

**Stress, toxic fumes,  
certain foods,  
preservatives, and  
alcohol are  
common culprits.**

HERE ARE MANY TYPES OF HEADACHES.



Some estimates suggest 25% of the population has a headache right now!

A frequent and overlooked cause of headaches is the malfunction of spinal bones in the neck and upper back.

When bones of the spine lose their normal position or motion, sensitive nerves and blood vessels to the head can be affected. When spinal nerves and related tissues are stretched or irritated they can produce throbbing headaches. Aspirin and medications may cover up these warning signs, but do not correct the underlying structural cause.

Many people find relief and correction with chiropractic care.

If a thorough examination reveals reduced range of motion, loss of normal spinal curves, or mechanical restrictions, chiropractic care should be considered. After a complete explanation, you'll receive a care program designed for your unique spinal problem.



Mechanical restrictions of the cervical spine are a common cause of many types of headaches.

Many patients report headache relief. Others find that the correction of their spinal problem has existed undetected for many years. Every patient responds differently. Regardless of how you respond, enjoy the drug-free results millions have enjoyed by consulting a chiropractic doctor.

Get started today!

TEXTBOOK NORMAL



LOSS OF CURVE



Loss of normal spinal curves are a common cause of many types of headaches.

