

# HEALTH BULLETIN

## Drug-Free Headache Relief

(NAPSA)—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](http://www.yes2chiropractic.com).