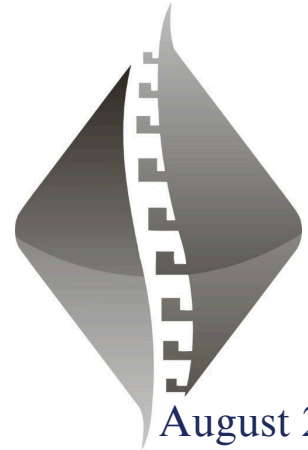


VAN DAM CHIROPRACTIC

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WHAT HAPPENS DURING A CHIROPRACTIC ADJUSTMENT?

People often have questions about what actually happens when they see a chiropractor. Some imagine loud cracking or twisting. Others expect something much gentler. The reality is usually somewhere in the middle, targeted, intentional, and focused on improving the body's function by correcting subluxations.

A subluxation occurs when a spinal bone shifts out of its normal alignment, interfering with the way the nervous system functions. Chiropractors examine these areas by palpating the spine, checking for swelling, tension, or restricted motion. They may also ask about symptoms or use other tests to locate where the nerve interference is happening.

Once a subluxation is identified, the chiropractor will use their hands or, occasionally, a small instrument to apply a precise and gentle force to the affected area of the spine. The goal is to restore normal alignment and allow the nerves to function without interference. This isn't about cracking bones or making noise; it's about helping the nervous system work more effectively. In fact, research indicates that adjustments can enhance spinal function and alleviate pain by restoring proper motion and nerve flow (1).

What It Feels Like and What to Expect

Some people hear a pop during the adjustment. That sound is just gas being released from the joint as the pressure changes. It's not necessary for a successful

correction. Others don't hear anything, but still feel better, lighter, looser, clearer. Reactions vary. Some feel immediate relief. Others notice changes over the next day or two. It's also common to feel a little sore, like after working muscles you haven't used in a while. Chiropractors may adjust one area or several, depending on their findings. They don't take a one-size-fits-all approach. Each person's body and nervous system respond differently, so adjustments are customized for each visit. Some days call for a firm correction. Other days, a lighter touch is all that's needed.

Styles also vary. Some chiropractors use traditional hands-on techniques. Others may use an adjusting instrument, a drop table, or very light contacts to correct subluxations. Regardless of the approach, the goal remains the same: to restore alignment, reduce nerve interference, and enhance the body's functioning.

People often leave feeling more balanced, calmer, and more connected. Regular adjustments can support the body's ability to self-regulate, heal, and function optimally—without the need for drugs, surgery, or guesswork.

GET READY FOR...



THE VAGUS NERVE: WHY CHIROPRACTORS LOVE IT!

The vagus nerve might not get the same attention as the spine, but for many chiropractors, it's a favorite. It's long, winding, and carries messages between the brain and vital organs. It affects breathing, digestion, heart rhythm, immunity, and even how calm or anxious someone feels.

It begins in the brainstem and weaves its way through the neck and chest, down into the belly. Along the way, it connects with the lungs, heart, and gut. It's part of the parasympathetic nervous system, the "rest and digest" side of things. When it's functioning correctly, the body can relax, repair, and feel at ease. When it's not, people may feel edgy, experience gut issues, or find themselves stuck in a state of stress.

From the Spine to the Gut

There's a real relationship between spinal alignment and how the vagus nerve behaves. Misalignments in the spine—especially in the upper neck—can irritate the nerve or interfere with how it functions. This is one reason many patients notice improvements in digestion, mood, or sleep after chiropractic care. They often describe it as "feeling lighter," "calmer," or "like I can breathe again."

One chiropractor shared a story about a patient who came in for neck pain but left surprised to find that their heart palpitations had subsided after a few visits. Another had a long-time client with constipation who noticed more regularity and less bloating after addressing tension in the mid-back and pelvis.



These kinds of changes aren't just a coincidence. The vagus nerve regulates the movement of the digestive tract and the production of stomach acid. It also plays a significant role in reducing inflammation in the body, which affects the immune system and mood regulation.

Chiropractic's Role

Supporting the vagus nerve doesn't always mean direct contact. Gentle adjustments that help realign the spine and alleviate pressure on the nervous system can give the vagus nerve the freedom it needs to function properly. Some chiropractors also use cranial work, light touch techniques, or specific neck protocols to support vagal tone.

Vagal tone is a measure of how active and responsive the nerve is. Higher tone is generally a good thing. It means the body can shift into a relaxed state more easily. Lower tone, on the other hand, often shows up in people dealing with anxiety, poor sleep, IBS, or burnout.

Research indicates that stimulating the vagus nerve—whether through breathing exercises, cold exposure, or chiropractic adjustments—can help lower inflammation and support mental health (2).

This is why many chiropractors become excited when the vagus nerve is discussed. It's not just a nerve. It's a lifeline running from brain to body, helping everything stay in sync.

WHY KIDS NEED CHIROPRACTIC, TOO!

From First Steps to Soccer Fields

Real Stories, Real Benefits

Emily was six weeks old when she began screaming every night. Her parents tried various feeding changes, including rocking, using white noise, and taking stroller rides at 2 AM. Nothing worked. A friend suggested a chiropractor. After a gentle adjustment, Emily slept through the night for the first time. Her parents were shocked. She continued care, and her colic vanished.

Tyler, age 9, had frequent falls while learning to skateboard. He didn't complain of pain, but his posture shifted, and he began dragging one foot. His chiropractor found a slight imbalance in his pelvis. A few adjustments, and Tyler's coordination returned. No more dragging. No more frequent falls.

Stories like these aren't rare. Chiropractors who see kids often hear, "We didn't know this could help children."

Why See a Chiropractor So Young?

Birth can be complicated on a baby's body. Even in a smooth delivery, the pressure on a newborn's neck and spine can cause subtle misalignments. These can impact sleep, digestion, and overall well-being. As kids grow, they take hundreds of tumbles learning to crawl, walk, ride bikes, or just run across the backyard. While many recover quickly, some falls jar the spine and nervous system enough to cause lasting effects.

Older children face different stress. Backpacks, slouching over screens, and sports add strain to growing bodies. Minor injuries from soccer or gymnastics can go unnoticed but still affect alignment and nerve function.



Chiropractors use very gentle adjustments tailored to a child's age and size. A newborn's spine is adjusted with light fingertip pressure. For older children, care is still specific and gentle. It's not about force; it's about restoring proper movement and nerve communication.

Safety is often the first question parents ask. A study published in the Journal of Manipulative and Physiological Therapeutics reviewed thousands of pediatric visits and found chiropractic care for children to be highly safe, with rare and minor side effects, such as temporary soreness or fussiness after care (3).

Common Questions from Parents

· Is it painful?

No. Most kids giggle, relax, or even fall asleep during an adjustment.

· How do I know if my child needs care?

Signs can include poor sleep, uneven crawling, head tilts, frequent falling, or just seeming "off." However, many parents bring their kids in for preventive care.

· What's the goal?

To help a child's body work better by keeping the spine and nervous system free of interference.

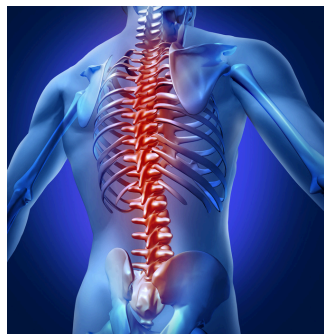
Chiropractic for kids isn't just for problems; it helps keep them moving, growing, and thriving.

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.



Migraines & Neck/Back Pain Resolution. A 23-year-old woman with a ten-year history of chronic migraines, neck pain, and low-back pain received diversified, Thompson, and Grostic upper-cervical adjustments. Over time, migraines and musculoskeletal symptoms resolved, and medications were discontinued.(4)

Chronic Muscle Spasms & Headaches. A patient with chronic muscle spasms, neck pain, and headaches received spinal manipulation guided by palpatory tenderness. Post-care, the patient reported substantial symptom relief—suggesting chiropractic manipulation may provide anti-nociceptive effects. (5)

WORDS OF WISDOM

"Ah, summer, what power you have to make us suffer and like it."

— Russell Baker

"What good is the warmth of summer, without the cold of winter to give it sweetness?"

— John Steinbeck

"Summertime is always the best of what might be."

— Charles Bowden

"Keep your face to the sun and you will never see the shadows."

— Helen Keller

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!

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