

Get rid of headache with chiropractic care



What puts the ache in headache?

The ache in headache doesn't come from the brain – your brain can't feel pain. During brain surgery a patient is often awake feeling nothing, even talking to the surgeons and nurses while his/her brain is being operated on (a local anaesthetic numbs the scalp). So what puts the “ache” in headache? It's the non-brain structures: blood vessels, membranes and cranial nerves in the brain and skull. When these structures are stretched, compressed, irritated, inflamed or infected, headaches often result.

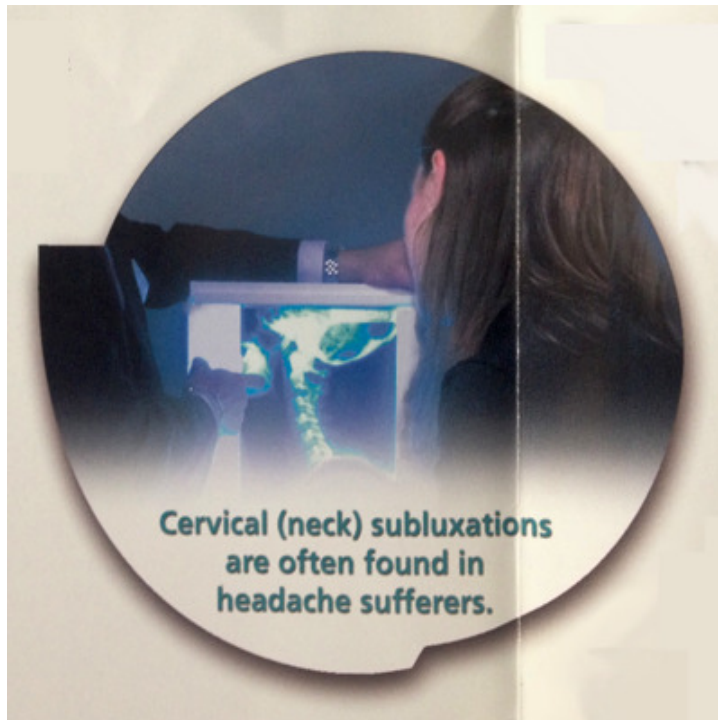
The chiropractic approach

Why do millions of headache sufferers turn to the natural, drug-free chiropractic approach to health? That's because chiropractic has a unique healing approach – chiropractors are the only health professionals trained to analyse your body for a serious and often ignored condition that can damage your nerves, cause tissue inflammation, cause muscles to tighten and knot, weaken your body, cause fatigue and set stage for sickness and disease. This condition is called the vertebral subluxation complex (VSC).

Just as you may have a cavity in your tooth and be unaware of the damage it's causing, so the VSC (or subluxation) may be causing serious harm to your body. What causes the VSC? Any physical or emotional stress that your body cannot withstand can cause your spine to develop a VSC.

The chiropractic checkup

Using his/her hands, X-ray and other instruments, your chiropractor will determine if you have a VSC. If you do, your chiropractor will give you a safe, gentle spinal adjustment to correct the vertebral subluxation complex, removing the nerve pressure and spinal distortions.



Why does chiropractic work so well?

Why has chiropractic been a blessing to millions of headaches sufferers? The reason may be that most headache sufferers appear to have a VSC. For example, one study of 6000 long-term headache sufferers (two to 25 years) revealed that neck injury (whiplash, fall) was the most important factor in the cause of the headache and should be suspected in every nonspecific case of headache.

And subluxation correction has powerful effects. In a randomized controlled trial performed at the University of Odense, Denmark, those under chiropractic care decreased their use of painkillers by 36% and the number of headache hours per day decreased by 69%. Headaches affect children too. For example, a 10-year-old girl with chronic, severe migraine (6 times a week for the past 3 years) was unable to go to school due to the severity of her condition. Neurologists could not help her. A chiropractic examination revealed a VSC in her upper neck. After her third adjustment she was off her pain medications and by the third week she was back in school, started dance classes for the first time in two years and actually began to smile again. She was living a normal and healthy life for a child her age by the end of the 5th visit. A 13-year old boy who was hurt in a football game was in terrible pain and had to wear dark glasses and ear plugs to compensate for increased sensitivity to sound and light. Medical doctors had given the child painkillers and had him hospitalized in traction for 2 weeks with no improvement. After his first chiropractic adjustment he could ride home without wearing his sunglasses and for the first time in 2 weeks expressed an interest in food.

How does chiropractic affect headache?



For many years it has been said that the DC after a Doctor of Chiropractic's name also stand for "Doctor of Cause" – chiropractors correct the cause of a patient health problems, rather than give painkillers and other drugs which only treat the symptoms. A team of surgeons may have found one of the answers why chiropractic works so well. They discovered a small neck muscle that connects to the brain membranes. When the neck is out of alignment, this muscle can actually pull on the brain! As the lead surgeon writes: "An increasing body of literature relates headaches to pathology affecting the cervical spine and a number of clinic trials have demonstrations have demonstrated that chiropractic...is valuable for managing headache".

Stop suffering from headaches and migraines! Call Dr. Adam Nachmias and you can live a pain free, and, drug free life tomorrow!

Nachmias Chiropractics' offices:

Manhattan, call: 212-924-1700

Brooklyn, call: 718-832-7300

Welcome to start your journey to a pain free life!