



# Complete Health Chiropractic, PC

*It's your future...Be there healthy!*

Welcome to Complete Health Chiropractic, PC's first *E-Zine*! This forum will be used to provide quick, useful information to patients and friends of Complete Health Chiropractic, PC. Enjoy and feel free to pass it along to your friends and family! We are also excited about our new website, [www.theadjustmentdoctor.com](http://www.theadjustmentdoctor.com). We encourage you to take a look and let us know what you think! - Dr. Jeff

## From the Front Desk

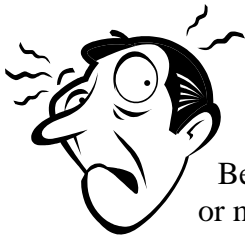
Just a reminder that with 2009 already in full swing, most insurance benefits have been renewed! As many of you are also aware of, a lot of insurance companies have changed their policies this year. If you have any questions about your policy, or if you have a new health insurance, please feel free to give me a call! - Ann

## Dr. Jeff's Corner

Headaches are a common problem among today's adult population. Whether from the stress of today's economy, countless hours staring at a too-small computer screen, or listening to children's loud voices as they play their new holiday *Wii* game, it is not uncommon to reach for an over-the-counter pain reliever to combat regular headaches. Proper chiropractic care, however, may reduce or eliminate your headaches altogether. As noted by one of my patients:



*"The stress of my job (especially on days with extensive computer use) caused tension headaches every afternoon without fail. Co-workers joked that they knew it was 4 p.m. when they saw me collecting my daily Advil and glass of water at the coffee station. A friend suggested that I seek chiropractic treatment, and, although skeptical, I decided to give it a try. Imagine my surprise when the headaches stopped! It's been four weeks and, although my job is as stressful as ever, I've only taken Advil once instead of every day. Sorry, Advil stockholders- and thanks to Dr. Jeff!"* - Kirsten, attorney



If you suffer with headaches, do not let anyone tell you they are "normal." Headaches are far from normal and are often symptoms of severe underlying problems. Headaches can result from many conditions. Research has revealed many headaches can be traced to the area of cervical vertebrae (spinal bones of the neck). Because the neck is extremely mobile, there is constant danger of displacement of one or more of these vertebrae, which may compress and irritate the cervical nerves.

Intermediate causes of headache include digestive, eliminative, kidney and heart problems; eye problems (chiefly eye strain); infected tonsils; nerve pressure from spinal conditions involving cervical and other areas of the structural system; and sometimes, through very rare, brain problems. In women, disorders of the reproductive system are often the cause of headaches.

Although popping a pill may seem to be an easy answer to headache pain, it is not. It merely masks the symptom, PAIN; the underlying problem remains. As you become immune to the pain drug, you will require higher doses, which will not stop the pain.



If you are a headache sufferer, the best thing you can do is seek professional help by calling 517-622-2273 for an immediate appointment. There is absolutely no reason for you to suffer for even one more day. Even if you have suffered for years, and visited many types of health specialists without relief, Complete Health Chiropractic, PC can offer the solution that you have been looking for.

**Complete Health Chiropractic, PC**

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