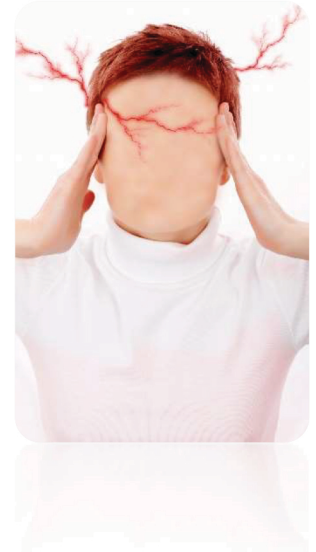


# Chiropractic Provides Relief and Solutions for Headaches

Statistics reveal that more people complain about headaches than any other medical ailment. The most common type, a tension headache, plagues almost one in every six (16%) people on a regular basis. Millions of headache sufferers visit doctors with complaints of head pain each year. The most common therapy tends to be prescriptions for medication.

Powerful drugs do not address the cause of headaches. Medications focus on numbing the pain while inflicting risks of dangerous side effects on the entire body. People who suffer frequent headaches will simply experience another headache soon after the medicinal residue works through the blood stream. More medication enters the body with each headache to provide temporary relief while the long-term impact of the drugs creates stomach and intestinal issues such as ulcers, leaky gut syndrome, and irritable bowels.

Chiropractors provide relief and solutions to the cause of headaches. Chiropractic adjustments safely and effectively address subluxation, one of the most well-known causes of headaches. A subluxation forms from a small, subtle misalignment of one or more spinal vertebrae, creating disturbances in the central nervous system that leave a child or adult vulnerable to headache pain. The commonality of headaches leads millions of people to believe that normalcy exists within the cycle of pills and headaches. True health and healing exist by way of correcting the source of the pain rather than simply settling for regularly numbing the pain.



Headache pain does not originate in the brain. Headache pain stems from blood vessels, muscles, and nerves in the head and neck. Chiropractic gently realigns the vertebrae to improve function of the nervous system, reduce tension in the muscles, and increase blood flow. Chiropractors do not attempt to simply treat the pain in the head. A Chiropractic adjustment gets to the cause of many headaches by improving alignment and movement of the spine.

One of the greatest research experts of the past thirty years explored the anatomy and *physiology of a headache* in a report printed in a reputable medical journal. Research results linked every headache to an area in the neck. The research helped explained why Chiropractors achieve unique and favorable results for headache sufferers by gently adjusting the spine, especially in the upper neck, to improve function of the nervous system, muscles, and blood vessels.

Chiropractic effectively reduces and eliminates headache frequency by addressing the source of headache pain rather than simply masking discomfort with drugs. Chiropractic also functions with a track record of over 120 years of safe and effective results without dangerous side effects. Headaches take a powerful toll on quality of life. Every headache sufferer deserves a spine and nervous system evaluation to determine if a safe and effective solution exists. Painful and frequent headaches are not normal. The solution begins with understanding that Chiropractic provides a healthy and permanent alternative to pain and pharmaceutical drugs.