

# The Secret to Ending Migraine Pain Before it Starts...Naturally

By Dr. Brian England

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**M**igraines have to be one of the most exasperating conditions you can have. First, there's the excruciating pain that literally rules your life. Then for some sufferers, it takes years of doctor visits—some of whom clearly think you're overreacting to “just a headache”—and scores of tests to even *get* the diagnosis.

Not to mention the struggle to find something that provides enough relief to at least let you function during the attacks...

Having to start over each time that solution stops working...

Feeling guilty about the people you're letting down when you have to call in sick, cancel family activities, back-out on plans or postpone your to-do list so you can curl up in your bed and ride it out...

And of course, being told you'll just have to “suck it up and learn to live with it” when nothing seems to be working.

But you're far from alone.

Because the National Headache Foundation (NHF) recently found that 90% of migraine sufferers who take medications for temporary headache relief *still* can't "function normally" on days when a migraine strikes—with nearly a third having to skip family or social activities, stay in bed or miss a day from work.

And that's not all, because ...

### **The Treatment Can Be as Bad as the Pain Itself!**

In fact, many migraine sufferers have enough pain medicines in their cabinet to start their own pharmacy. But all of them come with some seriously annoying and sometimes even dangerous side-effects.

Over-the-counter (OTC) pain pills such as aspirin, ibuprofen (Advil, Motrin IB and generics) and naproxen (Aleve and its generics) can cause nausea, ulcers and gastrointestinal bleeding--which can become a serious problem if it goes on too long.

But the typical prescription pain medicines, from a class of drugs called triptans (e.g. Axert, Frova, Maxalt, Imitrex, Zomig and their generics) for migraines can cause...

- ❖ Nervousness
- ❖ Restlessness
- ❖ Nausea
- ❖ Vomiting
- ❖ Insomnia
- ❖ Abdominal pain
- ❖ Diarrhea
- ❖ Constipation

**And you may not even be getting an effective medicine to start with.** The National Headache Foundation reports that a study of more than 6 million patients found that more than half of those diagnosed with migraines were prescribed narcotics and opioid analgesics (such as Tylenol® with codeine or Vicodin), which are NOT approved by the FDA for treatment of migraines and can cause...

- ❖ Nausea
- ❖ Drowsiness
- ❖ Lowered blood pressure
- ❖ Itching
- ❖ Slow/shallow breathing
- ❖ Sluggishness
- ❖ Difficulty thinking
- ❖ Poor memory
- ❖ Disinhibition of sexual and aggressive impulses
- ❖ Emotional instability
- ❖ Clumsiness or unsteadiness
- ❖ Dizziness or lightheadedness
- ❖ "Hangover" effect
- ❖ Dependence

But that's not all.

**Taking both over-the-counter and prescription painkillers too often can cause "rebound" headaches, which last longer and hurt more than the original one.** Over time, this can turn an occasional migraine into a chronic *daily* headache.

*Consumer Reports* recently talked about this very issue, explaining that “the regular use of painkillers leads to changes in the electrical pathways in the brain that carry pain signals. In time, these changes make the brain more sensitive to pain.”<sup>1</sup>

And that’s from a little less than four doses a day of OTC medicines and just 18 doses a month of triptan drugs.

For OTC drugs, part of the problem is **caffeine**, included in some painkillers such as Excedrin Migraine. According to Dr. Seymour Diamond of the National Headache Foundation, caffeine constricts blood vessels to relieve headache pain. The problem is when the caffeine wears off, the pain comes back with a vengeance.

Another part of the problem--especially for prescription medications--is that taking them too frequently decreases the **serotonin** levels in the brain. While migraine drugs generally raise serotonin levels to ease pain, the serotonin loses its effectiveness when too much medication is ingested. The resulting low serotonin level then creates another painful headache.

### **Not to mention that prescription pain meds can be painful to your wallet too...**

According to Consumer Reports, the popular triptan drugs can cost anywhere from \$21 to \$157 a dose, depending on the strength and form the medication comes in (tablets, nasal spray, or injection).

Studies show only 40% of those who take medication to reduce the frequency of migraines end up cutting the number of headaches by at least half.

And that's just the *medicines* used to treat migraines--some sufferers end up turning to injections of the powerful natural **botulinum toxin** poison (Botox, Myobloc, Dysport), despite a report from the American Academy of Neurology (AAN) in 2009 which analyzed the research and deemed it ineffective at preventing migraines or surgery. And others end up trying **surgery** to obliterate nerves in trigger point areas and more.

### **And finally, medications and other options do nothing to address the underlying cause for the migraines...they simply try to mask or prevent the pain!**

Pain is your body’s way of screaming, “Something’s wrong here!” You don’t want to cover it up...you want to figure out what’s wrong and fix it so you can be healthy and happy again!

<sup>1</sup> “Could painkillers be causing your headaches?” ConsumerReportsHealth.org, May 11, 2010

The good news is that we are getting a clearer understanding today of how migraines work, which is leading to treatments aimed at eliminating the *cause*, instead of just the pain...

## So Much More Than a Headache

Calling a migraine “just a headache” is a vast understatement. **A migraine is actually complex neurological disorder that affects your central nervous system.**

Headache is one of its symptoms, but migraine almost never consists of head pain alone.

While symptoms vary from person-to-person and even headache-to-headache, a migraine typically involves an intense one-sided, throbbing and pulsating pain accompanied by some combination of:

- ✓ Nausea
- ✓ Vomiting
- ✓ Sensitivity to light
- ✓ Sensitivity to noise
- ✓ Difficulty thinking
- ✓ Numbness
- ✓ Tingling in the hands and feet

All of which tend to worsen with physical activity. And if left untreated, a migraine can last from a couple of hours to several days.

A small percentage of migraine sufferers also have "**auras**"--visual disturbances such as zigzagging lines across the field of vision, flashes or light or blind spots--before or during attacks.

Most migraines occur in people between the ages of 15 and 55, and women are three times more likely than men to experience them.

## When a Migraine Attacks

While it may not be as exciting as watching an episode of NCIS, I'll try my best to explain what happens during a migraine attack as painlessly as possible because it'll help you understand why conventional treatments may not be working for you.

1. The vessels that supply blood and oxygen to the brain narrow, which decreases the flow of blood and oxygen to the brain
2. As a result, the blood vessels in the brain expand (unlike other headaches, where the pain is caused by the vessels constricting)
3. Nerve fibers attached to the blood vessels release chemicals—creating the sensation of pain. Any numbness, tingling, sensitivity to light and sound also come from the nerves.
4. Your body responds to the pain by going into "fight or flight" mode--prioritizing which bodily functions are most important to focus on. That brings your digestive system to a halt, which may cause nausea, vomiting, and diarrhea. Of course, it also becomes difficult to communicate and think because your brain is busy trying to relieve your body of the pain.

**BUT...** Many migraine painkillers rely on serotonin to help relieve the pain. But if the digestive system has come to a halt, then the drugs can't reach the intestines—where 90% of the body's serotonin is stored.

### What Causes Migraines?

Now despite the marvels of modern science, it's not entirely clear what happens to cause the blood and oxygen-supplying vessels to the brain to narrow.

We do know that migraines can be triggered by a number of factors. (see sidebar) You may find that a trigger will sometimes lead to a migraine and other times it won't. That's because it's often a combination of trigger items that spark the migraine instead of just one.

#### Top 10 Migraine Triggers

1. Foods such as cheese, chocolate, and citrus fruits
2. Alcoholic beverages and caffeinated drinks
3. Hunger
4. Lack of sleep
5. Hormonal changes (women)
6. Neck and back pain
7. Over-exercising
8. Environmental disruptions such as loud noises, bright lights and strong stenches
9. Long trips
10. General stress

Source: *The Journal of the Royal Society for the Promotion of Health*

However, it's important to understand that **these “trigger factors” do not cause migraine headaches.**

As I mentioned, there's still some uncertainty about what actually causes the migraines. But according to National Headache Foundation Executive Director Dr. Seymour Diamond, new imaging techniques have finally enabled scientists to see that **a malfunctioning brainstem—caused by misalignment in the upper cervical spine—may be a key cause of migraines.**

There are many ways this critical area of the head and neck can become misaligned over the years, sometimes without you realizing it:

- ❖ Falls
- ❖ Accidents
- ❖ Bumps on the head
- ❖ Bad sleeping habits
- ❖ Poor posture
- ❖ Events during the birth process
- ❖ Emotional trauma and stress

The brainstem is the control center of the body—connecting the brain to the spinal cord. It contains a system of nerve cells and fibers, including the trigeminal nerve, a major pain pathway for the brain. It also automatically regulates critical body functions such as breathing, swallowing, blood pressure, and heartbeat, and it helps adjust posture.

So once the cervical spine is off kilter, it irritates the surrounding nerves and disrupts the messages between your brain and your body...which can lead to painful migraines as well as many other health issues.

And unfortunately, your nervous system is probably the one thing the doctors didn't checked in trying to relieve your migraine suffering!

But the good news is...**When you correct the misalignment and restore the nervous system to its healthy natural state...addressing what's actually *causing* the migraine...you can significantly reduce or even eliminate your painful migraines!**

## **Here's How You Can Keep Migraines from Being a Pain in Your Neck...**

**Specific Chiropractic** care treats the true cause of the migraines instead of just the symptoms...and does so without medications, painful injections or surgery!

It focuses on correcting the cause of nerve irritation in the brainstem and upper cervical spine that sparks the migraine pain. Once you do this and restore the nervous system to its healthy, fully functional state, then the body can tap its own amazing potential to heal itself from migraines and other complex ailments.

Specific Chiropractic doctors are NOT your typical chiropractors. They receive extensive training and education exclusively focused on the upper cervical spine and the brain stem. In fact, only about 1% of all chiropractors are Specific Chiropractic doctors.

So even if you've visited chiropractors before with little success, Specific Chiropractic *can* help. It can...

- ✓ Make migraines much **less frequent**...or **eliminate** them all together!
- ✓ Make the migraines you do have much **less painful**
- ✓ Stop an oncoming migraine in its tracks if you get a correction during the aura phase—providing **immediate relief!**

The bottom line is you do NOT have to just learn to live with disabling migraines. **You can finally ditch the pain medications, feel healthy again and start fully enjoying your life!**

However, I want you to know I'm NOT promising miracles. Many patients do notice an improvement right away.

But remember, we're aiming for permanent wellness that makes migraines a thing of the past--not temporary pain relief. And that doesn't happen overnight.

### How Does It Work?

There are three key parts to upper cervical treatment of migraines: Computer Infrared Thermography, the

**Specific Chiropractic** differs from traditional chiropractic because it:

- Uses state-of-the-art Computerized Infrared Thermography to monitor how well the nervous system is functioning on a visit-by-visit basis
- Allows you to actually SEE the progress made during the course of the visit and over time, via the charts produced by the thermographic scanner
- Focuses on just the top two bones in the neck, which are vital to the functioning of your nervous system and overall health
- Involves a specialized adjusting table that allows us to adjust the upper part of the neck in a very specific way
- Means you are NOT adjusted every time you come in--only when the thermographic scanner reveals irritation in your nervous system

Upper Cervical Specific Correction, and Recuperation.

### ***Computer Infrared Thermography***

Recent breakthroughs have illuminated the link between thermal imbalances and nervous system dysfunction, so now we can use thermography to find out if nervous system interference is present.

At each visit, your doctor will use a handheld Computer Infrared Thermographic scanner to "read" temperatures along the spine and detect the nervous system irritation that can cause migraines--as well as other health issues.

The scanning is completely painless, quite safe and the thermographic technology is FDA approved as a neurodiagnostic procedure.

The scanner prepares a computerized analysis that graphically depicts the health of the nervous system. If the scan shows it is healthy and fully functioning, no adjustment is needed that day. Otherwise, the scanning is followed by a Specific Chiropractic Adjustment.

### ***Specific Chiropractic***

A Specific Chiropractic Adjustment is delivered only when the thermographic scanner reveals nervous system irritation.

At that time, you'll lie on a specialized table so the doctor can make a gentle correction to reposition the weight of the head (which can range from 8 to 14 pounds) over the center of the body.

**The correction is barely felt by the patient**--there's NO pulling, twisting or jerking of the neck. A slight pressure is swiftly applied to the first or second vertebrae in the neck. Depending on the technique, it can feel like a quick thrust, a light tap, or a massage on the side of the neck just below the earlobe.

### ***Rest***

Afterward, you'll lie down and relax in another room for 20 minutes, giving your body time to process the correction.

Immediately, proper communication between the brain and cells throughout the body begins to be restored. As a result:

- ✓ Your muscles begin to relax,
- ✓ Blood and oxygen circulation increases
- ✓ The immune system gains strength and vitality
- ✓ And the body's own powerful self-healing process begins

This healing process continues as long as body balance is maintained and the nervous system stays healthy.

Then the doctor will scan you with the thermographic scanner one last time to ensure the correct adjustment was made and that that the irritation to the central nervous system has been reduced or eliminated.

In fact, you'll be able to actually see the improvement of your nervous system functioning on the computer screen!

So essentially...

### Specific Chiropractic provides results you can see AND feel.

**But it's important to understand that the results come from achieving a healthy and fully functioning nervous system**—not the adjustments themselves. If the scan shows it's already working well that day, then—like anything—it's better not to mess with success.

In fact, our goal is to get your nervous system as strong and healthy as possible so we can minimize the number of adjustments while maximizing your results. And don't worry—you don't have to come in forever to benefit from Upper Cervical Specific Correction.

Patients typically start with a plan of care that lasts 12-24 weeks, and those appointments should only take 5-25 minutes—so you can get in and out.

But after the nervous system has been normalized, the body can vigorously begin to heal itself. At that point, you only need to come for periodic check-ups to make sure you're staying on track.

### Are You Ready to Eliminate the Cause of Your Migraine Misery?

Look, I know you've probably seen a lot of doctors and tried a lot of “cures” that came with big promises but ended up offering little to no relief for your migraines. So you have every right to be skeptical.

But I've been using Specific Chiropractic to treating patients with migraines for many years, and I have only seen good results.

That's why I want to make it easy for you to see for yourself what it can do.

**Call us for free 15 minute consultation.** We'll discuss your migraines, I'll answer your questions about Specific Chiropractic and I'll let you know if it can help.

There are some types of headaches that don't respond well to Specific Chiropractic, especially those caused by:

- Drug interactions & side effects
- Fasting Hangovers
- Dental problems
- Detoxification

But I only take on patients I believe will benefit from this type of care. So rest assured that I will tell you if I don't think you're a good candidate.

If you decide after the 15 minute consultation that it's not for you, you're free to leave...there's no cost and no questions asked.

But if you're like most of our patients, you'll be eager to start reducing and eliminating your pain.

So we'll give you a **special Migraine Correction Introductory package** to get started right away. It covers your first two visits for just \$74 (yes, \$74 for both visits, NOT each visit) and provides a complete assessment of your nervous system, including:

- ✓ A consultation with your doctor, where we discuss your health and history
- ✓ A complete neurodiagnostic exam with the thermographic scanner
- ✓ The chiropractic exam to assess flexibility, reflexes and more
- ✓ X-Rays (if needed)
- ✓ A complete report of findings, including exam results, whether Specific Chiropractic can help you, and if so, how
- ✓ Your recommended plan for migraine relief and wellness
- ✓ Your first Specific Correction (if needed)

Again, all this for a total of just \$74—since it's regularly \$150, you're saving more than 50%....

**So call us at 217-572-1462 to schedule your free 15 minute Migraine Correction consultation in our Springfield office today...**and start regaining your healthy, pain-free body and mind!

Sincerely,

A handwritten signature in cursive script that reads "B England D.C.".

Dr. Brian England

P.S. – Patients always wish they had heard of Specific Chiropractic sooner. So don't delay your relief, call us at 217-572-1462 and let's schedule your consultation!

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## About Dr. England

Dr. Brian England graduated from Logan College of Chiropractic in 2006. He opened a practice in North Carolina, and helped restore many patients with a wide variety of chronic conditions to health with chiropractic. After witnessing the outstanding results of Specific Chiropractic, he received formal training in a unique procedure within chiropractic called Knee Chest Upper Cervical Specific, and now focuses exclusively on providing the benefits of Specific Chiropractic to patients.

His dedication to good health for all led Dr. England to travel the world, providing care to thousands of less fortunate individuals—including three mission trips to Guatemala and Jamaica.

In 2009, Dr. England and his wife Tiffany, along with their daughter Sage, decided to return to his hometown of Springfield, Illinois to be closer to family. Shortly after, he opened his new clinic to serve those who have tried everything and still haven't found relief from their health problems.