

# Severe Headaches?

## What you don't know *can* hurt you!

Living with headaches is **tough**.

Day after day of being **miserable**, irritable, and looking a lot older than you really are. The frustration of knowing that your friends and family don't understand what you're going through.

Add this to doctors' visits, MRI's and CT scans -- which only come back with "normal" results.

And that's not all... trying one medication after another, feeling like you're on a merry-go-round of drugs.

All this is enough to make anyone **want to scream!**

**You're not alone.** Chronic headache is one of the most common of human disorders, regularly robbing 45-million Americans of major portions of their lives.

The economic consequences are also staggering. The Harris survey estimated that adults with full-time jobs lost nearly 157 million work days due to headache pain. That doesn't begin to count the personal costs of pain and suffering, lost income, interrupted sleep, disrupted daily routines, and unsatisfying leisure and family time. **What has it cost you in your life?**

Worse still, chronic headaches are progressive. Which means **THEY GET WORSE!** Not only does the actual pain increase, but also the anticipation of when the pain will strike again prolongs the suffering.

**Breathe easy... there is a doctor who understands.** Dr. Ken Vinton, D.C. has world-class training in non-drug procedures and technologies that have been scientifically proven to reduce or eliminate your headache suffering.

**The most important consideration is to understand which of the 5-types of headache you suffer with: 1) Sinus 2) Cluster 3) Tension 4) Migraine or 5) Rebound** and what parts of the body are intimately involved in the headache. See the picture below...

Most headaches are caused by muscle contraction or blood flow problems



The picture on the left shows the muscles of the head, neck and face. The picture on the right shows some of the blood vessels. Drugs may numb the pain, but still often leave the muscles tense and the blood vessels irritated. **Drugs don't address the cause, which is why the headaches keep returning.**

**What is the most effective solution?**

A recent **study from Harvard University** reported that one of the most common practitioners sought out for relief of headaches was a Doctor of Chiropractic. (Dr. Vinton uses E.L.F. (extremely low force) neurospinal alignments which are gentle and soothing, and he never, ever uses any twisting, cracking or sudden movements.)

In a recent **Duke University study**, Chiropractic care was shown to be highly effective, providing more relief than massage, and medication. The research showed that 82% of patients had adverse reactions to the medication, and returned to the same level of headache as soon as the drugs were stopped, whereas the groups receiving gentle Chiropractic care continued to show sustained reduction in headache frequency and severity even after the Chiropractic care was discontinued. That's impressive.

**Another highly successful non-drug solution is biofeedback, recognized by the AMA in 1983 as an established treatment for headaches.** If, for example, increased muscle tension is contributing to your headache, then painless sensors are placed on the muscle and you are taught how to recognize when the muscles are

tightening, as well as to reduce the tension through the feedback provided. You literally learn how to "turn off" your headaches. And, once learned, the new skill becomes permanent. Imagine... no more headaches.

In fact, the Diamond Headache Clinic Program founded in 1972, is the oldest and largest private clinic in the U.S. devoted solely to the management of headache pain states that **85% of all adults, and 90% of children who use biofeedback show significant reduction in severity, duration and frequency of headaches.** Follow up studies show that these treatments continue to retain their value years later.

**Exciting new brain imaging devices allow scientists to actually watch the brain during a migraine attack.** The latest research suggests a mechanism called Cortical Spreading Depression (CSD). Before the migraine pain begins, the back part of the brain (see picture below) has a burst of activity, followed by silence or depressed activity. CSD spreads across your brain causing different symptoms as it spreads. Muscle tension and swollen blood vessels are still recognized as important in migraines, but are viewed more as secondary reactions. Brain-based EEG biofeedback allows Dr. Vinton to painlessly help to reset your brain's threshold for migraine, potentially reducing or eliminating your migraine... giving you your life back.



Migraines begin in the brain stem, and spread through the cerebellum, occipital lobe, and temporal lobes. As CSD spreads and affects different areas of the brain, the corresponding part of the body is affected (eyes, light, nausea, etc)

A program of gentle Chiropractic care and biofeedback training can reduce or eliminate your painful headache episodes, reduce your time spent in doctors' offices, employee health centers, school nurse stations and hospital emergency rooms. **One study revealed that \$5.50 was saved for every \$1 spent on biofeedback training. Relief AND savings!**

Did you know that a rebound headache is when you take a handful of Tylenol or other pain medication and although the headache may temporarily go away, it comes back! Recent research has discovered that a rebound headache is perpetuated by the medication, and the only way to break the painful cycle is to STOP TAKING THE MEDICATION! **Imagine... the medication that you may be taking to stop the headache may actually be causing your headaches to continue.**

Several news stories have recently appeared in the press citing cases of migraine sufferers being helped by Chiropractic care.

One describes **the plight of Pam Delrosso, a woman who suffered from debilitating migraines for 25-years.** She had seen neurologists, had MRI, CAT scans and was given a variety of medications. The medical care did not work. She described her "quality of life just went downhill. I'd be in bed for days on end." Pam described her results of her Chiropractic care as life changing. "The headaches don't devastate me like they did before. I'll get an occasional headache - maybe once a month, every 2 months. It goes away in an hour and it doesn't put me in bed for three days."

**Another migraine sufferer, Adriana Grassi** is a personal trainer who is very much into physical fitness. She describes her passion for fitness by saying, "This is my job, my career. I love doing what I do. I think I can help people change their lives." Unfortunately, Grassi's career almost came to an end due to the onset of



migraines. She remembers, "I had a problem training my clients because I had terrible migraines. I couldn't talk, I couldn't even see, sometimes the light overwhelmed me." She too saw neurologists, had MRIs, CAT scans and was given a variety of medications. The medical care failed. That's when Adriana turned to Chiropractic care, saying that it's been a life changing experience. Adriana has been headache free for months. "I would definitely say it's a miracle."

During the past 20-years, Dr. Vinton has safely delivered 114,316 successful, gentle, neurospinal alignments and guided over 11,124 soothing, life-changing biofeedback sessions. In addition, he has taught doctors these same techniques the world over.

Every week Dr. Vinton hears how women suffer from severe headaches - statements like...

"I feel like my head is in a vice."

"My eyes hurt and I feel so drowsy."

"I have to lay down."

"I've had migraines since childhood."

"Muscle tension in the neck and pain into the shoulders."

**"I only wished I had found you sooner"**

In order to discover if your headache pain can be treated safely, effectively and affordably... we have to review your history, MRI or other test results, and perform a headache relief evaluation. Normally this personalized, one-on-one consultation and evaluation with the doctor costs \$247... but **for a very limited time, we will offer this headache relief evaluation FREE! For 10 days only.** Dr. Vinton is running a very special offer where you can find out if you are a candidate for his world-class, comprehensive headache relief program. Please do NOT call unless you're serious about ending your pain! **If you can't stand the pain anymore and want to end it immediately and would like a FREE headache relief evaluation, call our office NOW at (724) 458-1100,** before our 10-day offer expires on Tuesday November 10th at 5:00pm. (If you get the service, leave your name and message to reserve your spot. Dr. Vinton still personally returns every phone call, so you are certain to get the care and attention that you deserve.)

Imagine being able to live life like a normal person again, pain free and without headaches -- being able to play with your kids, enjoy time with friends, and not have to worry that your headache will hit you at just the wrong time.

**Recurring Headaches Are Not Normal**

No question... if you are having headaches then something is wrong. Pain is your body's way of telling you something is wrong. Finding the problem and fixing it has got to be top priority! **Call day or night... (724) 458-1100.**