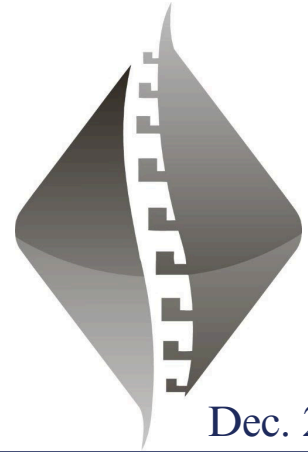


VAN DAM CHIROPRACTIC

Dr. *Scott A.* VAN DAM



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

EBV, FATIGUE, AND THE NERVOUS SYSTEM: WHAT PATIENTS SHOULD KNOW

When Energy Drops and Recovery Slows

Most adults have been exposed to Epstein-Barr Virus (EBV) at some point, often without knowing it. Some never feel more than a sore throat or a few days of tiredness. Others experience long stretches of low energy, foggy thinking, swollen glands, or a recovery process that feels unusually slow. This can appear long after the first exposure, which makes it hard to recognize.

Chiropractors often meet patients who feel worn out for reasons that do not seem clear. EBV is not always the main factor, but it can add strain to a system that is already tired. When someone is fighting to stay alert, keep up with work, or manage daily demands, the nervous and immune systems work harder than usual. Minor stressors feel bigger, and the body has a harder time bouncing back.(1)

How Chiropractic Helps Support the Body

Chiropractic does not address viruses directly. It supports the body's natural ability to regulate itself. When a person is recovering from fatigue or dealing with lingering symptoms, the nervous system plays a significant role in how well the body adapts. Stress patterns can tighten muscles, disrupt sleep, and drain energy, even when someone is trying to take good care of themselves.

Gentle chiropractic adjustments help calm the body and ease built-up tension. When stress is reduced, the body uses energy more efficiently. Many patients report better sleep, clearer thinking, or a sense that daily tasks feel less draining. Others notice that moving, stretching, or breathing deeply becomes easier. These are signs that the nervous system is shifting out of constant strain.

Lower-force techniques tend to work well for patients who feel worn down. The body responds more comfortably to input that is lighter when energy is limited. Over weeks of steady care, patients often regain some of their natural resilience. Morning fatigue

may ease, and they may feel more capable of handling small challenges without crashing afterward.

Supporting Recovery in Daily Life

Healing from EBV-related fatigue requires patience. Chiropractic care can help the nervous system stay steady, but daily choices also influence recovery. Short rest periods help prevent exhaustion. Drinking enough water and eating regular meals gives the body fuel. Light movement can lift mood and circulation without overwhelming the system.

Chiropractors often remind patients not to overdo it on better days. Pacing helps keep progress steady. The body usually responds best to consistent support and reasonable expectations.

EBV may be part of someone's health experience, but it does not have to control it. With time and the proper support, many people regain their energy and begin to feel like themselves again.



TRAVEL TIPS FOR A HEALTHY SPINE

Vacation should mean relaxation, not returning home with a stiff neck and aching back. Yet cramped airplane seats, long car rides, and unfamiliar beds can wreak havoc on the spine. A little preparation makes the difference between enjoying the trip and spending it hunting for a heating pad.

Before You Leave

Getting adjusted before a trip sets the body up for success. Travel puts unusual demands on the spine, from lifting heavy luggage to sitting in uncomfortable positions. Starting with proper alignment gives the body a better foundation to handle these stresses.

Packing strategically matters too. Use wheeled suitcases to avoid carrying heavy bags on one side, which throws off spinal balance. For carry-ons, backpacks distribute weight more evenly than messenger bags or purses.

Surviving Long Flights and Road Trips

Sitting for extended periods compresses the spine and tightens hip flexors, pulling on the lower back. On flights, choose aisle seats for more freedom to stand and stretch. Walk the aisle every hour to keep blood flowing and prevent muscles from locking up.

For car trips, adjust your seat to support the natural curve of your lower back, with knees slightly higher than hips. A rolled towel or lumbar cushion can fill gaps if needed. Stop every 90 minutes to two hours for a quick walk and stretch to prevent stiffness (2).

Neck pillows work well when used correctly—they should support the neck without pushing the head too far forward. On planes, leaning against the window with proper support beats letting your head bob forward for hours.

At Your Destination

Hotel beds rarely match home comfort. If the bed feels too soft, request a board under the mattress for more support. Bringing a pillowcase from home adds a familiar element that can improve sleep quality.

Beach chairs, museum benches, and restaurant seating all present challenges. Pay attention to posture throughout the day to prevent minor irritations from building into bigger problems. Sit up straight with feet flat on the ground and shoulders relaxed.

Coming Home

The spine takes a beating during travel, even with precautions. Schedule an adjustment shortly after returning to address any misalignment's that developed. This post-travel adjustment prevents minor issues from becoming chronic problems and helps the body recover faster.

Travel doesn't have to mean automatic back pain. With planning and awareness, you can explore new places without your spine paying the price.

HOW CHIROPRACTIC COMPLEMENTS YOUR OTHER WELLNESS PRACTICES

Many people who visit a chiropractor aren't just looking for relief from back pain. They're already doing yoga three times a week, seeing a massage therapist monthly, watching what they eat, and trying to stay active. They've built a wellness routine, and chiropractic care fits into that picture in a way that makes everything else work better.

The Nervous System Connection

The spine houses the nervous system, which controls virtually every function in the body. When vertebrae are misaligned, they can interfere with nerve signals traveling between the brain and the rest of the body. This interference doesn't just cause pain. It can affect digestion, sleep, immune function, and even how well muscles respond during exercise (3).

Getting adjusted helps remove that interference, allowing the nervous system to communicate more effectively. This creates a ripple effect throughout the body. A massage therapist might notice that muscles release more easily. A yoga instructor might see improved flexibility and balance. Even nutritional changes can have more noticeable effects when the body's internal systems are communicating correctly.



When Everything Works Together

Someone who practices yoga regularly might find that certain poses become easier after starting chiropractic care. That's because proper spinal alignment allows for a greater range of motion and reduces compensation patterns in which one part of the body overworks to make up for restrictions elsewhere.

The same goes for exercise. Runners, weightlifters, and weekend warriors often discover they can train more effectively and recover faster when their spine is aligned. The body moves more efficiently, reducing unnecessary strain on joints and muscles.

Acupuncture and chiropractic care pair particularly well since both focus on restoring balance and removing blockages in the body's systems. Many patients report that combining these approaches produces better results than either one alone.

Even nutrition works differently when the nervous

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system functions optimally. The gut-brain connection relies on clear nerve communication, which means that a well-aligned spine may help the digestive system absorb nutrients more effectively and respond better to dietary improvements.

Building Your Wellness Foundation

Chiropractic care doesn't replace other healthy habits. It enhances them. Think of it as tuning an instrument before playing a concert. All the practice and skill in the world won't matter if the instrument is out of tune. Similarly, yoga classes, clean eating, and regular massage all produce better results when the body's foundational structure is aligned and the nervous system is functioning without interference.

People who integrate chiropractic into their existing wellness routines often report feeling more balanced overall. They sleep better, recover faster from workouts, and feel more connected to their bodies. That's not magic. It's simply what happens when all the systems work together as they're designed to.

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.

Chronic Plantar Fasciitis in a 51-Year-Old Office Worker. A 51-year-old man suffered from persistent plantar heel pain for over a year, refractory to

orthotics and NSAIDs. Chiropractic evaluation identified restricted ankle dorsiflexion, tibial internal rotation, and mid-foot joint fixation. Treatment included foot and ankle adjustments, myofascial release of the plantar fascia and calf, and corrective foot-stability exercises. After 10 visits over eight weeks, the patient reported being pain-free during daily walking and could stand at work without discomfort.(4)



Pregnancy-Related Low Back and Pelvic Pain. A 32-year-old pregnant woman in her second trimester experienced severe low back and pelvic girdle pain affecting walking, sleeping, and daily chores. Examination revealed sacroiliac joint dysfunction, lumbar hypomobility, and muscular hypertonicity. Chiropractic care included gentle lumbar and pelvic adjustments, the Webster Technique, myofascial release, and pregnancy-safe stabilization exercises. After four weeks of twice-weekly care, the patient reported a 75% reduction in pain, improved gait, and increased sleep quality. By week eight, she experienced near-complete symptom resolution and maintained comfort through the remainder of her pregnancy.(5)



MERRY CHRISTMAS!

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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