

[IMAGE]

## Chiropractic for MIGRAINES

It's another sunny July afternoon and your kids are out by the pool, laughing, playing and enjoying the sunshine. (Make sure they're wearing sunscreen!) You'd love to join them, but you're trapped inside again, enduring the pain and frustration of another migraine headache.

If you suffer from migraines, you're certainly not alone. They're relatively common, affecting an estimated 10% of the population. What can be done to get rid of migraines? According to a recent study, chiropractic care may hold the answer.

One hundred and twenty-seven migraine patients (at least one migraine per month) were divided into two groups for comparison. Group 1 received chiropractic adjustments at specific vertebral subluxations determined by the treating practitioner; group 2 served as controls and received inactive treatment (electrical stimulation with no current delivered). Subjects receiving chiropractic adjustments reported substantial improvement in migraine frequency, duration, disability, and medication use following two months of treatment. One in five participants reported a 90% reduction in migraines, and half reported significant improvement in migraine severity.

Are you tired of migraine headaches ruining your day? With conventional over-the-counter medications proving less than effective (and often accompanied by dangerous side effects), it's time to fight the pain from another angle. To find out more about the potential benefits of chiropractic care, schedule an appointment with your doctor of chiropractic.

### *Reference:*

Tuchin PJ, Pollard H, Bonello R. A randomized controlled trial of chiropractic spinal manipulative therapy for migraine. *Journal of Manipulative and Physiological Therapeutics*, Feb. 2000: Vol. 23, No. 2, pp91-95.

If you'd like more information on headaches, go to  
<http://www.chiroweb.com/find/tellmeabout/headaches.html>

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