



Many migraine sufferers are now pain-free and living a more productive and enjoyable life thanks to upper cervical care.



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MIGRAINE HEADACHES



Migraine Headaches

If you are currently living with migraine headaches, you know the classic symptoms of intense pain, extreme sensitivity to light or sound, nausea, and vomiting. Some migraine sufferers also experience visual disturbances or auras, numbness, tingling, clumsiness, or have difficulty communicating.



Typical medical treatments consist of both over-the-counter and prescription drugs. However, if you have seen the drug ads on TV or read the *Physician's Desk Reference*, you know that all of the common migraine drugs are potentially dangerous and can cause serious side effects.

Migraines can be triggered by a number of factors

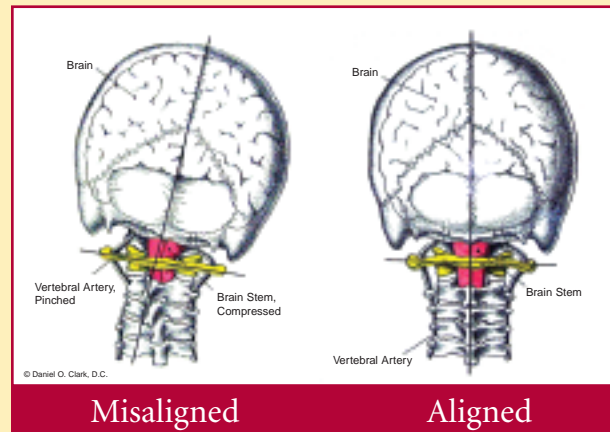
including stress, excessive light or sound, fatigue, hunger, diet, hormonal changes, weather changes, caffeine, cigarette smoke, head trauma, neck movements, and even the use of a low pillow. However, it is important to understand that these "trigger factors" do not cause migraine headaches.

Dr. Seymour Diamond, Executive Director of the National Headache Foundation, has announced that new imaging techniques now allow scientists to identify what they believe to be a cause of migraines: a malfunctioning brain stem. When the brain stem, located near the top of the neck malfunctions, it increases the swelling of blood vessels surrounding the brain, setting up a chain reaction that results in a migraine headache.

Migraines & Upper Cervical Care

A misalignment in the upper cervical spine (neck) can affect the function of the brain stem. This, in turn, can cause migraine headaches. Car accidents, sports or on-the-job injuries, physical or emotional stress, falls or even birth trauma can cause upper cervical misalignments.

Upper cervical doctors receive extensive training and education in both the upper cervical spine and the brain stem. They use the latest technology to analyze and correct upper cervical misalignments and achieve predictable results that heal. The goal of upper cervical is to correct spinal misalignment and to restore normal function to the brain stem or nervous system, thus correcting the cause of migraines instead of treating the symptoms.



Can Upper Cervical Care Help You?

Upper Cervical Health Centers of America is a network of upper cervical doctors across the country dedicated to helping patients who suffer from migraines and other ailments and diseases caused by brain stem malfunction.

For years, upper cervical doctors have been helping patients with migraine headaches. Results of upper cervical care have been so phenomenal that most migraine sufferers significantly improve in both the severity and frequency of their migraines. Most health insurance companies recognize the benefits of upper cervical care and include it in their coverage plans.

If you are currently suffering from migraine headaches and would like to seek advice from one of our doctors, call the number on the back of this pamphlet or visit our website at www.UpperCervicalCare.com to find an office near you. We will develop an upper cervical program specific to your needs.

Get Your Life Back!



www.UpperCervicalCare.com