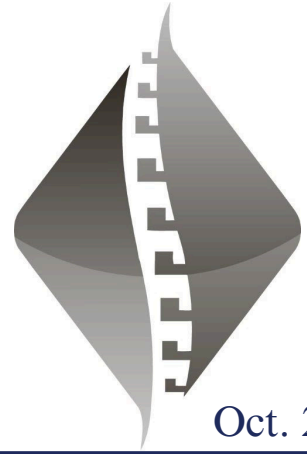


# VAN DAM CHIROPRACTIC

Dr. *Scott A.* VAN DAM



Oct. 2025

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

## WHY ATHLETES CHOOSE CHIROPRACTIC

Usain Bolt, the fastest man in the world, and Tiger Woods, one of the greatest golfers in history, have both credited chiropractic care for keeping their bodies in top form. They know that small improvements in coordination, flexibility, and recovery can make the difference between winning and losing. But the benefits these athletes enjoy are not reserved for those at the top of their sport.

Weekend runners, young athletes, and even dancers can benefit from the same care that keeps champions moving. Chiropractic is about keeping the nervous system clear and allowing the body to function at its best. When joints are moving correctly, muscles fire more efficiently, and reaction time improves. That is why athletes across disciplines return to chiropractic week after week.

### Performance and Recovery

Athletes push their bodies to the limit, and they need every system working together. Chiropractic care helps reduce interference in the nervous system, which in turn supports better muscle coordination and balance. Research has shown that regular care can improve reaction time and power output [1]. These are not abstract advantages; they translate directly into faster sprints, smoother jumps, and sharper cuts on the field.

Recovery is just as important. Micro-strains, fatigue, and soreness can slow down training schedules and cut into performance. Chiropractic care helps restore proper joint function, easing stress on muscles and ligaments so the body can recover more quickly. That means fewer days lost to stiffness or discomfort, and more days doing what people love.

### Everyday Athletes

It is not only professionals who rely on this kind of edge. The parent who plays in a weekend softball league, the high school soccer player, or the adult who enjoys dance classes can all see benefits. When the body is aligned, workouts feel smoother, endurance improves, and recovery takes less time. Minor tweaks that enhance performance in professionals can help

keep everyday athletes active and prevent setbacks. Athletes at every level want to move better, stay strong, and recover quickly. Chiropractic is one of the tools that makes that possible.

## DID YOU KNOW?

... the October full moon is called the Hunter's Moon

... October means "eight" in Latin, even though it's the tenth month?



What do you call a pumpkin that tells jokes?  
A pun-kin.

What's a scarecrow's favorite fruit?  
Straw-berries.

Why did the skeleton go to the harvest party alone?  
He had no body to go with.

## TRADITIONAL EATING

### The Role of Micro nutrients in Healing and Immunity

Many people assume their diet covers all the bases, yet quiet deficiencies often slip by unnoticed. Small but mighty nutrients like magnesium, zinc, vitamin D, and B12 have a direct influence on how well the body repairs itself and fends off illness. When they run low, the effects can show up as fatigue, slower recovery, or increased susceptibility to infections.

### Common Gaps in Modern Eating

Processed food, grab-and-go meals, and limited sun exposure make some deficiencies far more common today than most realize. Magnesium, for instance, is lost during the refining of grains, leaving much of the population short on this mineral. Zinc plays a key role in wound repair and immune defenses, yet intake is often below optimal levels, especially in those relying heavily on plant-based diets without careful planning. Vitamin D deficiency is widespread due to time spent indoors and sunscreen use. B12, critical for nerve health and red blood cell formation, is another nutrient that can be lacking, particularly among older adults and those avoiding animal products.

### Supporting the Body Through Nutrition

When these nutrients are restored, patients often notice subtle yet meaningful changes: more profound sleep, steadier energy, quicker recovery from colds, and improved overall resilience. Foods remain the best source—leafy greens, nuts, seeds, seafood, dairy, eggs, and quality meats provide a strong foundation. Yet modern patterns may not always meet demands. Blood testing can identify shortfalls, and in some cases, supplementation becomes a crucial option.

Chiropractic patients interested in maximizing their body's ability to heal naturally should pay close attention to these micronutrients. The spine and nervous system rely on them to maintain balance and function. Even a mild deficiency can ripple out, slowing recovery and weakening defenses against everyday stressors. Restoring proper intake can be a simple but powerful way to support adjustments and overall health(3).



## CAN CHIROPRACTIC HELP WITH PMS AND MENSTRUAL CRAMPS?

For many women, the days surrounding their monthly cycle can bring discomfort that interferes with work, family, and daily life. Cramps, bloating, irritability, and irregular timing are common complaints. Some women quietly accept this as “normal,” but it doesn’t have to be that way. A growing number have discovered that chiropractic care can make a real difference.

### The Connection Between the Spine and Hormones

The nervous system controls the body's hormonal signals, including those that regulate the menstrual cycle. If the spine is misaligned or under stress, communication between the brain and the reproductive organs may not flow smoothly. Gentle adjustments ease this tension, giving the nervous system a chance to function more effectively. Many women notice that their cycles become more regular, cramps lessen, and the intensity of PMS symptoms fades.

One patient described how her cramps were so intense that she had to miss school and later workdays. After beginning regular chiropractic visits, she noticed the pain was less intense, and she no longer needed to rely on over-the-counter medication to get through the week. Stories like hers are common in chiropractic offices.



### Relief Through Releasing Tension

The pelvis and lower spine are areas that carry physical and emotional strain. When the muscles and ligaments in this region are tight, blood flow can be restricted and discomfort amplified during menstruation. Adjustments that release this stress often bring a surprising sense of relief. Women frequently report that their posture feels easier, their lower back is less achy, and their cycles are less disruptive.

A study published in the Journal of Manipulative and Physiological Therapeutics found that women with primary dysmenorrhea (painful periods without underlying disease) experienced decreased pain intensity following chiropractic care (2). This research supports what many have already observed in practice.



### A Natural Approach

Chiropractic does not add anything artificial to the body. Instead, it works with the body's own ability to heal and regulate itself. By reducing nerve interference and pelvic tension, the body has a better chance to balance hormones naturally and ease the monthly burden. For women who prefer to avoid medications or who have not found relief elsewhere, this approach can be life-changing.

Many women are surprised to learn that menstrual health and spinal health are closely connected. They often come into the office for unrelated issues like headaches or back pain, only to find their cycles improve as a welcome side benefit. For others, seeking help for cramps is the main reason they walk through the door. Either way, their experiences highlight the body's remarkable ability to restore balance when given the right support.

## 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.



**Fibromyalgia in 34-Year-Old U.S. Veteran** - A 34-year-old U.S. veteran with fibromyalgia presented with widespread spinal pain affecting the cervical, thoracic, and lumbar regions, along with bilateral shoulder and hip discomfort and intermittent tingling in all four limbs. His condition significantly limited daily function and quality of life. An integrated care approach introduced a multimodal chiropractic management strategy, encompassing spinal adjustments, soft-tissue therapy, stretching, and exercise recommendations.

Throughout the course of care, the patient reported significant reductions in pain and improved functional capacity, enabling greater participation in daily activities. This case highlights the potential role of chiropractic care as part of a multidisciplinary strategy for managing complex chronic pain conditions such as fibromyalgia (4).



**Dowager's Hump in 40-Year-Old Woman** - A 40-year-old woman developed a pronounced thoracic kyphosis—commonly called a Dowager's hump—along with chronic neck and upper back pain. Her condition was linked to long-term forward head posture from excessive smartphone use. Examination confirmed hyperkyphosis and reduced cervical mobility.

Chiropractic care included spinal adjustments, postural correction, myofascial therapy, exercises, and ergonomic changes.

Over nine months of consistent treatment, the patient experienced complete pain relief and visible improvement in posture. Follow-up radiographs showed a significant reduction in the kyphotic curvature. This case suggests that multimodal chiropractic care can effectively manage postural deformities like Dowager's hump without surgery, especially when addressed early (5).

### WORDS OF WISDOM

- “Great things come from hard work and perseverance. No excuses.” — Kobe Bryant
- “If people knew how hard I worked to achieve my mastery, it wouldn't seem so wonderful after all.” — Michelangelo.

*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. Watanabe, E., Kuchta, K., Kimura, M., Rauwald, H. W., Kamei, T., & Imanishi, J. (2015). Effects of bergamot (Citrus bergamia) essential oil aromatherapy on mood states, parasympathetic nervous system activity, and salivary cortisol levels in healthy females. *Phytomedicine*, 22(12), 1060–1067.
2. Hondras, M. A., Long, C. R., Brennan, P. C. (1999). Spinal manipulation, medication, and pain relief for menstrual pain: a randomized, controlled trial. *Journal of Manipulative and Physiological Therapeutics*, 22(9), 582–585.
3. National Institutes of Health, Office of Dietary Supplements. “Dietary Supplement Fact Sheets.” <https://ods.od.nih.gov>
4. Hansen C, Hecimovich M. Multimodal Chiropractic Care of a Veteran With Fibromyalgia: Case Report. *J Chiropr Med*. 2022;21(2):96–101. doi:10.1016/j.jcm.2022.02.005.
5. Rocha-Romero E, López-Romero S, et al. Treatment of thoracic hyperkyphosis (Dowager's hump) through chiropractic care: a case report. *J Med Life*. 2023;16(4):559–565. <https://doi.org/10.25122/jml-2023-0026>