

cause of headaches involves one or more tiny neck bones called vertebrae that are misaligned or forced out of their natural position. Gentle adjustments will realign these vertebrae to their correct position and those persistent headaches will leave.

A checklist for headache pain

If you have any of the following types of headache pain, you should see your doctor of chiropractic immediately:

- Recurring headaches
- Sharp, piercing pain
- Heavy, dull pain involving the entire head
- Pain in the back of the head
- Pain at the top or center of the head

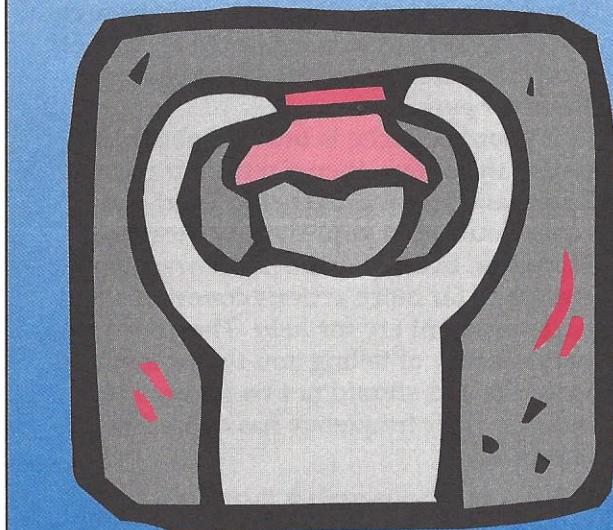
Don't delay

Billions of dollars are spent yearly on pain pills but the headaches remain. Your chiropractor may be able to help you immediately if you visit him as soon as a headache appears. He will be able to trace the problem and, at once, start the necessary corrections to get nature's healing processes at work.

If you wait too long, the inevitable damages to the pinched nerves will be severed and recovery will be delayed. So, DON'T DELAY! See your chiropractor right away.

Complements of:
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Headache



The Common Headache

How many times have you heard someone say, "It's just a headache and it will go away in a little while if I lie down and take a couple of aspirin." Maybe it will – but deadening the pain is, at best, a very temporary measure. It is the **cause** of the headache that should be considered.

Common headaches seldom inspire the sufferer to see a doctor, and yet, they can cause more trouble to more people every day than almost any other condition. Millions will spend thousands of dollars on pain relievers for headaches, just to have the headache return **another** hour or **another** day.

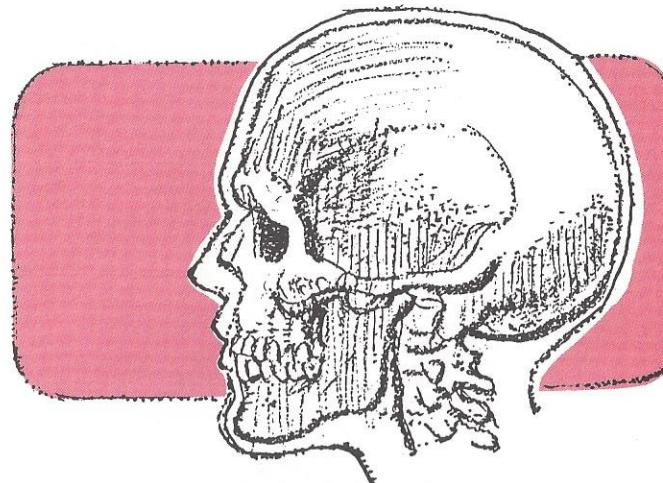
The causes of headaches

These common headaches often have simple causes and many times are brought about by too much to eat or drink, lack of fresh air, smoking too much, irregular hours or eyestrain.

If your headache is brought about by any of the above, then a return to normal habits and less indulgence in food and drink could stop your nagging headaches. However, headaches often are warning signals of far more serious conditions and act as a potent cry for help. They are nature's way of telling you that something is wrong and should not be ignored just because their frequency has caused you to accept them.

When a headache persists

It may be a warning of a more serious problem such as heart or kidney trouble or digestive disorders. For example, if your headache is a symptom of high blood pressure – then the condition could be caused by a misalignment of one of the bones of the spine that is pinching the



affected nerves. If your headaches persist, you should visit your chiropractor immediately.

Your doctor of chiropractic will question you thoroughly about the headaches: "Is the pain sharp and piercing; is it a heavy, dull pain that involved the entire head or it is centered in the back of the head where the vision center is located?" If it's a high blood pressure headache, it will probably center in the top or front of the head. Your chiropractor also knows that your headache can cause tortuous, writhing pain at times, and that the use of pain-killing "remedies" can lull you into apathy while real damage is going on in some other part of your body.

The greatest danger of common headaches is that we tend to ignore it. We attach little importance to it because it is a common part of our lives. We hope it will go away. One of the greatest dangers of recurring headaches is that they become acceptable, as something to be ignored – something that will go away. But what we tend to forget is that a headache is not a disease,

but a symptom and is one of the most potent warning signals of the human body. Strangely enough, we ignore this cry for help.

What does the spine have to do with headaches?

Chiropractors understand that the body is controlled and regulated through the nervous system and, if the spinal nerve is pinched or blocked, the area of the body served by that nerve will become diseased or will malfunction.

After the consultation, your doctor of chiropractic will give you a thorough spinal examination to determine if there is a misalignment of the vertebrae that could be the root of your problem. He/she knows that it is in this area that the basic cause of a physical disorder can be determined. Misalignments in various areas can be indications of such different conditions as kidney disorders, a stomach problem or other disorders, depending upon which part of the spinal column is involved.

How does the chiropractor help?

Your doctor of chiropractic has spent many years in college learning the orderly, systematic pathways that these nerves follow through the body. Through questioning, examination and X rays, he/she will be able to pinpoint your problem. Gentle, necessary spinal adjustments will be made freeing your nerves to serve all parts of the body as nature intended, and the healing process will begin.

The doctor of chiropractic deals with the cause of the problem, not just a relief of symptoms. After corrections are made, natural healing will follow. Very often the