

# Drugs can cover up symptoms.

Because headaches are so common, some people think that getting a headache is just a normal part of life!

Headaches are a sign that something's wrong.

Stress, toxic fumes, certain foods, preservatives, and alcohol are common culprits.

Like a fever, some headaches are related to an underlying problem.

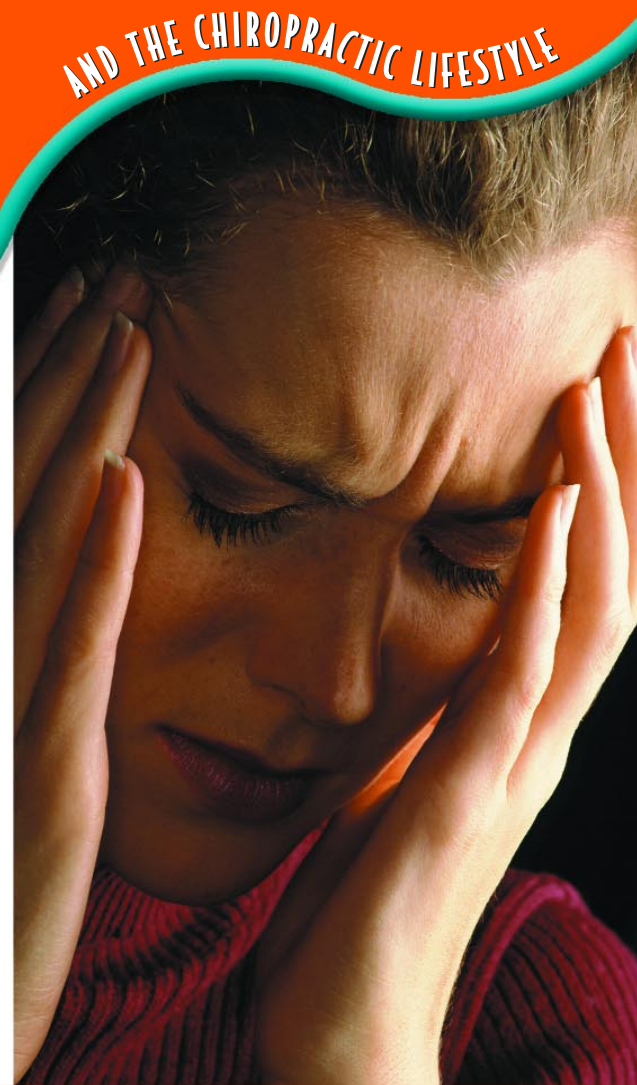


## THE CHIROPRACTIC LIFESTYLE

Chiropractors are experts in the care of the bones, nerves, muscles and connective tissues that make up about 60% of your body. All of the joints in your body are part of this musculo-skeletal system and its optimal function is necessary for overall good health. Ask your Doctor of Chiropractic for more information about a care program that may include specific spinal adjustments, exercise recommendations, nutritional advice or other conservative methods of care based on your health history, age, current condition and lifestyle.

# Headaches

AND THE CHIROPRACTIC LIFESTYLE



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SHARE WITH YOUR FRIENDS AND FAMILY

# There are many types of headaches.

A frequent and overlooked cause of headaches is the malfunction of spinal bones in the neck and upper back.

When bones of the spine lose their normal position or motion, sensitive nerves and blood vessels to the head can be affected. When spinal nerves and related tissues are stretched or irritated, they can produce throbbing headaches. Aspirin and medications may cover up these warning signs, but do not correct the underlying structural cause.

Many people experience correction and relief through chiropractic care.

Textbook Normal



Loss of Curve



Loss of normal spinal curves is a common cause of many types of headaches.



Some estimates suggest 25% of the population has a headache right now! A comprehensive U.S. study reported that 10 million Americans suffer from moderate to severe disability from various forms of headaches.

If a thorough examination reveals reduced range of motion, loss of normal spinal curves, or mechanical restrictions, chiropractic care should be considered. After a complete explanation, you'll receive a care program designed for your unique spinal problem.

Specific chiropractic adjustments can help correct spinal joint dysfunction created by the various chemical, emotional and physical stresses in our lives.

Many patients report headache relief. Others find that the correction of their condition takes longer because their spinal problem has existed undetected for many years. Every patient responds differently. Benefit from the drug-free results millions have enjoyed by consulting a chiropractic doctor.

**Get started today!**

Specific chiropractic adjustments can help correct mechanical restrictions in the cervical spine that may be related to headache symptoms.