

Chiropractic Works

“THE ULTIMATE IN SPINAL CORRECTION”



chiropractic
WORKS

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Have we got a speaker for you!

Book:

Dr. Scott Szela

As A Speaker For Your Organization

Topics Include:

- What is Chiropractic?
- Posture and Ergonomics
- Nutritional Concepts:
 - > Vitamins: How do they work, which ones and how much?
 - > Fad Diets: The Facts

Presentations can be customized for your audience and time available.

Contact our office!

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HEADACHE AND MIGRAINE REVIEW: CAUSES AND TREATMENT

According to the National Headache Foundation, over 45 million Americans suffer from chronic, recurring headaches and of these, 28 million suffer from migraines.

Headaches come in many forms and are known by many different names. There are over 150 types identified and named with migraines and tension headaches being the most common.

In addition to all of the types of headaches the causes are equally numerous but there are a few causes that seem to be more common for all types. These causes generally fall into two categories; nutrition related and structure related.

We feel that addressing both issues of nutrition and structure provides the greatest benefit. Our office presents nutritional lectures that discuss some tips to identify if your headaches may be related to your diet. The **focus** of our office, however, is on correcting the **structure** of your spine.

A study published in the journal *Headache* and another published in the

Journal of Manipulative and Physical Therapeutics found that abnormal tension in the muscles located in the back of the upper neck caused chronic headaches. The *Headache* journal article discussed a case where they cut these muscles to relieve the tension. They found it relieved the patients headache symptoms but we feel this is a drastic treatment, and a more conservative method would be a safer bet. Abnormal tension in these muscles can be caused from abnormal structure of your spine. Instead of cutting these muscles we feel a more sensible approach would be to correct spinal structure and allow the muscles to relax **naturally**.

A related article in the journal *Brain* backed up this idea. They found that **altered structure** reduced the blood flow to muscles in the neck and upper back. This reduced blood flow causes the muscles to fatigue or run out of energy quicker than normal. These fatigued muscles strain to hold your head in proper upright posture and can cause chronic tension headaches. Again correcting structure would allow these muscles to relax



and function properly which corrects the **cause** of the headaches.

When the structure of your spine is misaligned, in any way, the muscles will be un-balanced. This uneven strain on your muscles can set the process for many of the types of headaches that have been identified.

If you are one of the millions afflicted with headaches or migraine be sure to explore all of the safe **natural** methods that can get to the cause of the problem. There are many options for help that **don't** involve the side effects of drug treatments and can help find the cause of the problem.

KIDS DAY AMERICA- SEPT. 17TH

For the third year in a row Chiropractic Works will be hosting Kids Day America. This is a national event which takes place every year.

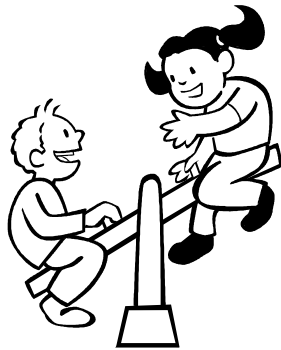
Businesses from all over town participate to provide a fun filled day that is all about the kids!

We hope to make this year even bigger and better. The event will be held on the lawn in front of Teledyne on Route 3A in Hudson.

Last year we had free food, drinks, and balloons. We also had appearances by **Sully** from Monsters Inc. and **Nemo**. The Hudson police department had a finger printing booth, the fire department taught fire safety and many other companies participated by providing fun activities for the children and families in attendance.

Anyone and everyone are invited to attend, just show up with your family on Sept. 17th between 12:30 and 3:30 PM.

We are always looking for businesses to join us on this fun filled day. If your company would like to participate please contact our office to discuss the details.



For more information attend our complimentary and informative "introduction to chiropractic" class held every Monday evening at 6:15.

Please register online or call the office as seating is limited.

NSAID USE FOR HEADACHES AND MIGRAINES

The class of drugs called NSAIDs are regularly used by people to treat their headache symptoms. These drugs are more commonly known as Tylenol®, Advil®, Excedrin®, and Aspirin to name a few.

in a specialty headache clinic used these drugs on a **daily** basis. The most interesting thing this study found was that patients taking these drugs for non headache issues often **developed** headaches! This means that taking these drugs to cover the symptoms of a headache can actually **cause** a headache. Taking these

drugs on a regular basis can set up a cycle of rebound headaches.

Instead of masking the symptoms of a headache with drugs; explore options that address the cause of the problem. If the oil light came on in your car would you unplug the light or add oil and fix the problem?

A study published in the journal *Neurology* found that 60 to 80% of patients

WATER FOR HEADACHES?

There isn't enough room in this newsletter to cover all of the dietary advice that can help headache sufferers but one concept can be explored.

hydration. Drinking large amounts of coffee, tea, and soda only add to the dehydration issue. These drinks all contain caffeine which pulls water out of the body.

to build up in the body.

Most people simply do not drink enough water. They go through the day in a constant state of de-

hydration. Excess caffeine dehydrates the body and all of your tissues causing toxins

Something as simple as minimizing caffeine intake and increasing water intake to 8 glasses a day can eliminate headaches caused from or aggravated by dehydration.