

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser



The Experts® on Chiropractic Care:



Dr. Rick Powers



Dr. Wallace Jans



Dr. Crystal Taylor



Dr. Sheldon Cherniak



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The Experts®  
you need to know  
on Chiropractic Care

Dr. Wallace Jans

### MIGRAINE HEADACHES

Headaches are one of the most common conditions that motivate people to seek chiropractic care. In our clinic we see a large number of people with both tension and migraine headaches. Migraines are certainly the more severe and difficult to help type of headache. Our experience is that migraine headaches respond very favourably to chiropractic care. The latest research supports our observation.

A meta-analysis and systematic review published in the scientific journal 'Headache' in April of this year concluded that Spinal Manipulation was effective for "reducing the number of migraine days compared to those in active control groups." The study looked at data from 6 randomized clinical trials that showed Spinal Manipulation (also known as Chiropractic Adjustments) was effective at reducing both migraine pain and disability. The authors speculated about the possible nervous system mechanisms which produced the positive results. Significantly,

very few adverse events occurred during these trials and none were considered to be severe. This is important to note when compared to the common side effects of many migraine medications.

While many migraine headache sufferers look to chiropractors for headache relief, you may be surprised to know that we don't actually treat headaches. Rather we find areas of the spine that are misaligned and not moving properly and then simply restore normal function to those areas with gentle, specific Chiropractic Adjustments. This gives the body the opportunity to normalize the functioning of the nervous system. When the nervous system works more optimally wonderful things happen, including relief from migraine headaches.

The human body has amazing abilities to restore health if given the opportunity. Rather than treating specific conditions, chiropractic simply removes the blockages that prevent the body from functioning properly. Chiropractic Adjustments don't "cure" headaches. It's the body's innate healing mechanisms that do the work. What we do is like flipping on a light switch. The power goes on and the light bulb can shine like it's designed to do.

Migraine headaches can be very painful and disabling. If you, or someone you know, suffers from

headaches, chiropractic may offer a safe, natural approach to having a more enjoyable life. Call 403-529-9069 today for a free consultation to see if chiropractic care may be beneficial for you.

***Can chiropractic care help your headaches?***



***Call 403-529-9069 for a FREE consultation.***

The Big White House on 6th St. just off Kingsway 737 - 6th Street SE • Ph: (403) 529-9069 • [www.powers-jans.com](http://www.powers-jans.com)