



## Headaches are not due to a lack of Tylenol

Discover the one treatment that most  
doctors are not aware of

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One of the questions I ask all of my patients who suffer from headaches is; “What is the normal number of headaches?” The immediate response is “do you mean per week or per month?” They are surprised when I tell them that it doesn’t matter what the time frame is because the normal number of headaches in a week or a month or a year is the same; zero! There is nothing “normal” about getting a headache.

Yet millions upon millions suffer with headaches including 20% of all children. Given this, you would think that modern medicine would have developed a great treatment for headaches but the truth is that headache advice from their MD is the leading condition that patients are dissatisfied with.

What many people are surprised to learn is that doctors of chiropractic see almost as many patients for headaches as they do for low back pain with great success. While this has been known by chiropractic patients for decades many in the medical world are not aware of this.

Dr. Peter Rothbart M.D. (a Canadian anaesthesiologist) and a team of medical researchers at the University of Syracuse discovered almost 15 years ago that *“Chiropractors were right. Many headaches are caused by damaged structures in the neck and scientific evidence proves it.”* Your headaches could have unknowingly resulted from a fall off a swing in childhood and not manifested itself until years later.

***“We couldn’t believe it at first. We’ve been able to put together a scientific explanation for how neck structure causes headaches.”***

Dr. Rothbart also said that a century ago headaches were treated by drilling holes in the head and today’s treatment hasn’t advanced that much since that time. *“We couldn’t believe it at first. We’ve been able to put together a scientific explanation for how neck structure causes headaches - not all headaches but a significant number of them.”* He went on to say that most medical doctors are unaware of this fact.

World renown researcher Dr. Nikolai Bogduk M.D., PhD and Professor of Anatomy agrees: *“The people in control of the headache field seemingly have not, cannot, or will not, recognize this paradox; that the model for cervicogenic headache is not only the best evolved of all headaches but is testable in vivo, in patients with headache complaint. No other form of headache complaint has that facility.”*

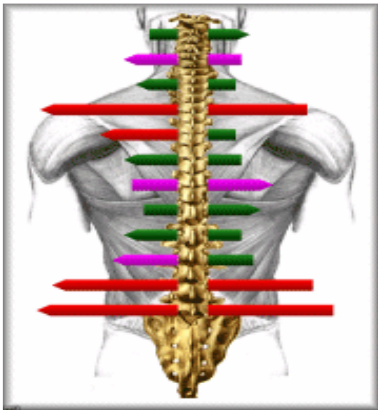
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## How do I know if chiropractic care can help my headaches?

Obviously you should visit a chiropractor. Your chances that your headaches are neck related are probably pretty high given that if nothing else has worked to date the neck is the likely culprit.

To know for sure, a chiropractor will be looking for any of the following; if a “pinched nerve” in the neck is the cause of your headaches a chiropractor will be able to feel this. When your chiropractor does find it you will feel tender. Further, if the nerve is pinched your neck range of motion will be limited. If your chiropractor finds any one of these three then your chances for success are good. If none of these three are present then it is unlikely that your headaches are neck related.

## ADVANCED TECHNOLOGY



While the above three factors will be examined, a fourth factor now exists: technology. I utilize the MyoVision 8000 Nerve & Spinal Scan in my office that can actually measure the electrical activity in the neck area for any abnormalities. Lastly, any good chiropractor will attempt to rule out any “red flags” which could indicate the rare possibility that your headaches are due to an emergency situation such as tumour, stroke or aneurysm. If you’ve had the same headaches for years these conditions are unlikely simply because to be blunt you would have been dead long ago. Special concern should be applied to any headache that sees a sudden unexplained change in frequency or intensity.

## CHIROPRACTIC TREATMENT

Chiropractic care’s success is attributable to the fact that it actually gets to the underlying cause of the problem. Headaches are not due to a lack of Tylenol - in fact, sometimes the drugs used to mask headache pain actually cause headaches. If a nerve is “pinched” (from daily stress, poor posture, old injuries) what on earth makes more sense than to “un-pinch” the nerve?

Chiropractic adjustments are a gentle, pain-free treatment that restores the nerve and vertebrae back to normal. When done by a chiropractor, this is one of the safest and most effective forms of treatment that exists, in fact far safer than taking a single Tylenol.

***“Chiropractors were right. Many headaches are caused by damaged structures in the neck and scientific evidence proves it.” Dr. Peter Rothbart MD***

## YOU HAVE NOTHING TO LOSE

Why live with something that is not normal when medical science says it is likely curable? You have nothing to lose other than your headaches and the long term side effects of the drugs you’re taking to mask the pain. Remember, most MDs haven’t heard of this which probably explains why patient satisfaction with their advice is so low. Go see your family chiropractor today.

Dr. John Zielonka, well known health and wellness expert and author, has treated many Olympic and professional athletes including the world’s fastest man. He is the director of Health & Wellness Canada and owner of the Ottawa Chiropractic & Natural Health Centre in the World Exchange Plaza in downtown Ottawa. He has made numerous television appearances and is the founder of National Health Day in Canada. His latest book, “Healthy Beliefs – Deadly Choices” is now available. He can be reached at (613) 688-1036 or visit [www.excellenceinhealth.com](http://www.excellenceinhealth.com) or [www.healthybeliefs.ca](http://www.healthybeliefs.ca)