

CHIROPRACTIC

NATURAL HEALTH TM
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Go Through Life Without Headaches

Car accident? Changing careers? Having another child? Moving into a new home? The real game of life brings its share of pressures. And although we're not promising a stress-free life, most *headaches* that originate in the cervical spine can be successfully relieved with chiropractic care.

Sorry, we can't do much about taxes, college expenses or demands of the job, but we can make a difference in the way your body handles physical, chemical and emotional stress—which can lead to headaches. Read on to find out how!

Here's the Path to "Pain-Free" Living!

Forty-two million Americans seek care for headache relief each year. Is it any wonder why? Headaches can zap the joy out of living. They can make it nearly impossible for you to work, and may even affect your personal relationships. So how can chiropractic help? We open the lines of communication!

Your brain communicates with your body through nerve impulses. Emotional, chemical and physical stressors can affect the way your spinal joints function and can alter your body's nerve responses.

Chiropractic care offers a safe, proven and effective way to control headaches naturally, by removing nerve interference.

Because the spinal nerves, muscles, and bones are so closely integrated, whatever happens to one part affects the function of the other.

For example, **mounting pressure** at work can cause the neck muscles to tighten up and cause the cervical spine to "lock up." An **adverse reaction** to a food can stimulate a nerve response that tenses the spinal muscles and may cause a misalignment (subluxation). A **whiplash** injury can irritate the nerve roots and cause instability in the cervical neck joints.

Any emotional, chemical or physical stressors can trigger a headache! Whenever your spinal joints are out of alignment, "locked," or unstable, you can become vulnerable to headaches.

Chiropractic adjustments restore joint function by unlocking joints, stabilizing joint structure and realigning the vertebrae.

Often irritated, inflamed nerve roots or constricted blood vessels within the cervical spine lead to a headache. That's why you don't want to leave subluxations untreated!



Good Posture & Your Good Health

Remember how often your mother used to tell you not to slouch? Well, mom was right! Sooner or later poor posture can backfire!! Many patients don't realize it, but poor posture is one of the main causes of back trouble.

In fact, rounded shoulders can lead to stress anywhere along your spine. Your vertebrae and discs take the brunt of this excessive force by throwing your body out of alignment. Your muscles have to work overtime to try to correct the imbalance.

A healthy spine has three natural curves that allow adequate space between the vertebrae and just the right amount of pressure on the discs.

Years of back abuse caused by poor posture can lead to chronic

pain, discs problems and eventual disc degeneration. Poor posture can also cramp your internal organs and affect their function.

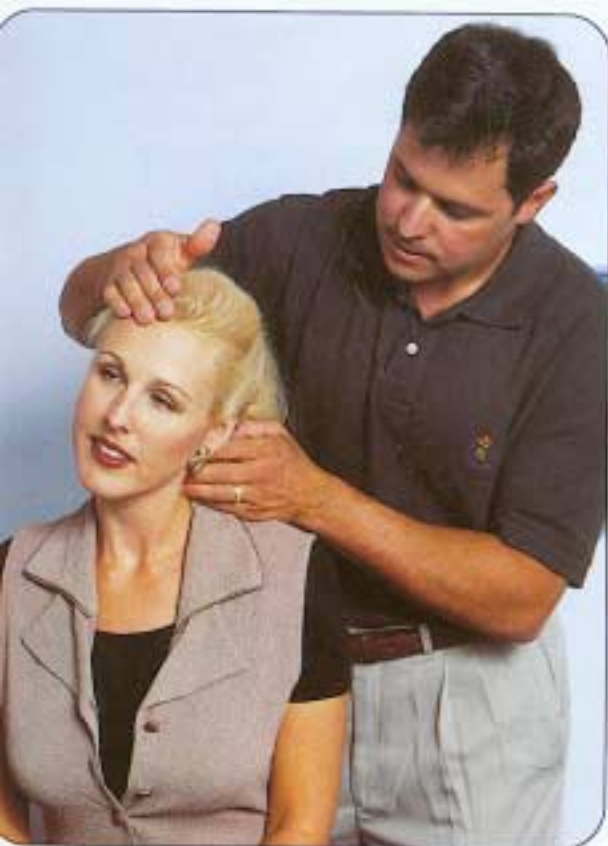
Regular spinal adjustments can keep your spine properly aligned! In addition, awareness of your daily posture as you sit, stand, and sleep can also improve your spinal functioning.

Benefits of Good Posture

- Improves your spinal health and general well being
- Improves your strength, coordination and agility
- Helps you have a more positive outlook & gain self-confidence
- Improves your appearance



Schedule Your Spinal Exam Today!



“HOW I GOT RELIEF FROM ARM PAIN, NECK PAIN & MIGRAINES”

BY PATTY HEMLER

After two separate slips on a wet floor at work, I injured my neck, shoulders, arm and back...pretty badly.

I dealt with severe pain for two years until I finally lost the ability to use my right hand. I lost considerable grip strength and had shooting pains down my arm.

I also had low back and leg pain, along with a chronic stiff neck and migraines.

After just one adjustment, I felt relief from the “knots” in my neck and found I could

prevent migraines from coming on with regular chiropractic care.

While I'm still under care for my work injury, chiropractic helped restore coordination back to my hand as well as improved the constant arm pain and neck stiffness.

Chiropractic has helped my whole family. My 16-year-old daughter got quick relief from her migraines, too!



CHIROPRACTIC CAN RELIEVE MOST HEADACHES THAT ORIGINATE IN THE CERVICAL SPINE!

Imagine No More Headaches!



No two people respond the same way to headache triggers. That's why we take the time to get to know you, your unique situation and provide a program of chiropractic care that meets your individual needs.

For the sake of simplicity, there are three main types of headaches:

MIGRAINE
(involves the blood vessels)

TENSION
(muscle-tension related)

CERVICOGENIC
(originates in the neck)



Headache experts estimate that 90% of all headaches are tension; 6% are migraines. New evidence shows that cervicogenic are nearly as common as migraine!

Your headache pattern may be consistent with one of these classifications or it may be a combination of the above. The key to your headache relief is to find the cause and correct it!

As your Doctor of Chiropractic, we are well trained to locate and correct the spinal joint dysfunction that may be causing your headaches.

A Drug-free Approach that Works

Taking pain medications to mask the problem could prove dangerous. A headache is a signal that something in the body is not well. Simply removing the symptoms is not the solution! We can help you find the cause, not cover it up!

Dependence upon medication for pain relief can produce a rebound effect...some

painkillers actually cause headaches as a result of repeated use or missed doses! Often, the side effects are intolerable. And remember, no medication can correct a structural problem that may be causing your headache!



Chiropractic is the non-invasive, conservative, and natural choice for headache relief!

Chiropractic is "Proven" Headache Relief!

A number of chiropractic and medical studies have suggested that cervical spine problems play a larger role in headaches than previously thought. If you had headaches in the past and were told that you had to "live with them," there is new evidence to show that you can live without them, thanks to chiropractic!

A study published in the January 1999 issue of the *Journal of Manipulative and Physiological Therapies* shows that migraine and cervicogenic headaches are linked to the upper cervical spine.

The authors of the study concluded that the beneficial results of chiropractic for migraine and cervicogenic headaches are likely related to the correction of a mechanical dysfunction of a specific cervical joint.

Research findings show that spinal manipulation is also an effective treatment for tension headaches. In another study, doctors compared chiropractic treatments to the use of the medication amitriptyline (a commonly prescribed headache medication).



Both groups improved at a similar rate. However, the chiropractic patients still felt relief a month after the study ended, those on the medication reverted back to their baseline symptoms.

The New Zealand report included results of a study of 87 migraine headache sufferers who received chiropractic adjustments over a two-year period. Nearly 80% reported significant headache relief! Study after study shows that chiropractic is an effective drugless approach to headache relief! ♦

Headaches may be something you endure. They may be something you tolerate. But they are not something you have to live with!

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Jane R. Scott, D.C.

CHIROPRACTIC & YOU! "ChiroFacts"

• In 1895, there was only one chiropractic patient and one chiropractic doctor in the entire world! The patient was Harvey Lillard and the doctor was Dr. Daniel David Palmer.

• Today, a century later, some 15 million people in the U.S. alone depend on some 40,000 chiropractic doctors to restore and maintain their health.

• Chiropractic is the art and science of locating and correcting vertebral subluxations (spinal misalignments). The vertebrae must be properly aligned so normal nerve impulses can resume!

If you're in pain or aren't feeling your best for any reason, we can help!

Schedule a Spinal Exam Today!



FREE HEALTH PASS!

This HEALTH PASS entitles you to a

FREE CONSULTATION!

If you have not had a spinal exam in the past 3 months, please use this HEALTH PASS to get "back on the road" to total health!

This coupon is transferable. Please share with your family and friends! Offer expires [redacted]

Any further treatment shall be agreed upon in writing and signed by both parties.

**Call Now !
(770)972-9160**

Scott Chiropractic Center

Jane R. Scott, D.C. • [redacted]

Dear Friend,

Study Shows Nearly 80% Found Headache Relief with Chiropractic Care!

How much work can you afford to miss due to chronic headaches? Do you have to think twice before making a social commitment depending on how you "feel?" How much longer are you willing to suffer in pain needlessly?

Don't use chiropractic as a "last resort" when you can get relief NOW! Millions of people have already found total headache relief with chiropractic care. You don't have to suffer any longer!!

To find out how to enjoy the game of "LIFE" without headaches, make your next move with a phone call to our office today! Walk away a winner!!

Yours for Natural Health,

P.S. If you know anyone who suffers from headaches, please share this with them!

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