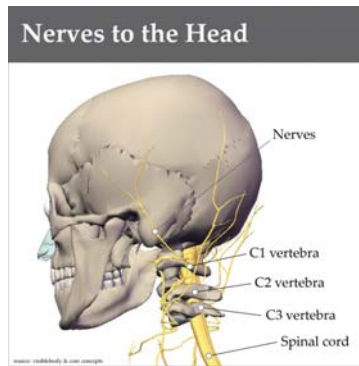


# Suffering From Headaches? End The Suffering.



Headaches are one of the more common conditions that enter the offices of primary care physicians, including medical doctors and doctors of chiropractic. As you know, the standard medical treatment revolves around the use of pharmaceuticals and/or injections.

The standard chiropractic treatment approach includes manual therapies such as spinal manipulation or adjustments, manual or mechanical cervical traction, mobilization techniques, trigger point therapy, physiological therapeutics such as electrical stimulation, ultrasound, etc., and nutritional counseling. While both approaches have pros and cons, there are far less negative side effects associated with the chiropractic treatment option.

**There are many types of headaches, which can be generally classified as primary or secondary:**

Primary Headaches: 1. Migraine; 2. Tension-type; 3. Cluster headaches. Secondary headaches occur because some other condition or injury is present such as after a car accident or slip and fall injury, due an infection, a sinus, jaw, and/or dental condition, a vascular injury such as stroke, a medication side effect, psychiatric disorder and others.

**Find yourself frequently utilizing over-the-counter medications such as an anti-inflammatory (ibuprofen: Advil, Nuprin; Naprosyn such as Aleve) or Tylenol.? READ THIS...**

It is probable that chiropractic approach will provide relief for your headaches. Frequently, with headache patients, the vertebrae in the upper neck lose their normal range of motion and the muscles that attach to the base of the skull become overly tight and squeeze or compress the nerves feeding into the head. This results in pain that radiates over the top or around the head, sometimes into the eyes. Conservative Gentle Chiropractic care restores the vertebral range of motion, which in turn reduces the muscle tension and subsequent nerve compression, resulting in a reduction of headache pain! If you've also noticed stiffness in your neck, then give us a call. We offer short term affordable relief care for your headache. Explore this option. There is no obligation to receive care. Our number is **1-877-99-QUEST (1-877-997-8378)**.

**P.S. – If you'd like us to mail or email this to a friend or co-worker, email us at [info@healthquest.us](mailto:info@healthquest.us)**  
**P.P.S. – See other side, it reveals more about headaches and why chiropractic is a drug free option.**

References:

<http://ihs-classification.org/en/>

Rossi, P.; Di Lorenzo, G.; Faroni, J.; Malpezzi, M.G.; Cesarino, F.; Nappi, G. Use of complementary and alternative medicine by patients with chronic tension-type headache: results of a headache clinic survey. *HEADACHE* 2006; 46(4): 622-31.

# **Did you know that in 1976, Dr. Chester Wilk and four other Chiropractors filed a lawsuit against the American Medical Association (AMA)?**

The suit claimed the American Medical Association (AMA) had participated for years in an illegal conspiracy to destroy Chiropractic.

On August 24, 1987, after endless wrangling in the courts, U.S. District Court judge Susan Getzendanner ruled the AMA had engaged in a “lengthy, systematic, successful and unlawful boycott” designed to restrict cooperation between MDs and Chiropractors in order to eliminate the profession of Chiropractic as a competitor in the United States health care system.

And here’s something interesting: During the case, the AMA took the stance of protecting patients. Chiropractors, however, showed the court Workmen’s Compensation Bureau studies **validating** Chiropractic care.

More specifically, studies comparing Chiropractic care to care by medical physicians were presented showing Chiropractors were **“twice as effective as medical physicians, for comparable injuries, in returning injured workers to work at every level of injury severity.”**

The settlement of the suit included an injunctive order in which the AMA was instructed to cease its efforts to restrict the professional association of chiropractors and AMA members. The AMA was also ordered to notify its 275,000 members of the court's injunction. In addition, the American Hospital Association (AHA) sent out 440,000 separate notices to inform hospitals across the United States that the AHA has no objection to allowing chiropractic care in hospitals.

## **If you suffer from headaches, you are not alone.**

**The number of people who suffer from headaches every year is staggering. And a large percentage of these headache are “tension-type” headaches. Another common type of headache is called “cervicogenic.”**

**This is important because a 2001 Duke University study showed Chiropractic care helped both these types of headaches both in headache frequency and severity.** The study also showed Chiropractic care worked better than many other treatments.

**Many headache sufferers have been helped by Chiropractic care.**

If you’d like to see if we can help you like we have already helped so many others, just give us a call. Find your local Healthquest clinic here: <http://www.healthquest.us/ContactUs.html>

And don’t forget – if you have any family member or friends who suffer from headaches – give them this letter. We will do our best for you and all your loved ones!

References:

<http://www.chiro.org/Wilk/>

<https://www.fcer.org/html/Research/DukeEvidenceReport.htm>

**YOU MAYBE A CANDIDATE FOR CHIROPRACTIC CARE FOR YOUR HEADACHES! FOR A FREE NO-OBLIGATION CONSULTATION CALL!**