

Talking About...

Headaches

So you have a headache....Your eyes hurt, your forehead is pounding, your neck is sore and tight, your scalp feels as if it is being slowly removed, lights bother you, noise sets your teeth on edge, and then there are your children, the house, dinner, your husband/wife and the daily demands of life. You would like to stop the world....if only for a second!

Thousands of children and adults are afflicted with this headache "thing". As a matter of fact, headaches are the most common reason people seek chiropractic care. Headaches have been sold to the public as a problem which needs to be "treated", as a disease, or some sort of condition. We have gingerly been taught to believe that headaches need to be remedied, that no mercy should be shown, that they are bad, and we should not put up with them. Millions of dollars of advertising are spent annually on the benefits of drugs for the treatment of headaches. And we have bought into this carefully contrived thinking.

So let's look at this "headache thing" from a different perspective.

The word "Headache" simply means - ache in the head. It is NOT a disease. It is simply an ache. A pain. A symptom. I am not even remotely making light of it though - this symptom can be severe and debilitating. It is said that there are different types of headaches; migraines, cluster, tension, occipital, sinus, etc. All of them seem to have a different pattern, location, severity, and, of course drug, to deal with it.

This may come as a surprise to many of you, but this is a manufacturer's reality. In other words, the pharmaceutical industry would like you to believe, and accept, the illusion that all of these headaches need to be treated. Why? Let's see...There are billions of dollars of profit at stake. What a shock!

There seems to be no weight given to the idea that there might be a reason why a person might be experiencing headaches - no weight as to the "WHY".

Let's look at this closer..

I mentioned that a headache is a symptom. It is simply your body literally "talking" back to you. We need to be able to interpret that language. Most people I meet are so busy treating their pain, they forget that it has a reason for being. A headache is a sign your body produces to let you know that it is having a difficult time handling something. The vast majority of headaches are found at the base of the head or in the region of the temples or over the eyes.

As a profession we have found that the vast majority of headaches are simply signs of a vertebral subluxation - a distortion of some of the vertebrae of the neck area mostly affecting the function of the nervous system. You would be surprised to learn that 85-95% of all subluxations I see in adults and children, can be traced to a difficult delivery. We call this Traumatic Birth Syndrome. Even an average, uncomplicated delivery can be traumatic for a child and can produce vertebral subluxations. Not a good thing!

These subluxations affect the manner in which the nervous system transmits information and can be very catastrophic. When this occurs, certain neck muscles are called into play to protect the nervous system from damage and you experience a "tension" headache. Very often, pain is transmitted to the face and people have been trained to think it is their sinuses at fault. They reach for sinus medication and the profit cascade begins. And then there is the temple, pounding pain - a migraine; again different drugs. And the headaches which come in clusters - cluster headaches; more drugs.

I am describing the vast majority of headaches. There are others, however, that are not caused by subluxations. These can be caused by diet and poor nutrition - hypoglycemia, for instance. I see many of these in my practice. Some are caused by an aneurysm, a disease process, toxicity, a tumor, etc. The point I am making is that no headaches should be taken lightly - it is always a sign that something is not OK.

If you or your child is experiencing headaches, a trip to Back 2 Health Chiropractic should be a priority. Dr. Anderson will be able to do a case history, comprehensive examination and x-rays (if needed) to determine the reason for your headaches.

Keep Employees:

Let them have fun

Retain your employees by showing them that you're serious about fun.

DWL, a customer-relationship management company in Toronto, Canada gives employees \$1,000 per year on the condition they use it for fun only. No debt reduction allowed, no contributions to IRAs. Employees document their fun time with pictures they post on a large corkboard in the company building.

Does it work? The company boasts of a 98 percent retention rate since the program started.

-adapted from Inc.

Golf - the great invention

August is both Inventor's Month and Golf Month. So, does that have you wondering who invented golf? Well, no one knows golf's true beginnings, but a stained glass window, dating back to 1340 in Gloucester Cathedral in England, shows someone swinging something that looks like a golf club.

The sport as we now know it probably stems from a game played in 15th century Scotland. Players used a stick or primitive club to hit a pebble around a course of sand dunes, rabbit runs and tracks.

A game from Belgium, called chole, probably influenced golf. Chole's targets were not holes, but such things as church doors. Two teams

would bid on the number of strokes it would take to reach the target.

The Dutch game called colf, which came onto the scene around 1296, may be the true forerunner of golf. A 4,500-yard colf course in Holland sported four targets, which were doors, and there were no out-of-bounds markers. Players trampled through graveyards, kitchen windows anywhere the ball landed.

But the true game of golf undoubtedly was Scottish in origin. All other stick and ball games are missing the ingredient unique to golf—the hold. The Scots also eliminated the interference of other players.

By the mid-15th century, Scotland was preparing to defend itself against English invasion. To defeat the English armies, Scottish King James II needed well-trained archers—but instead of training for battle, the locals preferred to play golf. This generated the first written record of golf: The king signed a ban on the game. This and subsequent bans were lifted after England and Scotland were joined in an alliance by marriage.

-Adapted from the Inventors Museum Web site

Protect your home from crime while you're away

The key to preventing crime during the family travel season starts with making sure that, though you are away, it looks like someone is home.

Keep shades and blinds in their normal positions.

Stop mail and newspapers, or ask a neighbor to pick them up every day.

Put household lights on a timer so they turn on and off at appropriate times.

Arrange to have grass mowed while you're gone.

Make sure all your door and window locks are in working order—and use them.

Activate your home alarm (if you have one).

Leave a radio on—or put it on a timer. Remember to turn it up loud enough to be heard at exterior doors (but not loud enough to disturb your neighbors!).

Ask a neighbor to park in your driveway overnight or at times during the day.

Don't forget to lock the garage door and the door leading from the garage into the house, if attached.

-Adapted from the National Crime Prevention Council Web site

THE STATE OF OUR UNITED STATES

Which state has 100 percent of its land area considered metropolitan?

ANSWER: New Jersey

Which state is projected to have the largest percent change in population from 1995 to 2005?

ANSWER: Nevada, at 35.3 percent.

Which state is projected to have the highest personal income in 2005?

ANSWER: Connecticut, at \$25,169.

Which state has the highest average number of sunny days?

ANSWER: Arizona, at 81 percent.

Which state has the highest crime rate per 100,000 population?

ANSWER: Florida, at 8,250.

-Adapted from 50 States.com

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