

VAN DAM CHIROPRACTIC

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STRENGTH TRAINING AS MEDICINE

The case for lifting at every age - It is not just for athletes.

Strength training has an image problem. For decades, it was associated with bodybuilders, athletes, and



anyone chasing a certain aesthetic. That perception is changing fast, and the science driving that change is hard to argue with. Resistance training is now recognized as one of the most powerful interventions for metabolic health, longevity, injury prevention, bone density, cognitive function, and mental health. Calling it optional is like calling sleep optional.

Muscle is a metabolically active tissue. It burns energy at rest, regulates blood sugar, produces anti-inflammatory compounds, and acts as a reservoir of amino acids the body draws on during illness or stress. Losing it, which happens naturally from the mid-thirties onward without deliberate resistance training, accelerates nearly every marker of aging. The clinical term is sarcopenia, and its consequences extend far beyond looking or feeling weak.

What the Research Is Saying

A landmark study published in the British Journal of Sports Medicine found that muscle-strengthening activities were associated with a 10-17% reduction in all-cause mortality, cardiovascular disease, cancer, and diabetes, independent of aerobic exercise. (1) That is a significant finding. It means lifting weights is

not just complementary to cardiovascular health. It stands on its own as a protective health behavior. Two to three sessions per week covering the fundamental movement patterns, squats, hinges, pushes, pulls, and carries, is enough to produce meaningful results for most people. The weight does not need to be heavy. It needs to be challenging enough that the last few repetitions require real effort. Progressive overload, gradually increasing the demand over time, is the mechanism through which adaptation happens.

The Spine Connection

Here is something most gym programs overlook entirely. A strong posterior chain, including the glutes, hamstrings, and spinal erectors, is one of the most effective protections against low back pain and spinal degeneration available. These muscles support the lumbar spine under load and during everyday movement. When the spine is weak, it compensates, and over time, that compensation leads to injuries.

Chiropractic care and strength training are natural partners. Adjustments restore joint mobility and neurological function, allowing muscles to function properly. Strength training builds the muscular support that holds the spine in a good position between visits. Patients who do both consistently tend to need less reactive care and experience more durable results over time. Start with two days a week. Build from there. The body responds at every age.

LONGEVITY & HEALTHSPAN: LIVING BETTER, NOT JUST LONGER

The Conversation Has Shifted

For most of human history, longevity meant surviving. Living past 60 was an achievement. That bar has moved dramatically, and so has the question people are asking. It is no longer just about how long a person lives. It is about how well they live across those years. Health span, the period of life spent in genuine good health, is the metric that matters now, and the research community, the wellness industry, and a growing number of everyday people are all focused on it.

The distinction is important. Two people can both reach 80. One gets there mobile, sharp, and largely pain-free. The other spends the final 15 years managing a list of chronic conditions. The difference rarely comes down to genetics alone. Lifestyle, movement, nutrition, sleep, and stress management account for the majority of that gap.

What the Science Is Pointing To

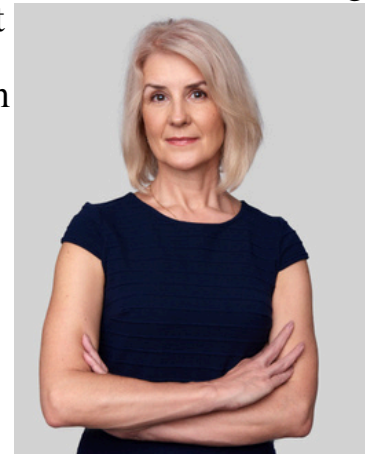
Cellular health has moved to the center of the longevity conversation. Telomere length, mitochondrial function, and inflammatory load are emerging as key biological markers predicting not just lifespan but also quality of life at every age. The good news is that all three respond meaningfully to lifestyle intervention.

Research published in *The Lancet* confirmed that comprehensive lifestyle changes, including improved nutrition, regular movement, stress reduction, and social connection, produced measurable improvements in cellular aging markers within just a few months.(2) That means the body is more responsive to positive change than most people assume, and it is never too late to start shifting the trajectory.

Metabolic health sits at the foundation of almost every longevity marker. Blood sugar regulation, insulin sensitivity, and body composition all influence inflammation, hormonal balance, and cognitive function over time. Addressing metabolic health through whole food nutrition, resistance training, and consistent sleep is not a biohacking trend. It is the most evidence-supported longevity strategy available.

The Role of Preventative Care

Waiting for symptoms before addressing health is the single most expensive approach a person can take, in both financial and biological terms. Preventative care, including regular chiropractic visits, annual bloodwork, and proactive lifestyle management, catches problems before they compound.



A well-functioning spine supports the nervous system that regulates every organ and system in the body. Keeping it healthy is not separate from a longevity strategy. It is part of one. The people aging best are not doing one dramatic thing. They are doing a handful of simple things consistently, for a long time.



**this will
CRACK
you up!**

What do you call a snowman in June?

A puddle.

Why did the sun go to school?

Because it wanted to get a little brighter.

What did the chiropractor say to the summer solstice?

You have got the longest stretch of the year.

Why did the spine win the award?

Because it always had everyone's back.

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.*



Neck Pain, Medication & the Case for Spinal Care

Most people dealing with chronic neck pain end up on medication sooner or later. It is the path of least resistance, and it makes sense when nothing else has been offered. A study published in the Journal of Manipulative and Physiological Therapeutics compared that approach directly against chiropractic care and found that patients receiving spinal manipulation reported significantly greater improvements in pain levels, physical function, and overall quality of life than those managing the same condition with medication alone. That is worth sitting with for a moment. Not marginally better. Significantly better. For anyone who has been rotating through pain relievers and muscle relaxants without lasting results, the research is pointing clearly in a different direction. (3)



Blood Pressure & the Atlas Adjustment

High blood pressure affects nearly half of American adults, and most of them are managing it with daily medication for the rest of their lives. What very few people know is that a single specific chiropractic adjustment

may produce results that rival medication. Research published in the Journal of Human Hypertension examined what happened when patients with hypertension received a precise adjustment to the Atlas vertebra, the topmost bone in the cervical spine. Blood pressure dropped significantly, with reductions comparable to taking two antihypertensive drugs simultaneously. The Atlas sits at the junction of the brainstem and spinal cord, a location that directly influences cardiovascular regulation. When that area is misaligned, the signals controlling blood pressure are disrupted. When it is corrected, the body can do what it was always designed to do. That is not a small thing. (4)



Van Dam Chiropractic would like to thank you for the many referrals of friends and family to our office.

R e f e r r a l

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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