



## Finding Ways to Be Healthy and Headache-Free

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By Dr. Edward M. Burstein

Hopefully, you didn't wake up this morning grumbling about a headache and reaching for something to numb out the pain. But if you did, you had plenty of company: head pain afflict millions of people every day.

Perhaps you have contributed to the \$400 million spent annually on "over the counter" and prescription drugs in search of relief. Whatever benefit you may have obtained from these medications, you can be sure that your pain will not stay away if the cause of the headache is not addressed.

The only permanent solution is to get to the root of the problem. I tell patients that headaches are warning signals of a health problem that needs attention. In this way, head pains should be seen more as a friend than an enemy, as they're telling you to pay closer attention to your body!

A chiropractor who specializes in Applied Kinesiology will treat the cause of the discomfort rather than just the pain. Headaches can be the result of a structural problem (frequently, recurring head pain may not be related to the head at all), an allergy or biochemical problem, or simply emotional stress.

Of course, there are many, many other causes of headaches. Dehydration, for example, is a leading cause of minor head pain because often the body's water supply isn't sufficient to keep it working properly. However, in some patients the opposite holds true -- retaining fluids can create headaches.

Tension headaches, or suboccipital neuralgia, are due to an irritation of the suboccipital nerves at the base of the skull and are an example of how a structural problem can refer pain to the head. Release of this pressure -- or an adjustment of the bone -- will ease the tension.

Sinus and allergic headaches are due to inflammation. The inflammation is a reaction to an allergen with which the body has come in contact. A chiropractor who specializes in Applied Kinesiology is able to identify the allergen and diagnose why your body is sensitive to it.

Migraines are caused by a disturbance of the nervous system resulting in abnormal blood circulation to the brain. Treatment of migraines should start with a diagnosis of why the nervous and circulatory systems went "haywire," followed by a plan to fix the underlying problem and restore proper functioning.

Finally, beware of environmental poisons that are harmful to the body and cause toxic headaches. Internal factors, as well, can also poison you -- if your body cannot properly break down and eliminate waste products, the result is a buildup of toxic material within your body. By getting to the direct cause of the problem, treatment can be given to help your body rid itself of these toxins.

In addition, other causes of head pain may include tumors, diseases of the nervous system and emotional factors. For



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this reason, headaches are warning signals that should not be ignored or covered up. So, decide now to get beyond masking the pain and look into the cause of those recurring headaches!

Editor's note: Dr. Burstein is founder and Clinical Director of the Berkeley Heights Chiropractic Center, a multi-doctor holistic health care center dedicated to natural healing and optimum health. He has been awarded the status of Teaching Diplomate by the International College of Applied Kinesiology, and shares this distinction with only four other chiropractors in the state and 117 worldwide. For information, call (908) 665-0770.