

# Achieving Wellness

Victoria Family Chiropractic [www.vfchiro.com](http://www.vfchiro.com)  
Dr. Cale Copeland  
592-5553

## Headaches (Part 1)

It is estimated that 15% of US adults suffer from chronic headaches. Headache sufferers spend billions on over-the-counter medications such as Aleve, Motrin, Advil, Ibuprofen and Excedrin (non-steroidal anti-inflammatory drugs, or NSAIDs). These drugs only address the symptom, and not the cause, but they also have potentially fatal side effects. Interestingly, one of the side effects of NSAIDs is a headache. This two-part series will look at effective solutions to the cause of headaches.

Chiropractic: Drugs attempt to diminish symptoms, while chiropractic digs deeper to the cause. According to *Gray's Anatomy* (the medical manual, not

the popular television show), the nervous system is the "master system" in the body, controlling and coordinating all the other systems – respiratory, immune, circulatory, and digestive. A doctor of chiropractic is trained to locate and correct areas of the spine where one or more vertebrae may have experienced a loss in function, creating pressure on or irritating nerves. This irritation interferes with communication traveling over those nerves. This compromises the health of the system being innervated.

By freeing up nerve flow and positively affecting the nervous system, specific

### Headaches Cont...

spinal adjustments improve the body's innate ability to heal itself. Research evidence suggests chiropractic is an effective, natural answer to headache pain. In fact, in a major 1995 study comparing several weeks of drug therapy to several weeks of chiropractic care, 82% of patients given drug therapy reported side effects including drowsiness, weight gain, and dry mouth. Heart-related problems and glaucoma also were associated with the drug therapy. On the other hand, chiropractic patients reported no side effects, and after four weeks of treatment, patients who used drugs began having headaches again, while members of the chiropractic group continued to express headache relief, as well as higher levels of energy

as compared to the drug therapy group. "When the bones of the spine lose their normal position or motion, the sensitive nerves and blood vessels to the head become compromised. When these delicate tissues are stretched or irritated, they can produce certain types of headaches," explains Claudia Daude, DC, who maintains a chiropractic practice in Michigan and has a great deal of experience treating headache sufferers. "While aspirin or other medications may cover up the symptoms, they do not really correct the cause of the headache. This is why many people have found relief from headaches through regular chiropractic care."

[www.toyourhealth.com](http://www.toyourhealth.com) February, 2007  
Vol. 1, Issue 02

HEALTH  
IS NOT  
A CHANCE,  
IT'S  
A CHOICE



**We promote wellness by educating and inspiring people to live well and by adjusting the spine to remove interference of full innate expression. Get your spine, or a loved one's examined today.**