

HEALTH BULLETIN

Drug-Free Headache Relief

(NAPS)—If you have a headache, you may want to visit a doctor of chiropractic care before you head to the medicine cabinet. Doing so can speed relief and help you avoid the side effects associated with certain drugs.



Chiropractic care has long been used to treat headaches without drugs.

A report from the Duke University Evidence-Based Practice Center in Durham, N.C., found that spinal manipulation quickly improved headaches originating in the neck, and had far fewer side effects and longer-lasting relief of tension headaches than a commonly prescribed medication.

Other studies have shown chiropractic care to be effective in the treatment of migraine headaches.

“Headaches can often be debilitating and deserve examination by a doctor,” explains Gerard Clum, D.C., a spokesperson for the not-for-profit Foundation for Chiropractic Progress (FCP). “They could be a warning sign that something is wrong. That something wrong could be a structural problem with the head and neck as a result of posture or injury.”

Dr. Clum advises that instead of masking their pain with medication, people should consider a visit to a doctor of chiropractic.

For more information, visit www.yes2chiropractic.com.

Foundation for
Chiropractic Progress

Did You Know?

Experts say a doctor of chiropractic care can often speed relief to headache sufferers without the use of medication. For more information, visit the Web site for the Foundation for Chiropractic Progress, a not-for-profit group that spreads awareness of chiropractic care, at www.yes2chiropractic.com.