



# Health Report

Spring '02

## Headaches and Chiropractic?

Chronic headaches are one of the most common conditions in the United States. Some specialists estimate that as many as 45 million people suffer from severe headaches.

### What causes these headaches?

Unfortunately science is still looking for an answer. One of the problems is that several types of headaches exist. Most people are familiar with migraine, sinus and muscle tension headaches. These are the most common types. However, headaches can come from severe diseases such as brain tumors, high blood pressure and some come from unknown causes.

### How can chiropractic help?

New studies suggest that the so-called "muscle tension" headaches is really due to improper motion (segmental dysfunction or subluxation) in the neck. Because of this, these headaches are now called cervicogenic, meaning: coming from the neck. People with this type of headaches say they experience more pain than people who suffer from migraines. They also appear to have more depression and anxiety than other headaches sufferers. Gentle manipulation combined with muscle relaxation techniques, exercise and postural training can decrease the severity and frequency of this type of headaches.

### When should you see a doctor for your headaches?

1. When the headaches affects the quality of your life by interfering with family, friends, your ability to work or relax.
2. If you consistently do not get relief from over-the-counter pain medications.



**Many Americans suffer needlessly with headaches!**

**Chiropractic care can help improve your quality of life!**

3. If your headaches occur more than once a week.
4. If you experience sudden and severe pain.
5. If the headaches worsens over a period of months or years.
6. If the headaches occurs after a head or neck injury.
7. If the headaches occurs with blurry vision, slurred speech weakness or numbness.

### What should do if your headaches are only occasional or very mild?

- ◇ Be sure you are getting enough sleep.
- ◇ Try relaxation techniques or get a massage.
- ◇ Distracting yourself can help make your pain more bearable.
- ◇ Laughter helps stimulate endorphins which help reduce pain.
- ◇ Exercise also helps stimulate endorphins and promotes relaxation.
- ◇ Manage your stress, stress can trigger a headache.
- ◇ Join a headache support group.

## Flu Season is Here!

This is the season when it seems like everyone you know has the cold or flu. Can you protect yourself from the aches, pains, sniffing and sneezing?

The Center for Disease Control recommends that certain people get flu vaccines. These are the elderly, adults with certain chronic diseases which either decrease respiration or immune function and household members or care givers who could transmit the flu to any of the groups above.

### What about the rest of us?

Some nutritional supplements are thought to aid the immune system do its job. These are the antioxidants such as vitamin C, E and mineral supplements like Selenium. Beta-Carotene, the substance the body uses to manufacture vitamin A, also appears to be useful.

### What to do if you get a cold or flu?

Over the counter medications can be helpful at symptom relief, but beware, most over the counter medications still have the same potential for side effects as their prescription form. For instance: aspirin, and ibuprofen containing products are known to cause intestinal bleeding in a high percentage of the normal population; and acetaminophen (one brand is Tylenol) can also cause kidney failure in some patients that use it for long periods of time.

Several studies suggest that in addition to the vitamins suggested above, that echinacea may help relieve some cold symptoms.

Antibiotics have no effect on a cold or flu since most are caused by viruses. The Center for Disease control has requested that doctors stop prescribing them for the common cold.

All in all, the best thing to do may be to just wait it out.



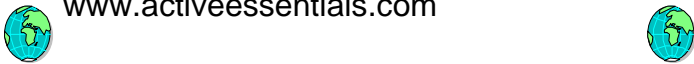
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## Gary R. Gaulin, D.C.

Coachella Valley Neck & Back Clinic  
73-350 El Paseo Dr. #106  
Palm Desert, CA 92260  
760.346.5660

### Office Hours:

Tues., Thurs..... 9-12, 2-7  
Saturday ..... 9-1  
Emergency Appointments Available

## What Makes Me Different From Other Chiropractors

Besides the Palmer "Diversified" technique, I use Activator Methods technique. This technique was developed about 35 years ago, and has grown to be one of the most popular "low force" techniques in chiropractic.

This adjustment is delivered with a small hand-held instrument. It has been designed to give a quick, yet gentle thrust to the patient. The thrust is so quick, that it bypasses the natural tendency to tighten up and resist the adjustment. There is also no popping, cracking or twisting which is generally associated with going to the Chiropractor. The force settings on the Activator instrument can be changed making it perfect for children and the elderly.

When you come to my office, in addition to a standard physical examination, I will use the Activator Methods testing procedure. This uses a system of body mechanics, neurological reflexes and leg length tests to help with locate misalignments in your spine.



**Advanced  
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