
The Result? **Migraine Headache**

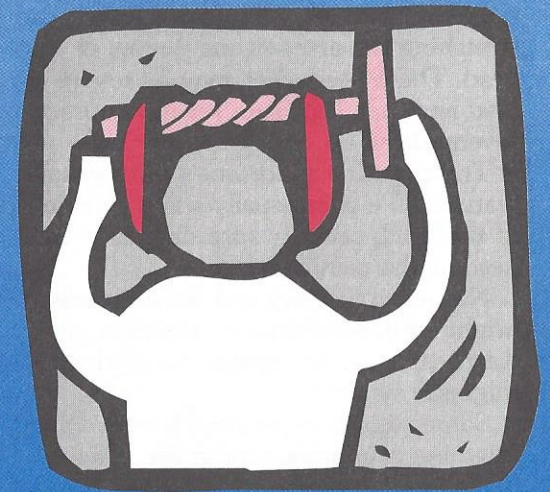
It is ordinarily a simple matter for the chiropractor to release the impinged nerves and blood vessels once the exact point of pinching-traction has been located. The migraine headaches will then disappear.

Give this pamphlet to a friend!
He or she may be suffering needlessly
from migraine headaches.

ATTENTION:
You may have a misaligned vertebra
without any indication of pain.

Complements of:
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Migraine Headache



Migraine Headache

15,000,000 Americans are victims of recurring headaches that strike without warning...strike hard and fast...over and over again.

These chronic sufferers spend \$300 million dollars each year for remedies that give only temporary relief. (Report from a U.S. Public Health Service.)

The occasional mild headache that comes from eye-strain, stale air, smog, over-eating, constipation, drinking or smoking too much, is not included in the survey made among these 15,000,000 American sufferers.

It's the chronic, recurring headaches that are dangerous and cause much concern... not the mild occasional headache.

The tension headache and the migraine headache are the two major types of chronic headaches of which MIGRAINE is the most common. Also called vascular headache, migraine syndrome, or sick headache, this brochure will discuss the causes of this malady.

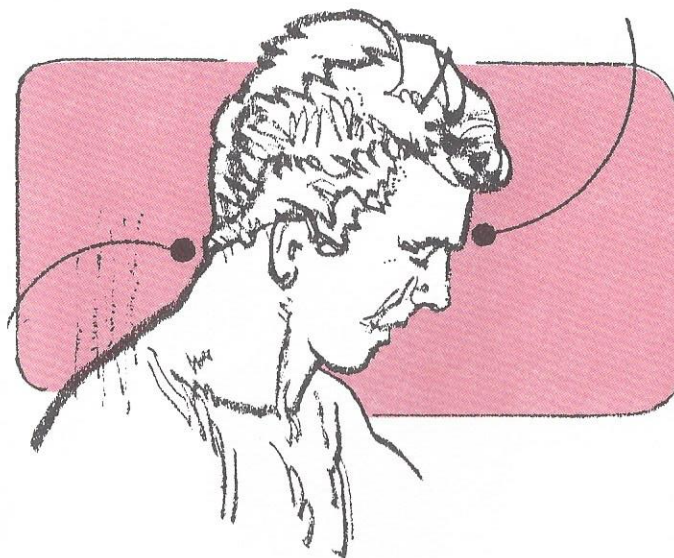
Science has long recognized that the migraine headache results primarily from stretching the arteries and nerves of the head. These headaches may be severe or mild and may last from several hours to several days.

The migraine syndrome's most notable feature: The pain usually starts on one side of the head, possibly spreading to the entire head as the pain develops.

Nausea, irritability and sensitiveness to bright light, vomiting, constipation or diarrhea, are other symptoms of the migraine syndrome.

Some victims experience the throbbing migraine pain anywhere in the head (including face and neck), but usually the migraine headache is felt as a severe, throbbing pain in the temples.

The *pre-headache phenomena* is probably the most frightening aspect of the migraine headache. The sufferer soon learns that an



impending attack is on its way and is terrified that it will strike at a crucial time or important occasion. A mild, fluttery feeling in the stomach, followed by a sensation of colors and lights becoming brighter than normal, is a warning that a *pre-headache phenomena* is about to begin.

The victim soon learns to anticipate the second phase of the *pre-headache phenomena*: Spots before the eyes is followed by a dimming vision which affects 50% of his visual field. The victim becomes terrified that he may be going blind.

If the migraine sufferer is unaware that this is a part of the migraine syndrome...that he should expect one attack after another... he will naturally be frightened by this very thought.

Some symptoms of the migraine syndrome are called the *migraine equivalents* which include varied abdominal pains, chest pains, and pains in the arms and legs. Other symptoms are non-painful attacks of vomiting, diarrhea, fever, swelling in various

parts of the body, and rapid mood changes.

The long-range effects shown in a study of migraine headaches indicate a general disintegration of the victim's personality.

Soon, realizing that a migraine attack may interrupt an important occasion...disrupt family harmony...or interfere with job duties...the victim loses confidence in himself and mistrusts his ability to cope. Consequently others begin to mistrust him as well. He is by-passed in job opportunities and promotions, and his home life becomes shattered by the futile attempts of his family to adjust to his frequent mood changes.

Thus serious emotional instability and sometimes outright mental breakdown may happen within a short time...the direct result of the chronic, recurring migraine attacks.

What Should Be Done?

Don't wait! Consult your chiropractor if you have indications of a migraine headache. For the past 65 years migraine victims have been helped by chiropractors.

Researchers in the chiropractic field have developed special nerve tests to determine the precise point in the neck at which the arteries and nerves are being blocked. X-ray machines, particularly adapted to take the unique X-ray views that will pinpoint the location of misalignment, are often used by chiropractors in difficult or unusual cases.

It has been proven conclusively by thousands of X-rays that the migraine headache develops when one or more of the tiny neck bones are misaligned or forced out of normal position.

Considering that the nerves and blood vessels pass through small openings and canals in between the neck bones (vertebrae), it is natural that a misalignment will cause a pinching-traction that will stretch these nerves and blood vessels leading to the head.