

VAN DAM CHIROPRACTIC

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CHIROPRACTIC & IMMUNE FUNCTION: THEY ARE CONNECTED

The Nervous System is Running Immune Traffic

Cold and flu season has a way of making people reach for vitamin C, zinc, and whatever else is on the pharmacy shelf. Those things have their place. What rarely makes the list is a chiropractic adjustment, and that is a gap worth closing. The immune system does not operate independently. It receives constant input from the nervous system, which monitors threats, coordinates responses, and regulates the inflammatory activity that either protects the body or damages it depending on how well calibrated it is.

The spine houses the spinal cord, the primary communication highway between the brain and every organ and tissue in the body. When spinal segments are restricted, that communication gets noisy. The brain receives distorted feedback, the nervous system operates under low-grade stress, and the immune system runs less efficiently. It is not a dramatic shutdown. It is a subtle but cumulative drag on the body's ability to respond to threats the way it was designed to.

What Research has Found

A study published in the Chiropractic Research Journal found that long-term chiropractic patients had significantly higher levels of immuno-competence compared to both short-term patients and non-chiropractic controls, with immune markers in some cases running 200 percent above those of people who had never received chiropractic care.(1) That is not a marginal difference. It suggests that regular spinal care has a meaningful cumulative effect on immune function that goes well beyond pain

management.

The mechanism makes biological sense. Chiropractic adjustments reduce the neurological stress load that chronic spinal restriction creates, lower cortisol output, and stimulate the mechanoreceptors that feed accurate sensory information to the brain. A nervous system that isn't constantly managing low-grade physical stress has more capacity to direct resources toward immune surveillance and response.

Practical Timing for Fall

September is a smart time to prioritize spinal care. Kids are back in school, bringing home every circulating bug. Adults are returning to indoor environments after summer. Stress levels tend to climb as schedules fill back up.

All of those factors load the immune system at exactly the same time.

Getting ahead of that load rather

than waiting for the first sign of illness is the kind of proactive approach that tends to produce noticeably better outcomes through the season.



Regular chiropractic care is not a cold and flu vaccine. It is a foundational health practice that keeps the system running well enough to handle what the season throws at it.

CIRCADIAN RHYTHM & HEALTH: WORKING WITH YOUR BODY CLOCK

The Clock the Body Runs On

Every cell in the human body runs on a roughly 24-hour biological clock synchronized to the planet's light-dark cycle. This circadian rhythm governs when cortisol rises in the morning, when melatonin kicks in at night, when body temperature peaks, when digestion is most active, and when the immune system does its most intensive repair work. It is not a wellness concept. It is fundamental biology, and consistently disrupting it produces consequences that reach every corner of health.

Modern life is extraordinarily good at disrupting circadian rhythm. Artificial light after dark, inconsistent sleep schedules, eating at all hours, working across time zones, and spending most daylight hours indoors all send conflicting signals to the body clock, undermining its ability to run the precise timing sequences it was designed to maintain. The result shows up as poor sleep, sluggish metabolism, hormonal imbalance, impaired immunity, mood disruption, and accelerated cellular aging.

What Circadian Disruption Actually Does

The research on circadian misalignment is no longer limited to shift workers and long-haul travelers. It now applies broadly to anyone whose daily rhythms are significantly out of sync with natural light cycles, which in 2026 describes a large proportion of the population. Disrupted circadian timing impairs insulin sensitivity, increases inflammatory markers, suppresses immune function, reduces the quality of deep sleep, and compromises the overnight repair processes that keep the brain, spine, and every other tissue in the body functioning well.



Research published in the Proceedings of the National Academy of Sciences found that even modest circadian disruption, equivalent to social jet lag from irregular sleep schedules across the week, produced measurable increases in inflammatory markers and metabolic dysfunction in otherwise healthy adults.(2) That is not a dramatic finding requiring extreme circumstances. It is a consequence of the ordinary inconsistency most people accept as normal.

Simple Anchors That Make a Real Difference

Getting outdoor light exposure within 30 minutes of waking is the single most powerful circadian anchor available. It sets the biological clock for the entire day, sharpens cortisol timing, and improves sleep quality that night. Keeping sleep and wake times consistent across seven days, including weekends, prevents the circadian drift that accumulates across the week. Dimming lights and avoiding screens in the hour before bed protects melatonin onset and sleep architecture.

None of this costs anything. The body clock is already built in. It just needs consistent signals to run accurately.

An ounce of prevention is worth a pound of cure. — Benjamin Franklin

It is health that is real wealth, and not pieces of gold and silver. — Mahatma Gandhi



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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.

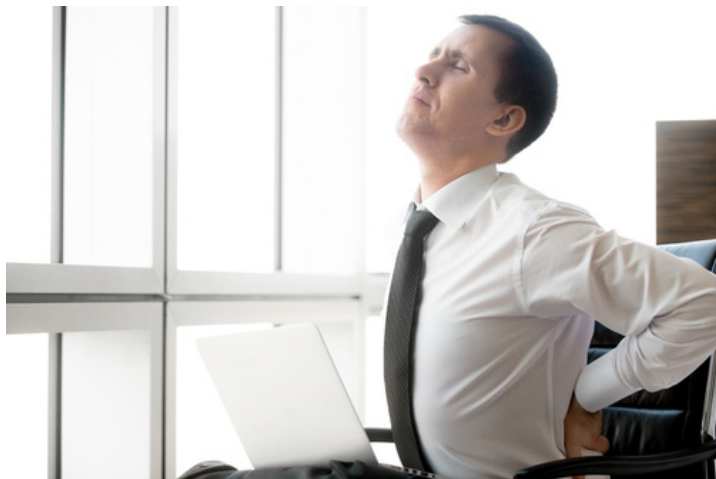
No matter what condition you or a loved one may have, you will always function better when free from subluxations.

*Chiropractors are uniquely trained to locate and correct subluxations. Enjoy this month's cases and
SEE MORE NEXT MONTH.*



Disc Herniation & Chiropractic Care

Surgery for a herniated disc feels like the logical endpoint for a lot of patients. The pain is severe, nothing else has worked, and a surgeon is offering a concrete solution. Before that decision gets made, there is research worth knowing about. A study published in the Journal of Manipulative and Physiological Therapeutics examined outcomes for patients with lumbar disc herniation who received chiropractic care and found results comparable to those achieved through surgical intervention. Same outcomes, without going under the knife. For patients who have been told surgery is their only real option, that finding deserves serious consideration. Chiropractic care addresses the mechanical environment around the disc rather than the disc in isolation, and for a significant proportion of herniation cases that mechanical approach produces the relief patients have been looking for without the recovery time, the risks, or the cost that surgery carries. (3)



Spinal Health & Breathing Capacity

Most people would not connect a chiropractic adjustment to their ability to breathe more easily. The connection is more direct than it seems. Research published in the Journal of Manipulative and Physiological Therapeutics found that combining manual therapy with exercise produced measurable improvements in respiratory function and respiratory muscle strength in healthy adults. The thoracic spine, the mid-back section that connects directly to the rib cage, plays a significant role in how freely the chest wall expands with each breath. When those segments are restricted, breathing becomes subtly shallower, and the respiratory muscles work harder than they should. Restoring thoracic mobility through chiropractic care removes that mechanical brake on breathing capacity. For patients dealing with chronic tension, poor posture, or the kind of desk-bound lifestyle that rounds the upper back and compresses the chest, improved breathing function is one of the quieter but more meaningful benefits of regular spinal care. (4)

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