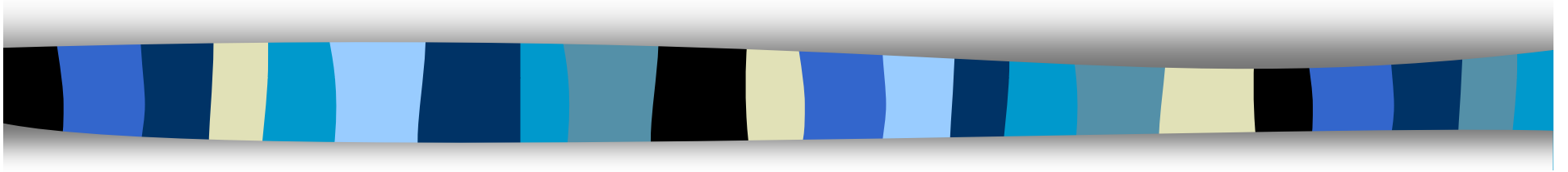


The Truth About Headaches



Presented By:
Sheppard Chiropractic

Headaches Are Not "NORMAL"

- To accept that you must be reliant upon numbing pain medications on a regular basis for your headaches. This is not justified if you know about the latest research and alternative treatments that are available to you.



Headaches

- Headaches account for over ten million doctor visits each year in the United States, and are one of the most common reasons for absence from work or school.
- The November 12, 2003 Issue of *Journal of the American Medical Association* found that headaches and back pain are leading reasons for lost productivity and absenteeism in the workforce - costing more than \$61 billion each year.





Two Primary Types of Headaches

- Migraine
- Tension/Cervicogenic

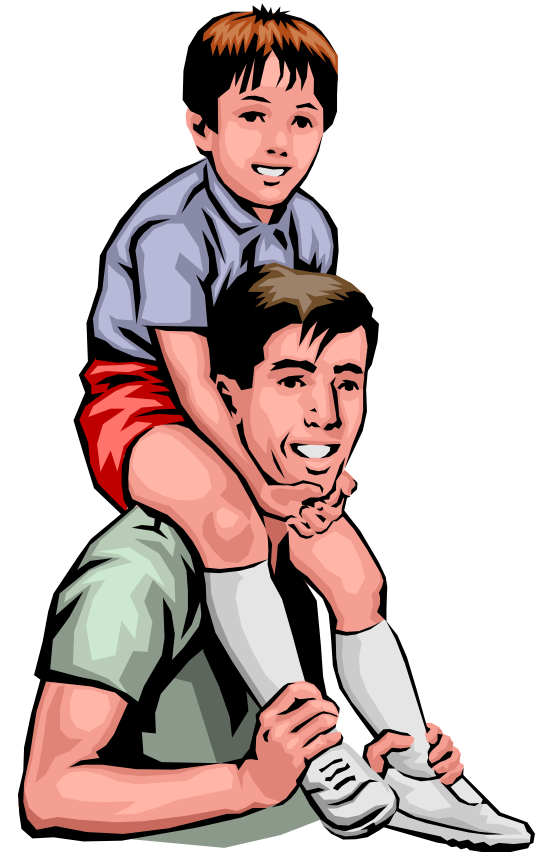


Migraine Headaches

- 20% of the American population
- An estimated 28 million Americans suffer from migraine headaches.
- More women than men get migraines.
- Accompanied by nausea, vomiting and visual disturbances lasting from four hours to three days.
- Two major types:
 - Classical -- 10-15% with an aura
 - Common -- 85% without aura
 - Triggered by blood sugar changes, certain foods, smells, hormonal changes, stress, and fatigue.

Family History of Migraine Headaches

- Four out of five migraine sufferers have a history of migraines.
- A child has a 50% chance of having migraines if one parent has migraines; and a 75% chance of having migraines if both parents have them.



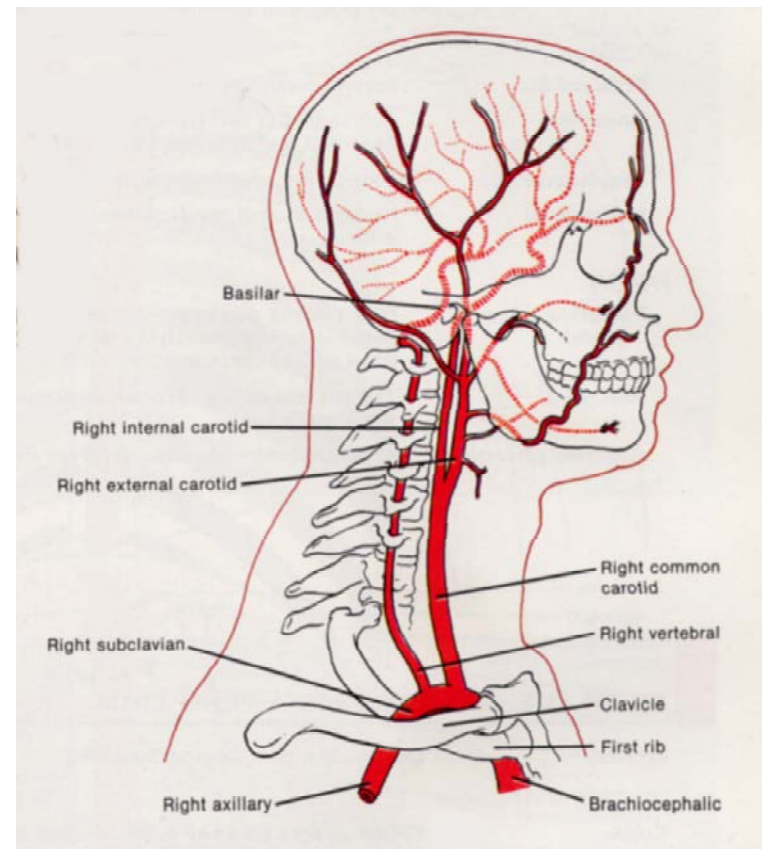


Migraine Headaches

- Despite years of research, scientists still do not know **exactly** why migraines occur.
- However, the pain of migraines almost certainly results from swelling in blood vessels that surround the brain.

Migraine Headaches

- What cause the blood vessels of the brain to become swollen?
- It is possible that the blood vessels of the brain can become swollen due to misalignments of the cervical spine or neck?



Tension Headaches

- Up to 88% of women and 69% of men experience tension-type headache during their lifetime.
- Women are twice (That's because we cause them) as likely to suffer from tension headaches as men.
- A condition characterized by bilateral mild to moderate pain and pressure that often is described as similar to that of having "a vise around the head."





Tension Headaches

- But why are the neck muscles tense?
- Because of forward head posture.
- If the human head weighs 12 pounds and is aligned directly over the shoulders, then a minimal amount of muscular effort is required to maintain normal erect posture.



Tension Headaches & Forward Head Posture

- “With each inch of forward head translation the work required by the posterior cervical muscles to maintain this abnormal erect posture is increased by a factor of 10.”

Tension Headaches & Forward Head Posture





Tension Headaches & Forward Head Posture

- What causes forward head posture?
- Misalignments of the cervical spine.

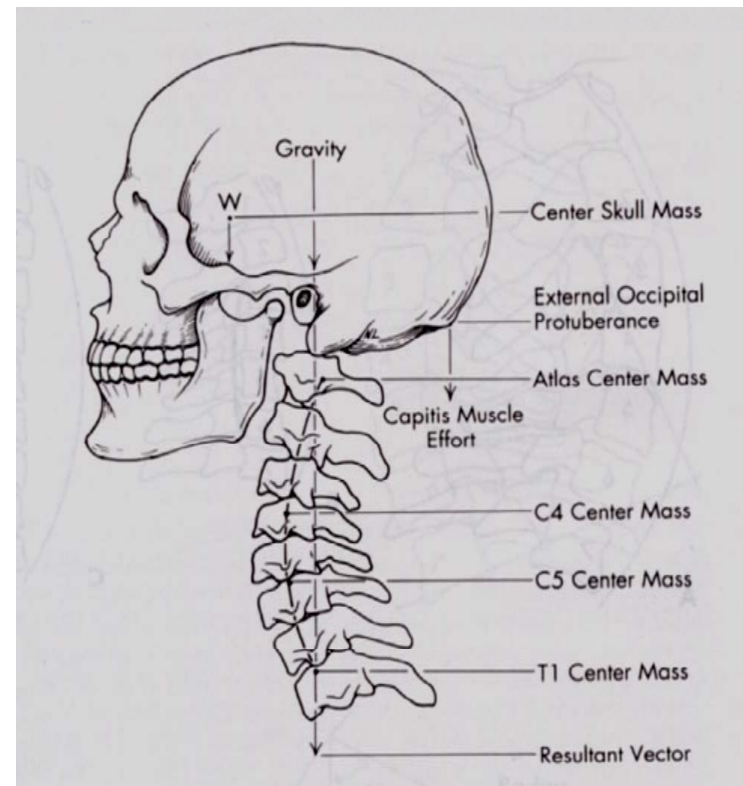
What is the connection between these two types of headaches?

- The answer - misalignments of the spine.
- Chiropractic care refers to this as a *SUBLUXATION*.



Subluxations

- A subluxation is a misalignment of the spine that causes nerve pressure or pinching.

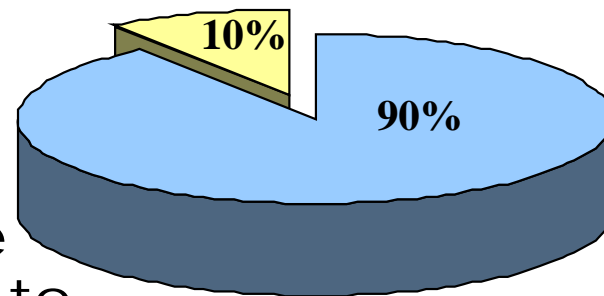
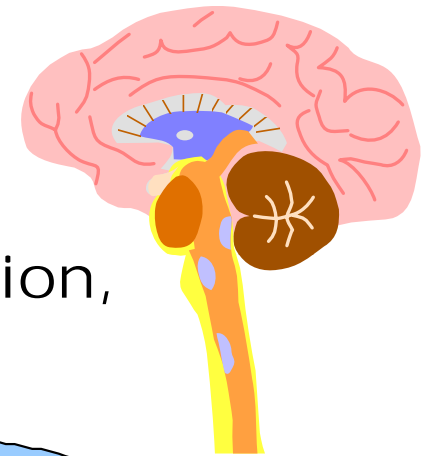


Gray's Anatomy, 29th Edition, Page 4, states, "The nervous system controls and co-ordinates all functions of the body."

- The nervous system controls all your voluntary and involuntary actions. These include taste, touch, smell, sight, hearing, digestion, elimination, breathing, heartbeat, winking, wiggling toes and especially your health!

- It takes the pressure of a dime on a nerve to take away 60% of its function.

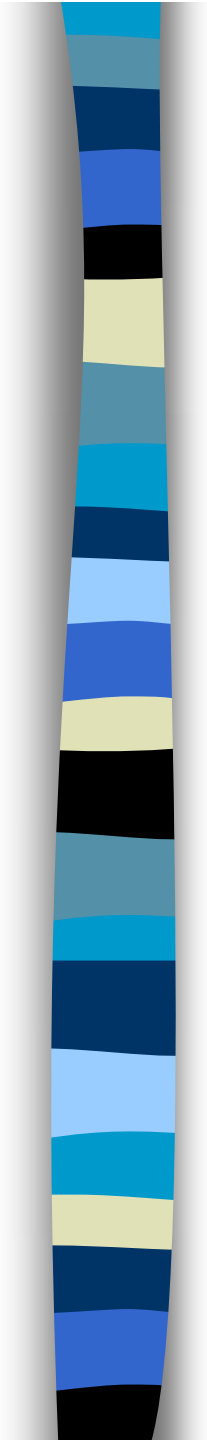
- Sharpless SK. *Susceptibility of spinal roots to compression block*. 1975



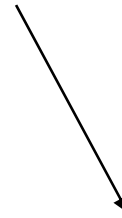
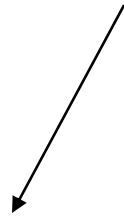


What causes subluxations?

- Stress
- Poor Posture
- Slips/Falls
- Auto Accidents
- Repetitive Movements
- Lack of Exercise
- Sedentary Positions
- Birth Trauma



Subluxations



Poor Posture

Swollen Blood
Vessels

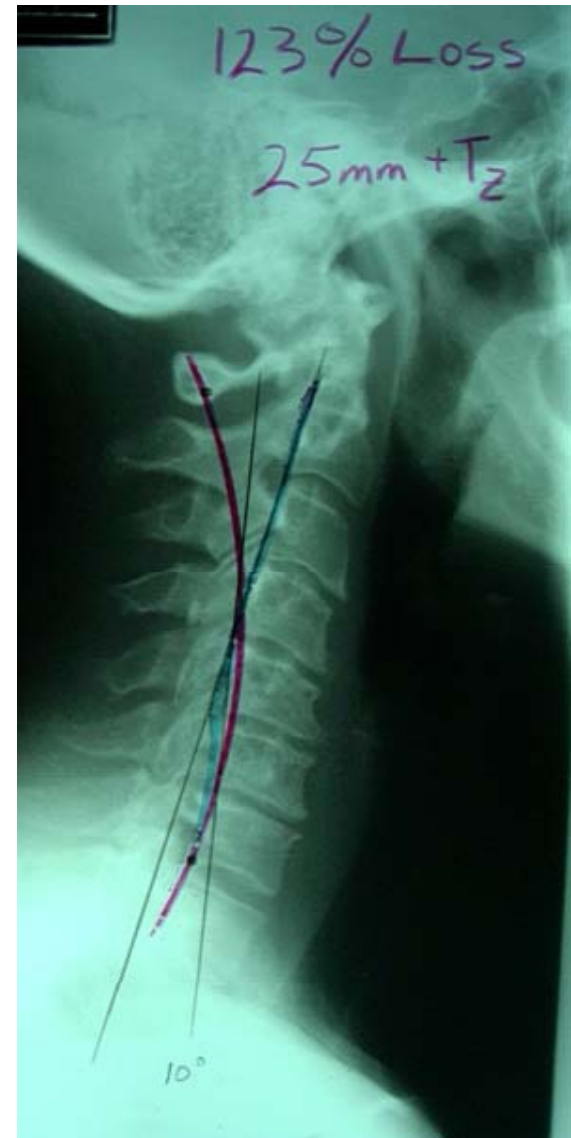


Tension
Headaches

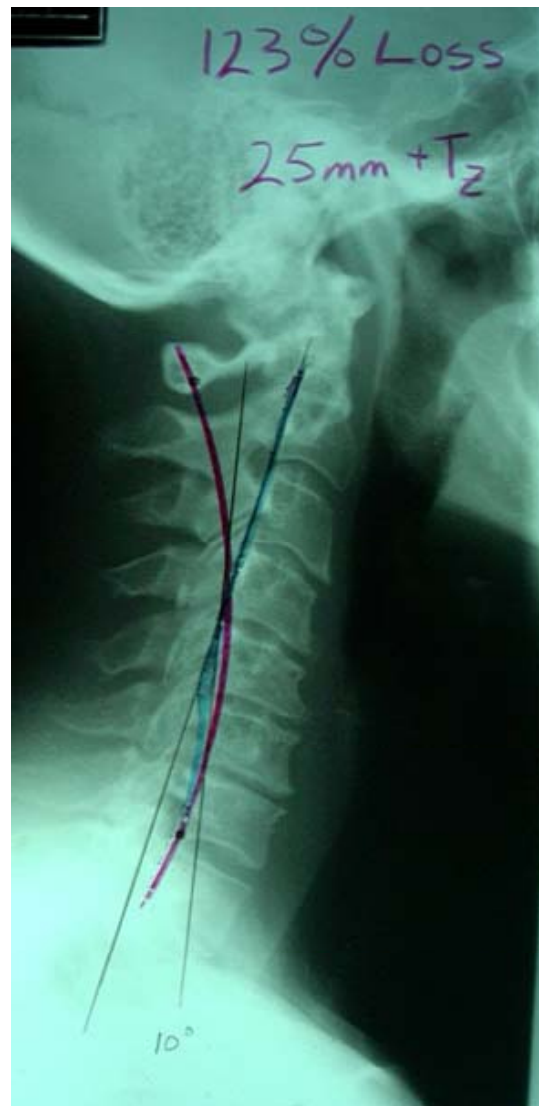
Migraine
Headaches

What do chiropractors do?

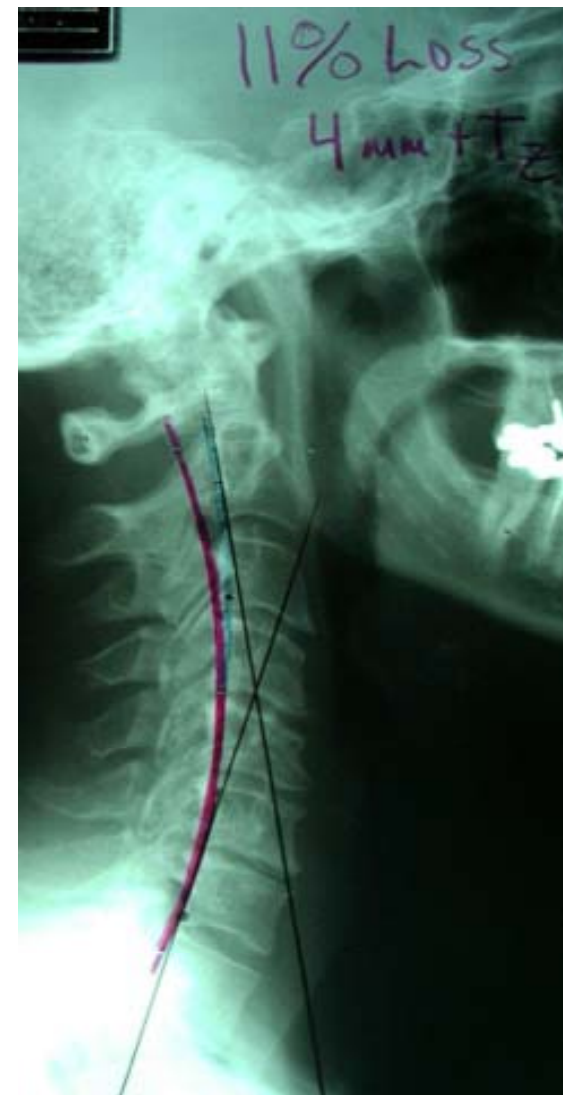
- We Fix This



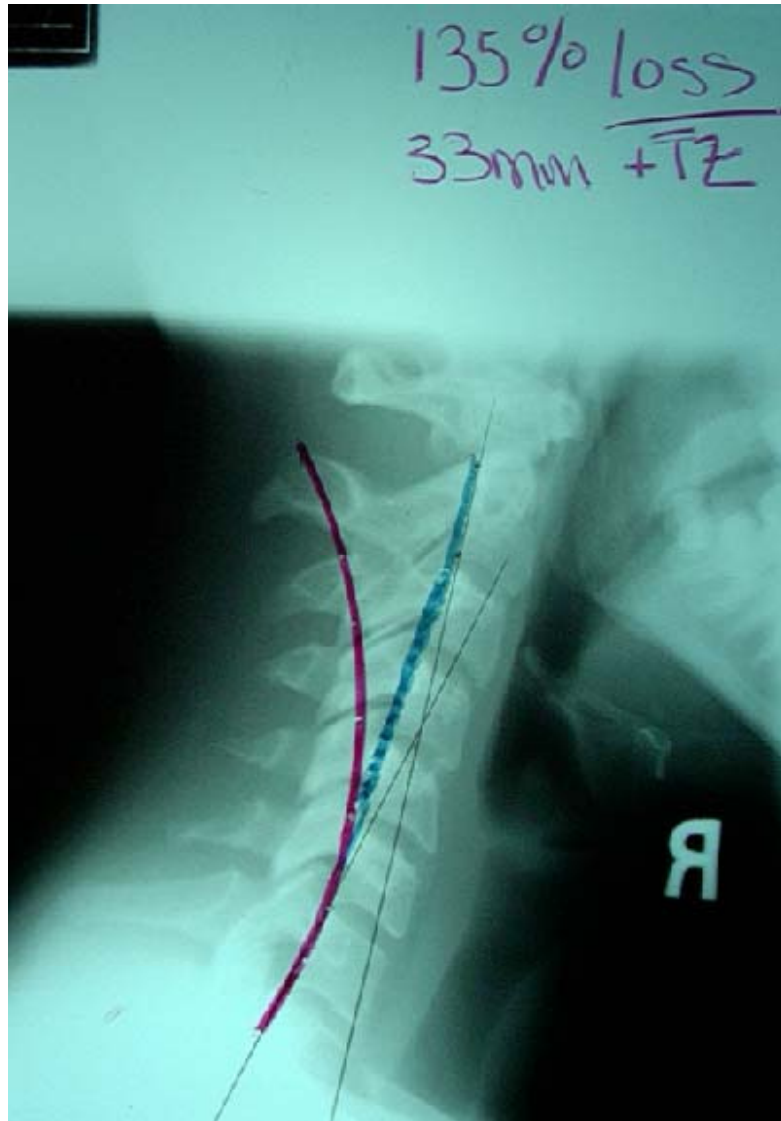
Before



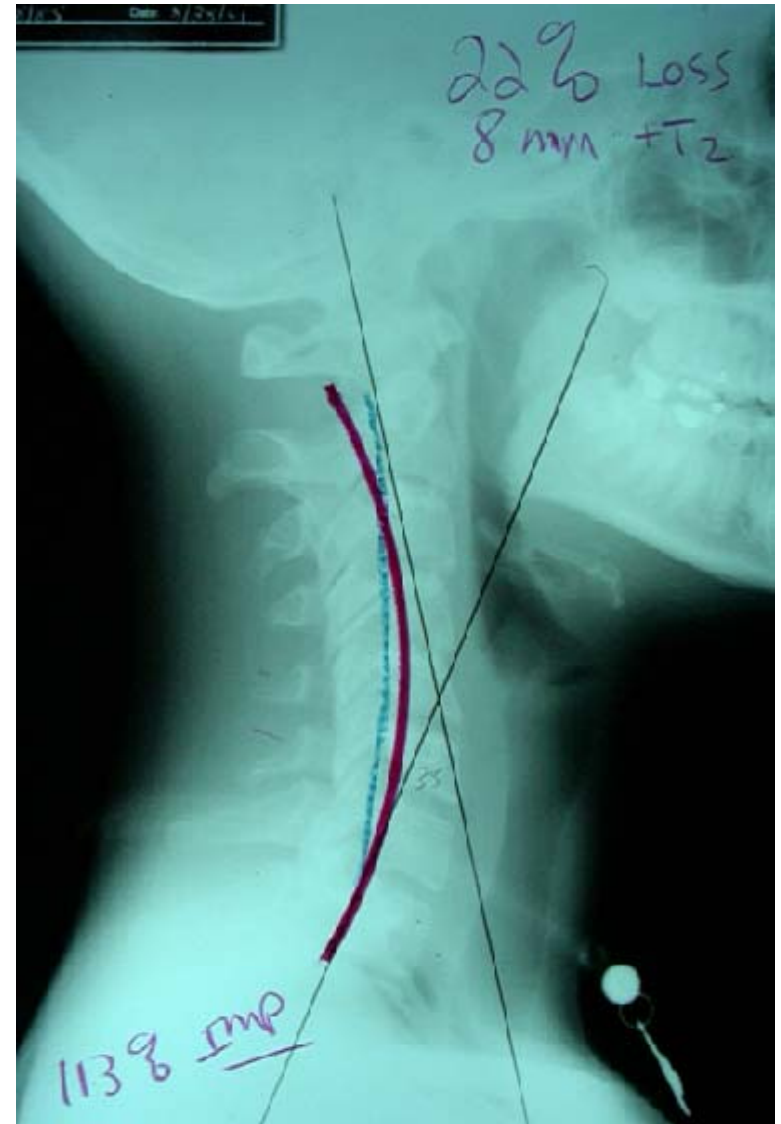
After



Before

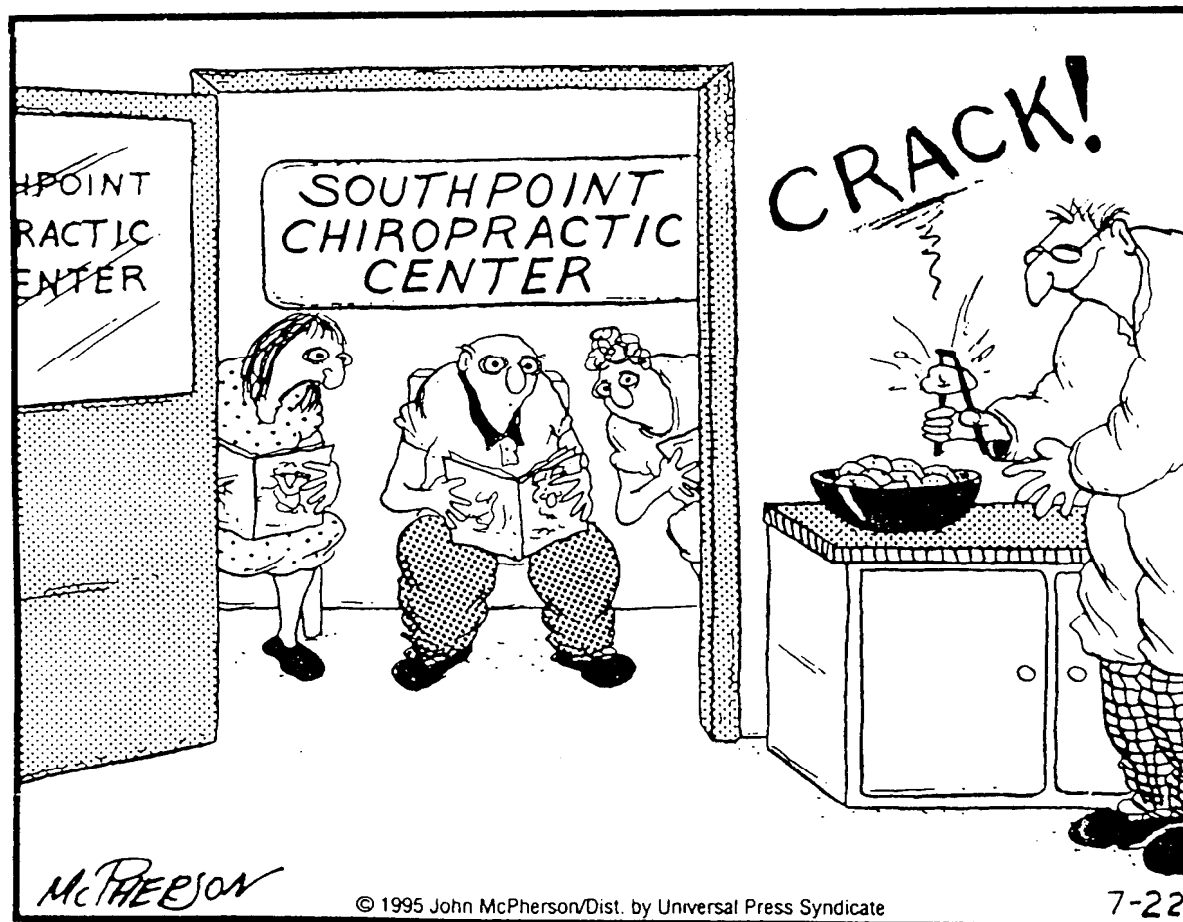


After



*If this is your idea of chiropractic care...
Think Again!!*

CLOSE TO HOME JOHN McPHERSON





Show Me Some Research

- “During the treatment period both groups improved at similar rates, but after the 4 weeks of treatment, the manipulation group continued to show a sustained therapeutic benefit of improvement in all major outcomes.”
- “In contrast, the Amitriptyline group showed no improvement or a slight worsening from the baseline values.”
 - Boline et al. Spinal Manipulation vs. Amitriptyline for the Treatment of Chronic Tension-type Headaches: A RCT. JMPT 1995; 18(3): 148-54.



Show Me Some Research

- Migraine sufferers who received chiropractic care reported a decreased frequency and intensity of the migraines. They had less disability and use of medication. Twenty-two percent reported more than a 90% reduction in migraines after two months of care; 50% reported significant improvement in severity of migraine episodes.
 - Tuchin PJ, Pollard H, Bonello R. A randomized controlled trial of chiropractic spinal manipulative therapy for migraine. *Journal of Manipulative and Physiological Therapeutics*. 2000;23(2):91-95.



Patient Testimonials

- "I started to see Dr. Joe because I had headaches almost everyday. He talked to me about my past and led up to the present including diet, stress and exercise. After six weeks of chiropractic adjustments and my change in diet, I only have a headache once every six weeks."
- "I've had migraine headaches for years, and after adjustments I haven't had one in months."
- "I had terrible headaches, neck stiffness and neck pain after my work injury. Regular adjustments keep me working, and I am almost pain free."



HEALTH CERTIFICATE

This certificate entitles the bearer to a complete first visit at ***Sheppard Chiropractic*** including consultation, chiropractic exam, x-rays (if needed). A \$275 value for only \$77.