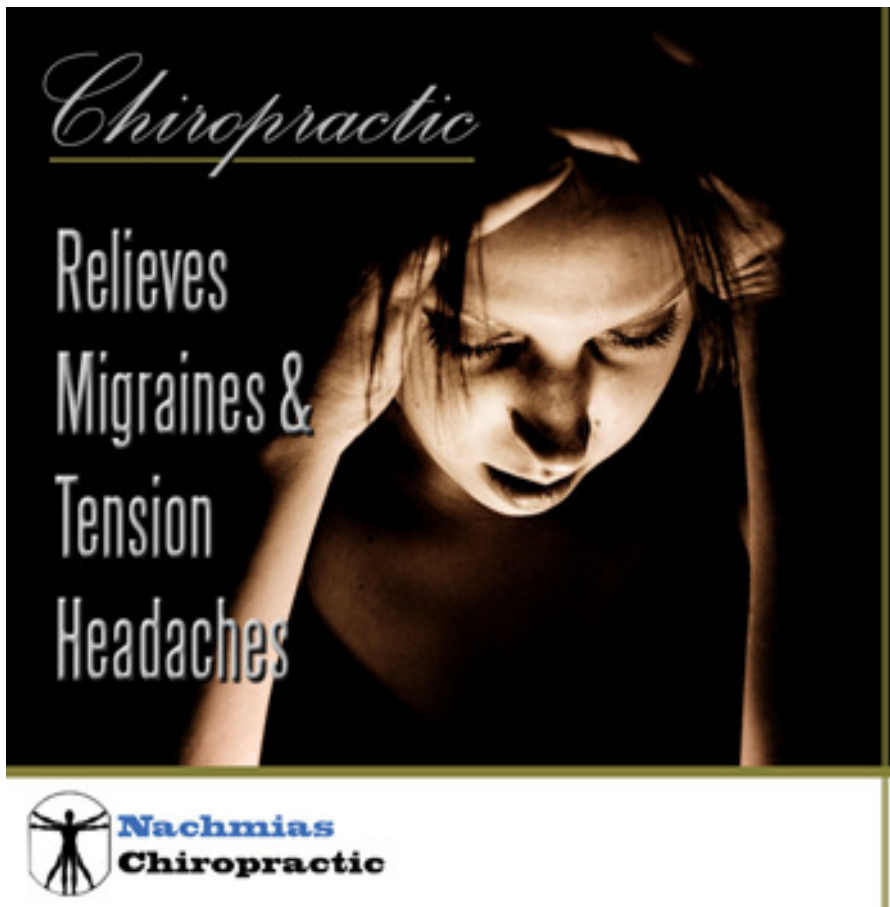


## Be Surprised....Chiropractors Can Treat These Conditions (Part 1)



*Nachmias Chiropractic is happy to present a mini series of conditions that might be surprising chiropractors can treat. Today we'll present condition number 1, which has shown extensive proof of positive outcomes.*

If you're stressed, suffer from migraines or struggle with flexibility, you should definitely read this!

You might think chiropractors are only able to help with back aches, stiff necks, slipped discs and whiplash injuries. If so, you're not alone – but you're missing out. Chiropractic care – which is based on the understanding that the mind and body can heal itself – can treat many issues that might surprise you. The first condition is:

### **Migraines/Tension Headaches**

Nine out of 10 Americans suffer from headaches. Some are occasional. Some are persistent. Some are dull and nagging, while others cause debilitating pain and nausea. To take a painkiller and hope for your headache to go away is one option. But there's a better solution....Research shows that spinal manipulation – the primary form of care provided

by chiropractors – is an effective way to treat tension headaches and headaches that begin in the neck.

In a clinical trial conducted at Macquarie University, 72 percent of migraine sufferers experienced either "substantial" or "noticeable" improvement after a period of chiropractic treatment.

### **What Can Your Doctor of Chiropractic (Dr. Adam Nachmias) Do For You?**

- Dr. Adam can improve spinal function by performing a spinal manipulation or chiropractic adjustments to relieve your migraines and tension headaches. This alleviates the stress put on your nervous system.
- He can also provide nutritional advice, recommending a change in diet or addition of vitamins.
- Finally, Dr. Adam will look at your posture and ergonomics and give you advice on that, and also maybe give you exercises and relaxation techniques if needed.

Call any of our offices to book your chiropractic exam and consult:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

Or book your appointment online here:

<http://calldradam.com/contact/book-online/>

**Welcome to find migraine and headache relief at Nachmias Chiropractic!**