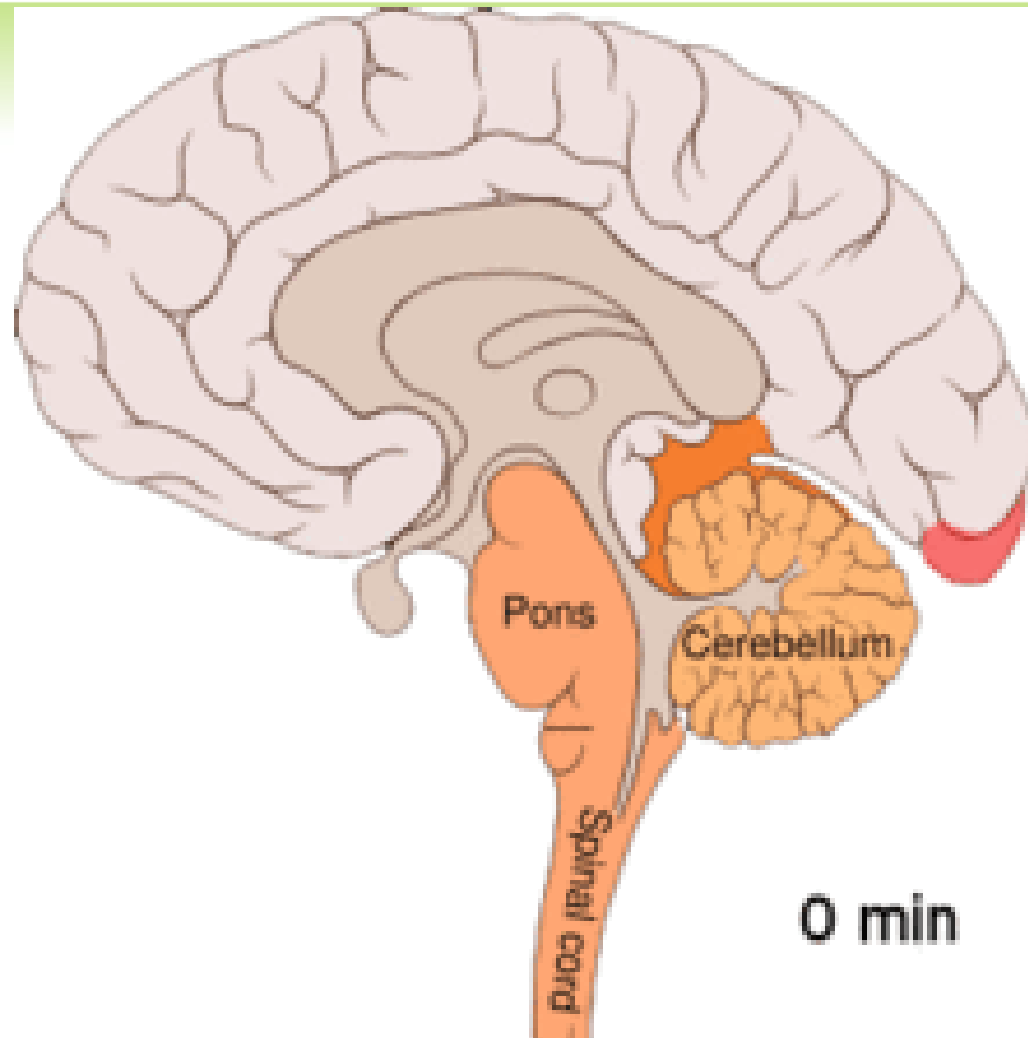


# HEADACHES AND MIGRAINES

By: Dr. George Tomes

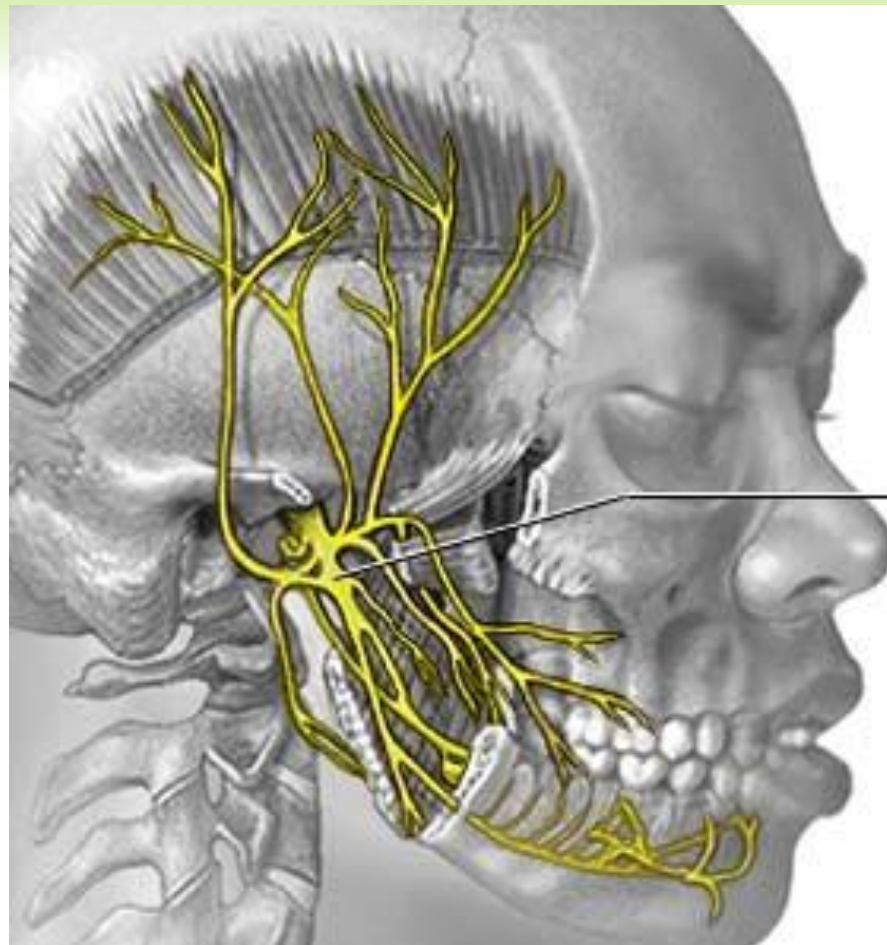
# ITS ALL IN YOUR HEAD, LITERALLY



# DO YOU KNOW WHEN ITS COMING?

- ⊙ There are several kinds of headaches. Some of the more common types are migraine, tension, and cluster. Many patients have a prodrome to their headache. A prodrome is a set of symptoms or events that happens leading up to the actual event, in this case the headache. In this case, the chiropractic patient should get to their doctor as soon as possible for an adjustment.

# WHY DOES IT HURT?



Nerves branching off the brainstem may become overexcited, leading to dilatation of blood vessels

**MIGRAINE  
SYMPTOMS:  
NAUSEA,  
SENSITIVITY TO  
LIGHT AND SOUND,  
DOUBLE OR BLURRY  
VISION, POUNDING  
OR THROBBING  
HEAD, ETC.**



# MIGRAINES

- ⊙ For migraine patients, a regular sleep schedule is important. Do not over or under sleep. Do not skip meals. Get tested for food allergies. Avoid foods with tyramine or other foods that seem to trigger headaches. Developing stress management techniques is also very helpful.



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# TENSION HEADACHES

- ⊙ Tension headaches are more difficult to manage because external factors are not under the patient's control. Patients with tension headaches should correct postural imbalances with spinal adjustments. Get proper advice on home and work station ergonomics. Myofascial and trigger point therapy helps a great deal.

# WHERE YOUR HEADACHE STARTS



# CLUSTER HEADACHES

- ◎ Cluster headaches are also quite common. Just as the name implies, they occur in clusters. You may have several headaches in a brief period of time then be headache free for a while. Then another cluster of headaches followed by the headache free period, etc. To help prevent cluster headaches, avoid alcohol and smoking. Ask your healthcare provider about oxygen use. Some headaches are cervicogenic . If your headaches are caused by problems in the neck, a chiropractor may be able to help a great deal.

# TRY THE CHIROPRACTIC APPROACH



# WHEN YOUR BONES AREN'T HAPPY, YOU'RE NOT HAPPY!

## Chart of Effects of Spinal Subluxations

Every part of the body is controlled by nerves, and every one of these nerves connects directly or indirectly with the spine. This chart was compiled from over a dozen standard medical text and reference books.

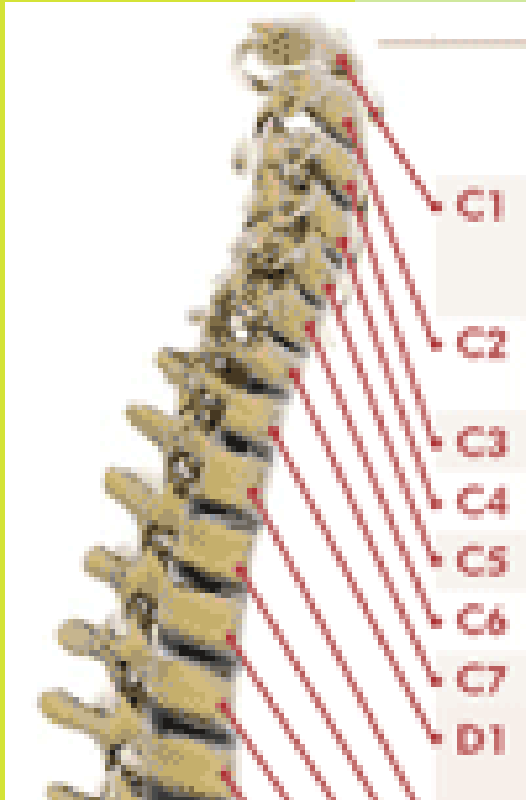
	Areas known to receive nerve fibers from these nerves.	Some of the conditions may result from pressure on, or interference with, these nerves.	
	<b>C1</b> Blood supply to the head, the pituitary gland, the scalp, bones of the face, the brain itself, inner and middle ear, the sympathetic nervous system	Headaches, nervousness, insomnia, head colds, high blood pressure, migraine headaches, mental conditions, nervous breakdowns, amnesia, sleeping sickness, chronic tiredness, dizziness or vertigo	NECK REGION
<b>C2</b> Eyes, optic nerve, auditory nerve, sinuses, mastoid bones, tongue, forehead	Sinus trouble, allergies, crossed eyes, deafness, eye troubles, earache, fainting spells, certain cases of blindness		
<b>C3</b> Cheeks, outer ear, face bones, teeth, trifacial nerve	Neuralgia, neuritis, acne or pimples, eczema		
<b>C4</b> Nose, lips, mouth, eustachian tube	Hay fever, catarrh, hard of hearing, adenoids		
<b>C5</b> Vocal cords, neck glands, pharynx	Laryngitis, hoarseness, throat conditions like a sore throat or quincy		
<b>C6</b> Neck muscles, shoulders, tonsils	Stiff neck, pain in upper arm, tonsillitis, whooping cough, croup		
<b>C7</b> Thyroid gland, bursae in the shoulders, the elbows	Bursitis, colds, thyroid conditions, goiter		MID-BACK
<b>D1</b> Arms from the elbows down, including the hands, wrists and fingers, also the esophagus and trachea	Asthma, cough, difficult breathing, shortness of breath, pain in the lower arms and hands		
<b>D2</b> Heart including its valves and covering, also coronary arteries	Functional heart conditions and certain chest pains		
<b>D3</b> Lungs, bronchial tubes, pleura, chest, breast, nipples	Bronchitis, pleurisy, pneumonia, congestion, influenza		
<b>D4</b> Gall bladder and common duct	Gall bladder conditions, jaundice, shingles		
<b>D5</b> Liver, solar plexus, blood	Liver conditions, fever, low blood pressure, anemia, poor circulation, arthritis		
<b>D6</b> Stomach	Stomach troubles, including nervous stomach, indigestion, heartburn, dyspepsia, etc.		LOW-BACK
<b>D7</b> Pancreas, islands of Langerhans, duodenum	Diabetes, ulcers, gastritis		
<b>D8</b> Spleen, diaphragm	Hiccoughs, lowered resistance		
<b>D9</b> Adrenals or supra-renal glands	Allergies, hives		
<b>D10</b> Kidneys	Kidney troubles, hardening of the arteries, chronic tiredness, nephritis, pyelitis		
<b>D11</b> Kidneys, ureters	Skin conditions like acne, pimples, eczema, or boils		
<b>D12</b> Small intestines, fallopian tubes, lymph circulation	Rheumatism, gas pains, certain types of sterility		PELVIS
<b>L1</b> Large intestine or colon, inguinal rings	Constipation, colitis, dysentery, diarrhea, ruptures or hernias		
<b>L2</b> Appendix, abdomen, upper leg, coccyx	Appendicitis, cramps, difficult breathing, acidosis, varicose veins		
<b>L3</b> Sex organs, ovaries or testicles, uterus, bladder, knee	Bladder troubles, menstrual troubles like painful or irregular periods, miscarriages, bed wetting, impotency, change of life symptoms, many knee pains		
<b>L4</b> Prostate gland, muscles of the lower back, sciatic nerve	Sciatica, lumbago, difficult, painful, or too frequent urination, backache		
<b>L5</b> Lower legs, ankles, feet, toes, arches	Poor circulation in the legs, swollen ankles, weak ankles and arches, cool feet, weakness in the legs, leg cramps		
<b>SACRUM</b> Hip Bones, buttocks	Sacro-iliac conditions, spinal curvatures		
<b>COCCYX</b> Rectum, anus	Hemorrhoids or piles, pruritis or itching, pain at the end of spine on sitting		

**Notes:**

1. Only the most common conditions and diseases are listed above. It is suggested that you consult your Chiropractor in regard to anything not found on this chart.

2. Very few of the conditions listed above wholly fit within the control of anyone special nerves. It is up to your Chiropractor to determine the exact location of the cause of the trouble by the method he feels best suited for your case.

# SOME CONDITIONS THAT MAY RESULT FROM PRESSURE ON OR INTERFERENCE WITH THE NERVES



- ⊙ C1: Headaches, nervousness, insomnia, head colds, high blood pressure, migraine headaches, mental conditions, nervous breakdowns, amnesia, epilepsy, chronic tiredness, and dizziness.
- ⊙ C2: Sinus trouble, allergies, crossed eyes, deafness, eye troubles, earache, fainting spells, and certain cases of blindness.
- ⊙ C3: Neuralgia, neuritis, acne or pimples, and eczema.
- ⊙ C4: Hay fever, rose fever, etc., hard of hearing, adenoid infections, and post nasal drip.
- ⊙ C5: Laryngitis, hoarseness, and throat conditions like sore throat.

# YOUR OPTIONS

- ⦿ There are nutritional approaches. Feverfew, 5-HTP, Omega 3 Fatty Acids, Calcium Citrate or Calcium Lactate, Magnesium Lactate, and some B vitamins are helpful nutritional support to improve a patient with headaches. Our office recommends the use of Antronex, Phosfood Liquid, Symplex F or M (Female or male), Calcium Lactate, Boswellia, ChelaCo, and white Peony , and Cataplex B.

**Standard  
Process.**  
*Whole Food Supplements Since 1929*



# TAKE YOUR HEADACHES SERIOUSLY

- ⊙ Headaches can be serious and even life threatening. There is no substitute for a thorough history and exam from a licensed healthcare provider. In our office, we often refer to medical doctors and other licensed professionals when appropriate to the patients needs. We will also work in conjunction with other healthcare providers to help patients.

**BEEN HERE? WANT HELP?**



# GIVE US A CALL TODAY



*Dr. George Tomes*

*678-777-3116*

*Hours by Appointment*