



FRANKLY SPEAKING

Total Life Chiropractic



That's you OK What we told We got to go Dr Mark?

Everyone, well at least almost everyone, has had headaches from time to time, and we all know how miserable they can make us feel. In fact, at some point in time, 9 out of 10 Americans suffer from headaches that range between mild and dull to throbbing, intense, and debilitating, sometimes to the point of requiring bed rest in a dark, quiet room.

After being conditioned by so many drug commercials on TV, the common reflex is to reach for that bottle of pills and pray the headache subsides so you don't have to call in sick and lose another day of productivity. Unfortunately, considering the side effects of many medications, this approach is frequently NOT the answer. So what is?

The good news is many studies have shown that specific chiropractic adjustments are **very effective** for many types of headaches including tension, neuralgia, migraine, sinus and cluster headaches just to name a few. An important study reported that chiropractic adjustments provided almost **immediate relief for headaches that arose in the neck with SIGNIFICANTLY longer-lasting results compared to commonly prescribed medications and without the detrimental side effects.** Another interesting study found similar results including tracking the occurrence and frequency of headaches after treatment stopped. The authors of the study reported the **patients receiving chiropractic adjustments had continued to experience sustained benefits throughout the following weeks and even months, in contrast to those in a medication treatment group where headaches came back almost immediately** after they discontinued the medication.

In view of the overwhelming evidence that chiropractic adjustments can greatly benefit those with headaches, why do most medical practitioners still prescribe medication for headaches.

Understood But you still have an autoimmune condition that needs to be treated. If you go on Instagram on Total Life Chiropractic you'll see a lady talking about her autoimmune problem rheumatoid arthritis virtually gone with chiropractic and dietary changes. Also I have a friend of mine who's diagnosed with autoimmune problems 15 years ago. He was supposed to die 10 years ago and is doing fantastic. The medical route will just give you drugs and surgery you need to make your body healthier I'm sorry if I'm coming on strong but sometimes you only get one good shot

So, what can you expect from a visit to Total Life Chiropractic for your headaches? The typical approach begins with a thorough history and examination with an emphasis on finding the underlying causes and know that if we can help you, we'll tell you and if we can't, we won't waste your time or money.

Because each patient and their particular condition is unique, the type of care provided will be individually determined based on the findings and the uniqueness of the patient's condition. So, the next time you Or or someone you care about reaches for pills because of headaches, remember that there's a better option! Have them give Total Life Chiropractic a try. They'll be glad they did !!!

Patients Speak Out! *"For the past 20+ years I've been plagued with the life crippling condition of Chronic Migraines. Triptans, ergots, anti-nausea, opioids, beta blockers, antidepressants drugs, muscle relaxors, CT scans, xrays, spinal taps; tested to no avail. Before TLC, I could count on a headache every day and headaches that transitioned to migraines at least 4 times a week! TLC, has allowed me to reduce my medications from 5 prescriptions to none and has given me a whole new lease on life. In as few as two weeks of adjustments I noticed a huge difference in my headache pattern. I find it truly amazing and very difficult to believe, but here I am, finally living again. I am drug free and learning to enjoy life again."*

Kim R.

Patients Speak Out! *"I have Migraine medication to help with severe headaches. However, since my first visit to TLC on May 5, I have not had to take any medication because I have not had a single migraine in more than 4 months! Thank you!"*

Tom M

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