

Finally REAL Hope For Migraines/Chronic Headaches.....

"What Millions Of Americans Like You Are Now Doing To Finally Eliminate Their Headaches!"

Inside This FREE Headache Report You'll Discover...

- Why Headache Medication Can Make Your Headaches Worse!
- The Most Common Reason Why Your Headache Has Not Gone Away
- How To Determine If Your Doctor Is Keeping You From Getting Better!
- **WHAT IS CAUSING YOUR HEADACHES (WHETHER THEY ARE MIGRAINES, CLUSTER, CERVICOGENIC, OR COMMON)**
- **MOST IMPORTANTLY, HOW TO TREAT THEM!**

Dear Headache Sufferer,

Headaches are NOT normal! They're a sign that something is wrong.

Your body is designed to be free of pain. Feeling good is the normal state. Feeling throbbing, pounding pain in your skull that won't go away is not normal.

Neither is the nauseous feelings that come whenever you go out on a sunny day or see a bright light, lying awake at night praying your headaches will disappear, feeling and looking miserable, irritable, and older than you really are, and the frustration of knowing that your friends and family just don't understand what you are going through.

And thanks to those clever headache pain relief commercials, medicine cabinets, purses, and glove compartments all over the country that are fully stocked with medication for the "normal" headache.

So, if you are one of the millions of Americans who suffer from annoying, pestering, mind-numbing headaches, then please keep reading this report, because as you are about to

discover, **headaches are not normal.**

Hi, we're Dr. Brad Ralston and Dr. Lucas Gafken and we are the **ONLY Carrick-Trained Chiropractic Neurologists in the Indianapolis area.**

When we discovered that one in six Americans are chronic headache victims, we nearly fell out of our chair! We couldn't believe that so many Americans suffer day in and day out when they really don't have to any more... and chances are, neither do you!

"That's why we decided to step forward and write this simple, yet informative report. So please, for your own sake, carefully read every word of this report... It may be the most important message you will ever hear."

O.K., let's get started!

If you REALLY want to get rid of your headaches and start living a "normal" life in a short period of time, then you need to first be aware of...

Five Headache Relief Misconceptions:

1. Over-The-Counter Medication Treats The Cause Of Your Headache

It's almost criminal that drug companies are hiding from you the fact that headache-relieving drugs don't actually target the real cause of your headaches.

Here's the real deal... These pills cover up your headache by simply disabling your brain's ability to feel your headache. That's why your headache comes back when the pills wear off!

If you broke your leg and just took pills so you didn't have to feel the pain, the pain would come back when the pills wore off.

If these drugs actually treated the real cause of your headaches, then shouldn't your headaches go away permanently? Yes! But they don't.

These pills only sweep your pain under the rug. The **REAL** cause of your headaches remains untreated and that's why you keep suffering.

2. Headache Medication Can't Harm You

One thing many headache sufferers don't know is that the pills they take are not 100% safe. In fact, a lot of the side effects you may experience are far worse than the headaches you're trying to cover up. The side effects are not worth a measly four hours of

relief from headaches.

You see, the way these pills disable your ability to feel headaches is by disabling a little hormone in your body that acts like a messenger to your brain. Of course, our bodies, being the highly tuned machines they are, have figured out how to use these hormones for more jobs than one. So if you disable the hormone from doing just one job, it will also not do all the other jobs in your body.

This can lead to all sorts of problems. You can get something as minor as a rash, or you can have sudden liver failure or kidney problems. Even aspirin has been linked to deadly hemorrhagic strokes.

It gets worse... you see, the more often you take these medications, the more your risk will skyrocket!

Also, medication seldom increases your body's ability to respond to stress appropriately, and it usually decreases your body's natural ability to fight disease!

3. Headaches Go Away On Their Own

Einstein has a saying "The definition of insanity is doing the same things and expecting different results."

If you truly want to get rid of your headaches, then you're going to have to try something different: something natural, hopefully drug-free... and equally important, something that is proven to work.

Obviously, you wouldn't have requested this free report if you weren't concerned about your headaches. So please, for your sake, don't drop the ball and not take action. As you will discover in a moment, you will have a chance to get your headache evaluated, without any cost or obligation.

4 All Doctors Know How To Treat Headaches

There's a saying that goes something like this...

"If You're A Hammer, All You See Is Nails"

Hammers hit nails, M.D.'s prescribe medication.

Expecting a different approach from your medical doctor will only lead to disappointment. That's why we wrote this report - to help headache sufferers like you.

Before we go any further, let us stress to you that there is a place for medication, but more importantly, the cause of the problem must be identified. The wrong diagnosis will lead to wrong care.

And, if your doctor's treatment fails, you'll probably get even stronger medications or, in an extreme case, your doctor will recommend surgery. Personally, we think there are times when surgery is the only option. In terms of headaches, there are natural alternatives that often work a lot better without the risks associated with invasive treatments.

In fact, if you really want great results without all the risk of drugs, doesn't it make sense to try a natural solution first?

5. Your Problem Is Always Where Your Pain Is

Even though you may be feeling your headaches in your sinuses or on the top of your head, that doesn't necessarily mean that is where the cause of the problem is located.

For instance, people with a disc problem in their lower back will often feel pain, numbness, or weakness in their legs, even if there's nothing physically wrong with their legs.

SOUNDS GOOD, BUT WHY DO I HAVE HEADACHES?

There are 3 parts to your brainstem which include the upper (called the mesencephalon), the middle (known as the pons), and the lower (known as the medulla). NORMALLY, your brain fires to the lower part of the brainstem (ponto-medullary area) which slows down the upper brainstem (mesencephalon). BUT...when the lower brainstem fails to receive impulses of firing from the brain, it fails to slow down the upper brainstem. When that happens...LOOK OUT...YOU HAVE GOT A HEADACHE! There aren't any nerves in your head, but there is a nerve mesh around the blood vessels. When the upper brainstem over-fires, it causes the blood vessels in your brain to constrict and dilate VERY RAPIDLY. This irritates the nerve mesh surrounding those blood vessels, and THAT IS WHY YOU HAVE THE HEADACHE! OUCH! We don't care if you have been diagnosed with cluster, migraine, cervicogenic or whatever name they want to attach to your headache. **TO CORRECT THE PROBLEM, WE NEED TO SLOW DOWN THE OVER-FIRING OF THE UPPER BRAINSTEM.**

Let's back up a minute. Perhaps you are wondering at this point, "How did my upper brainstem start to over-fire and cause my headaches." We will give you the answer in one simple word...**STRESS!** Physical, chemical, and or emotional stress causes the brain to decrease its firing to the lower brainstem. It could have been physical stress like a blow to the head in a car accident, chemical stress such as junk food or tobacco, or emotional stress of your job, relationship, or finances. BUT whatever the stressor was in the past...YOU HAVE HEADACHES NOW! The good news is that we know how to fix the problem.

HOW DO WE FIX HEADACHES?

Answer...WE TREAT HEADACHE PATIENTS WITH A 2-PRONGED

PROGRAM...WE TREAT THEM NEUROLOGICALLY AND METABOLICALLY!

#1: COMPLETE NEUROLOGIC TESTING WITH EWOT **(Exercise with Oxygen Therapy):**

OXYGEN... your brain and nervous system need TWO things to survive: FUEL and ACTIVATION. Activation comes from the treatments that are listed below. Fuel comes in the form of OXYGEN and glucose. You get the glucose from the food that you eat, which is why it is important to eat a healthy diet. **AS YOU AGE, YOUR ABILITY TO UTILIZE OXYGEN DECREASES.** One of our treatments is to give patients oxygen to increase their body's fuel delivery system. It's called EWOT or Exercise with Oxygen Therapy and it's like gas in the car... if you don't have any gas in the car, you are not going anywhere. If you don't have oxygen available for your brain and nervous system, most likely, no treatment will work!

UNILATERAL ADJUSTING... the right brain controls the left side of the body and the left brain controls the right side. If there is a decrease of firing or impulses in one side of the brain, WE ONLY WANT TO ADJUST YOU ON THE OPPOSITE SIDE. Makes sense, doesn't it? Also, WE WILL ONLY USE VERY LIGHT ADJUSTING SO YOU WILL NOT GET WORSE! Have you ever had an adjustment and felt worse afterward? It is because the adjustment was TOO MUCH for your nervous system. It over-stimulated, or (get ready for another \$3 term that neurologists use) it "exceeded metabolic capacity."

AUDITORY STIMULATION... listening to sound in one ear will stimulate the opposite side of the brain and increase impulses.

OLFACTORY STIMULATION...smelling different scents will stimulate the brain. Your sight, sound, taste, and touch all travel through a sensory area of your brain called the thalamus. **SMELL GOES DIRECTLY TO THE BRAIN.**

CALORICS... warm water in the ear will stimulate the semicircular canals in your ear and fire the vestibular nerve back to your cerebellum. The cerebellum fires to the brain, the brain fires to the lower brainstem (ponto-medullary region), and your lower brainstem slows down the upper brainstem (mesencephalon).

#2: COMPLETE AND THOROUGH METABOLIC TESTING:

1. **AUTOIMMUNE DISORDERS:** Has your doctor specifically checked you for an autoimmune disorder? Autoimmune means that your immune system is attacking one or more parts of your body. There are two parts to your immune system, TH1 and TH2.

The first part, called our T-Helper 1 System (TH-1), is our immediate immune response system. It is responsible for an immediate attack against foreign invaders like bacteria viruses, mold, fungi, or parasites. The cells involved in the TH-1 system are called macrophages, natural killer cells, and cytotoxic T- Cells. It is our front line defense.

The other part of our immune system is our T-Helper 2 System (TH-2). It involves the production of antibodies to "tag" onto invaders so our TH-1 system can more easily destroy the invaders. It is our B cells that are responsible for producing the antibodies.

The balance between these two sides of our immune system is very important to look at with many headache patients. IF one of these parts is dominant, you could have an autoimmune disorder. An autoimmune disorder is where your immune system is attacking your body and it could be causing your headaches. For example, you could have an autoimmune disorder in which your immune system is attacking your nervous system and this is why you have increased headaches.

2. **5 FOODS THAT MAY BE HURTING YOU & INTESTINAL PERMEABILITY:** Has your doctor specifically checked you for any food sensitivities that could be contributing to your chronic headaches? **Each time that you eat a food that you are sensitive to, it can INCREASE your chances of a headache.** THESE 5 FOODS COULD BE SLOWLY KILLING YOU AND YOU DON'T EVEN KNOW IT BECAUSE YOU HAVE NOT BEEN TESTED! This could be why even though you are taking medications and exercising, your headaches never go away! Most of the time food sensitivities are a direct result from gastric membranes that are leaky and allow these 5 foods the harm you and rob you of your health. This is a condition called LEAKY GUT SYNDROME.
3. **THYROID:** Has your doctor run a COMPLETE thyroid panel? Your thyroid CONTROLS your body metabolism so if you suffer from headaches...IT MUST BE THOROUGHLY CHECKED! We are not talking about a simple test for TSH (thyroid stimulating hormone), we are talking about the COMPLETE BATTERY OF THYROID TESTS which includes Total T4 (tT4), Total T3 (tT3), Free

T4 (fT4), Free T3 (fT3), Free Thyroxine Index (FTI), Resin T3 Uptake (T3u), and the thyroid antibodies...TPO and TGB! Your THYROID is EXTREMELY important and needs to be checked! Did you know that many doctors consider TSH levels from .35 to 5.0 to be “normal.” Optimal or “functional” TSH levels should be 1.8 to 3.0. What is YOUR TSH level? If it is not 1.8 to 3.0, have you had the FULL battery of thyroid tests? Has it ever been checked? If not...WHY?

4. **ADRENAL GLANDS:** Has your doctor checked your **adrenal glands**? Your adrenal glands are your “stress” glands and they are JUST AS IMPORTANT as anything in treating your headaches!!! An **ASI** (Adrenal Stress Index) needs to be run on you that will check your cortisol levels at 8 am, noon, 4 pm and 10 pm.
5. **ANEMIA:** Has your doctor checked you for blood disorders such as anemia??? Anemia simply means you ARE NOT going to get oxygen to your tissues. There are different kinds of anemia such as iron, B12, Folic acid etc. And we can test for each one. Anemia is very important to find and correct. Without oxygen available for your brain and nervous system, most likely, no treatment will work! No supplement will work. No nutritional program will work.
6. If you are male have you ever been evaluated for Andropause?
7. If you are female had your doctor ever ordered an expanded female hormone panel?
8. If you are female and post-menopausal has your doctor ever assessed your risk factors for developing uterine or breast cancer?

**HORMONE LEVELS DRAMATICALLY AFFECT THE
BRAIN AND BODY!!!!!!**

If you answered “NO” to any or all of these questions then there is a good chance that your headaches are not being managed properly!!!

THESE TESTS NEED TO BE RUN ON YOU TO GET TO THE BOTTOM OF WHAT IS CAUSING YOU TO SUFFER FROM HEADACHES!!!
Anything less means that you are in for years of misery!

Can you see that by treating you neurologically and metabolically, we can HELP YOU?!?!?

IF YOU WOULD LIKE TO STOP THE SUFFERING SIMPLY CALL OUR OFFICE AND WE WILL BE HAPPY TO PROVIDE YOU A HEADACHE EVALUATION.
CALL 317-848-6000 TODAY!

It's in your best interest to get evaluated soon, because if you wait, your condition may get to a point where you can't be helped with this type of care, and your only option may be...

INJECTIONS OR SURGERY.

Nerve block injections used to treat headaches can include....

- injections above the eyebrows to treat that region of the head.
- injections into the back of the neck to treat pain going up the back of the head.
- injections into the side of the neck.

In more serious cases, surgery to treat headaches can include:

- heat to burn selected nerves of the small joints of the neck which connect each vertebrae
- burning nerves with heat about the face and neck
- fusion (removing a disc responsible for sending pain signals)

But Here's The Good News...

Over the past 15 years, we have helped thousands of headache sufferers just like you!

Most Headache Sufferers, After Learning This New Information Regarding The Benefit Of Proper NEUROLOGICALLY BASED Chiropractic Care For Causes Of Headaches, Wonder...

"How Do I Find A Doctor Trained In Providing This Care?"

So, our best advice is to ask the chiropractic doctor the following questions...

- 1. "Are you a Board-Certified Chiropractic Neurologist certified by the American Chiropractic Association and the ACA Council of Neurology?"**
As we mentioned, we are the ONLY Board-Trained Chiropractic Neurologists in the Indianapolis area.
- 2. "Do you take x-rays?"**
Call the office and check to see if they either have the facilities in their office to take films, or if they refer it out. Either answer is acceptable. Do not get evaluated by any chiropractor who doesn't look at neck x-rays before rendering care.
- 3. Do you accept payment plans?**
Nowadays, patients are either going with the "managed care doctor" and hoping and praying that they'll get quality care or paying out-of-pocket for their services. In response, there are many caring dentists, medical doctors, chiropractors, podiatrists, and other health care professionals who are giving patients comfortable payment options. Even though chiropractic care is inexpensive compared to most care, ask the office if they'd consider putting you on a payment plan.

If you live in the area, **call our office at 317-848-6000** and schedule your check-up! **WE ARE BOARD-CERTIFIED. We DO treat headaches neurologically AND metabolically in our office, we DO properly take x-ray pictures of the structures of the neck before care, and we DO have payment plans.**

IF YOU ARE SERIOUS ABOUT LIVING A HEADACHE FREE LIFE, THEN YOU NEED TO CALL OUR OFFICE FOR A FREE HEADACHE EVALUATION!

Don't Procrastinate – Call 317-848-6000 Now

Reserve Your Earliest Appointment Because The Longer You Wait To Call Us, The Longer You'll Have To Wait For An Appointment!

Here's What Your CHECK-UP Includes...

#1: A Headache Consultation: We have a list of specific questions that will help us discover the cause of your headache. This is also an opportunity for us to gain a thorough understanding of your headaches and what you've been going through.

#2: A Spinal Screening: We will screen your nervous system for problems in your brainstem that are causing your headaches.

#3: A Metabolic Review: We will assess any metabolic factor that could be promoting your pain and suffering and that which is causing your headaches.

#3: NECK X-RAYS: After the consultation and screening, if it is found that x-rays of the bones, discs, and soft tissue of your neck are needed, they will be taken during this visit. In order to get a good view of all the supporting structures, at least two views will be taken: one of the front view and one of the side.

**SCHEDULE YOUR HEADACHE EVALUATION TODAY
CALL 317-848-6000**

On behalf of everyone at Chiropractic Neurology Center, we look forward to meeting you to discover if we can help you! Remember, you haven't tried everything until you've at least had a headache evaluation at our office! There's absolutely no obligation, you have nothing to lose! (Except your headaches of course!)

Sincerely,

Dr. Brad Ralston
Dr. Lucas Gafken

P.S. - After we evaluate your headache, we will tell you if we can help you or not. And if so, we will describe how long it will take and how much it will cost. Then you can start care, or go home and think about it! **We are a busy office and there will be absolutely no pressure to begin care!**

P.S.S. - There Is A Waiting List! For the earliest appointment possible, it is advised that you schedule your appointment right away.