



## “90% REDUCTION in Migraines”

### Reported in Scientific Study!

If you suffer from headaches, you're not alone! And thanks to Chiropractic care, you no longer have to be a prisoner of your headache pain.

An estimated 11 million adults suffer from *migraine* headaches. Yet, one published study reported **1 in 5 migraine sufferers improved by 90 percent with Chiropractic care.**

Research also shows that headaches are often caused by damaged and poorly-functioning structures in the neck. **Chiropractic care has been proven to correct structural problems that contribute to headache pain.**

#### **Expect Your Headaches to Improve!**

There are a variety of headache triggers including stress, poor spinal alignment, whiplash injury, excessive exercise, as well as work-related injuries or old sports injuries.

Once we restore proper function to your cervical spinal joints—and, as related muscle tension and nerve irritation are resolved—you can expect your headaches to *improve!*

It's important to note that when the nature of your headaches does not fall within the scope of Chiropractic care, we will refer you to the proper specialist.

*The International Headache Society (IHS)* declared two distinct advantages of spinal manipulation over the use of medication.

First, Chiropractic was shown to target the source of pain rather than control of symptoms. And second, it's safe and is associated with fewer side effects.

#### **Which One Describes You...**

If you experience a dull ache across your forehead or a vice-like pain on both sides of your head, you may have *tension-type* headaches.

Sharp pain behind one eye, throbbing pain to one side of your head, nausea, a visual aura, and/or extreme sensitivity to light and sound often occur with *migraine* headaches.

*Cervicogenic* headaches are described as referred pain in any region of the head that originates in the joints or muscles of the neck.

**Stop suffering needlessly!  
Call now!!**

*Inside...Scientific proof Chiropractic works!*



# PROVEN SAFE LASTING Headache Relief!

The Science Says It All!

## Western States Trial

**Headache pain: "Number of headaches cut in half!"**

A compelling headache study funded by the National Institutes of Health, in association with Western States Chiropractic College, was published in *The Spine Journal*.

Researchers had previously completed a smaller study that found a "significant sustained reduction of headache pain" after 12 treatment sessions that included Chiropractic manipulation therapy.

In this study, on average, Chiropractic patients cut their number of headaches in half within eight weeks! They also reported a sustained and significant reduction of pain.

## The Institute of Medical Biological Study

**Cervicogenic Headaches:  
"Significant positive effect!"**

The Institute of Medical Biology, University of Odense, Denmark, conducted a study on individuals with cervicogenic headache. Researchers determined that the use of analgesics decreased by 36 percent and the number of headache hours per day decreased by 69 percent for patients receiving spinal manipulation.

## The Duke Study

**Cervicogenic Headaches:  
"Almost immediate relief!"**

**Tension Headaches:  
"Longer lasting relief!"**

Based on an extensive report released by the Duke University Evidence-Based Practice Center, spinal manipulation resulted in **almost immediate improvement for headaches that originate in the neck, had fewer side effects, and provided longer lasting relief of tension-type headaches than a commonly prescribed medication.**

## The Nelson Migraine Study

**Migraine Headaches: "Fewer headaches  
even after treatment stopped!"**

According to the Nelson Migraine Study, spinal manipulation appeared to be as effective as medication; however, because 82% of those taking medications experienced side effects, researchers concluded, "... [Chiropractic] should be considered a treatment option for patients with frequent migraine headaches."

Unlike those using medication, **study participants receiving Chiropractic care continued to improve even after treatment stopped.**



**Both over-the-counter and prescription drugs have potentially serious side effects. Plus, they do not correct the cause of your headaches.**

**For your drug-free solution to headache relief, Call Today!**

# WE STOP YOUR PAINFUL INFLAMMATION...

*Naturally!*

**S**tudies show that Chiropractic adjustments can be **effective in controlling immune responses that cause inflammation!**

Whether it's an acute or chronic injury, your immune system kicks in by producing a cascade of chemicals that initiate healing.

Some of those agents, such as *cytokines*, send cells that regulate your immune system and produce inflammation, which is necessary for healing. **Inflammation helps remove irritants or damaged cells so your body can heal itself.**

### *How Chiropractic Aids in Healing!*

Cells are also sent to reinforce the injured area by laying down collagen, which becomes scar tissue. Scar tissue is not as strong or pliable as your original tissue. Prolonged inflammation can result in excessive scar tissue, which can lead to painful and restrictive joint motion.

**Spinal adjustments help keep inflammation in check.** By helping to break down scar tissue, **we can speed up your healing and improve your mobility.**

Prize-winning research published in the *Journal of Manipulative and Physiological Therapeutics (JMPT)*, examined the effect of a single spinal adjustment on the inflammatory process. Based upon laboratory studies, **a single adjustment has been shown to reduce inflammatory cytokines!**

The study confirms that **spinal manipulation therapy is "likely to present a noninvasive and efficacious alternative" to drug therapies.**

### *Spinal Adjustments: More Than Meets the Eye!*

You have an opening at each level of your spine (on both sides), through which the spinal nerve roots exit your spinal column.

When your spine is misaligned and your joints aren't moving properly, nerve roots can be compressed and/or irritated within the narrowed passageway.

When this occurs, cytokines are released and injured tissues become inflamed.

Chiropractic spinal manipulation allows significant movement of injured joints that can't move properly on their own.

**By restoring joint function, spinal adjustments help reduce inflammation and decrease pain at the cellular level—where it all starts. ❖**



**"My Chiropractic  
Adjustments  
Help Relieve  
My Pain!"**  
by Kelly McPhee

**I** was in a car accident that totaled my car, but I thought I was fine. Two years later, I had headaches and my neck hurt so bad, that I could barely hold my head up. My injury was interfering with my work.

My regular doctor sent me to a physical therapist, but that didn't relieve my symptoms. Finally, my boss referred me to her Chiropractor and I made an appointment.

After an exam and x-rays, my Chiropractor diagnosed me with whiplash and compressed vertebrae in my neck and we decided on a treatment course. **After about two weeks, I was feeling 50% better. Within a month, I was back to normal.**

**I was amazed that something as natural and drug-free as Chiropractic got rid of my pain and discomfort! Now, I go for regularly scheduled adjustments and always leave the office feeling better. ❖**