

## Chiropractic Care Produces Long - Term Results in Patients with Headache

A February, 2001, report from the Foundation for Chiropractic Education and Research finds that chiropractic patients not only experience improvement in the frequency and severity of their headaches while under chiropractic care, but continue to experience these benefits even if their care program is interrupted.

The study, a literature review performed at Duke University in Durham, NC, collected information from more than 2500 sources and compared how patients with different types of headache responded to such approaches as chiropractic, acupuncture, drug therapy, exercise and relaxation techniques.

According to the report, adjustments "appeared to result in immediate improvement in headache severity" in patients experiencing cervicogenic headache. The report went on to say that when compared with soft-tissue therapies such as massage, chiropractic resulted in "sustained improvement in headache frequency and severity."

When the researchers compared how patients under chiropractic responded with patients taking the drug amitriptyline, a common headache drug, both had about the same immediate effect. However, patients who took the drug experienced some type of adverse effect 82% of the time.

During the four-week period after the study ended, the patients who had received chiropractic care experienced significant improvement in both headache frequency and severity. The headaches of the patients taking the drug returned to the same frequency and severity they experienced before the study.

By way of commentary, this report shows that chiropractic care allows the body to function better, which allows true healing to take place. Drugs, on the other hand, tend to simply cover up the problem. Making symptoms disappear does not mean that true healing is taking place. True healing takes place when the body is restored to its highest level of function.

**Our purpose is to educate and adjust families toward optimal health  
with natural chiropractic care.**