

## No More Pills for Pain/ Severe Headaches



*“After three weeks under care, the intensity and frequency of my headaches had both decreased significantly and now after 6 months of care my headaches are almost completely gone and I don’t have to take Advil any more.”*

Over the past 10 years or more I have suffered from severe headaches. The pain would begin the moment I awoke and last until the time I went to sleep each night. In fact, I am sure that it was with me through the night as well as my nights were generally restless.

To help dull the pain I would take Advil almost every morning and again through the day though the pain never really went away. Some days I would try to not take the Advil as I was concerned about how the Advil might be adversely affecting my health, but often the headaches were just too bad.

I was referred to the clinic by a friend who was also under Dr. Maguire’s care. During his initial exam, Dr. Maguire explained to me how the blood vessels in the brain are controlled by the nerve system and that if these nerves are irritated; the blood vessels would contract and not allow enough blood and oxygen to get to the brain, and its outer coverings. Without enough blood and oxygen a headache was the result. He further explained how misalignments of the spine were one of the major causes of nerve interference and that if we were to correct these misalignments, nerve function could be restored, and the blood vessels would function properly allowing the appropriate amount of blood and oxygen to get to the brain, restoring function and eliminating the headaches.

After three weeks under care, the intensity and frequency of my headaches had both decreased significantly and now after 6 months of care my headaches are almost completely gone and I don’t have to take Advil any more. As of today, I have been 10 days with no pain at all – not even a twinge. It is wonderful. ☺ Now, I take care of my spine and nerve system to make sure the headaches don’t come back, so that I can be truly healthy. The realignment of my spine has not only stopped my headaches, but has also helped other areas, which I had not related to my spine at all. For example, I can walk better and can go up and down stairs easier. I had though my age and weight were factors, but obviously my spine was the biggest factor.

Thank you, Dr. Maguire, for all of your help, understanding and knowledge. (Thanks for the many laughs too!) To be headache free has truly made a remarkable change in my life.

Agnes R.

