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Heath Bulletin/Newsletter-16
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Please forward to your friends and family!

Headaches-Tension, Migraine, Cluster, Allergic

Who of us could say that we don't get headaches? Obviously the answer would be many of us! If anyone said they never had a headache I would not believe them. So is having headaches normal? I don't think so! Let's look at what are the possible causes of headaches and what we can do to treat them and eliminate them permanently if possible.

Causes of headaches could be caused by diseases that affect the body such as constipation, hypertension, hypothyroidism, and infections such as encephalitis and meningitis and other communicable disease that cause fever. Less serious causes can be eye strain or auto toxicity of the malfunction of the ileocecal valve. More serious cause can come from tumors of the brain or trauma to the head and neck from fall and car accidents. Another common cause is malfunction of the Temporomandibular Joint Dysfunction (TMJD).

What I can tell you about headaches is that statistics show Chiropractic and Applied Kinesiology can treat and cure at least 95% of all type of headaches other than those caused by tumors, and infections. Facts about headaches that more than 90% of the US population suffer with headaches on a regular basis and about 3% have chronic form and 90% of these headaches are classified as tension variety. These types are caused by poor postural habits such as reading or watching TV lying down. Some are due to mental and emotional stress pulling on the scalp and suboccipital muscles shown in the figure 31.

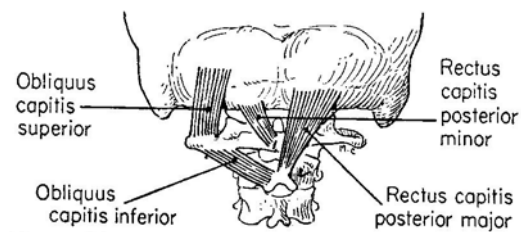
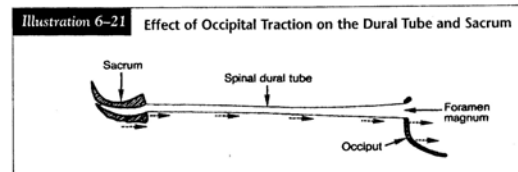
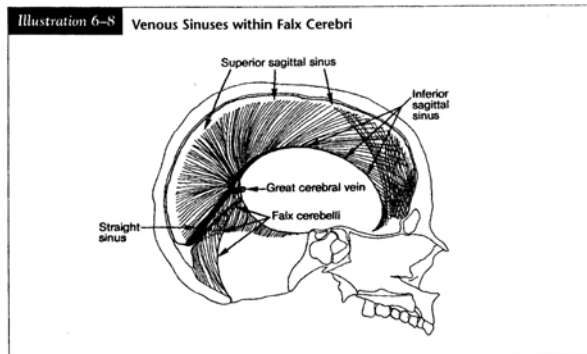


Figure 31. Suboccipital muscles. (Posterior view.)

The pull on these muscles will jam the vertebra and change the blood supply flow to the brain and will also cause change on the respiratory action on the skull plates and cause pull on the scalp muscles causing headaches either tension or even migraine. These can be changed readily with chiropractic adjustments, AK muscle balancing, trigger point, and meridian therapy.

Migraine headaches are sometimes vascular in nature with throbbing or pulsation in nature usually lasting from 4 to 72 hours. It is fairly common with 12% to 18% of the population suffer with them on a regular basis. The occurrence is 3 times more prevalent in women than in men. The occurrence is typically unilateral involving only one side of the skull. About 1/3 are preempted by an aura that might be visual or olfactory in nature.

This type of headache is very debilitating and disruptive to one life style with nausea, vomiting and photophobia. With women there is a connection with the menstrual cycle with some getting the migraine at the start or at the finish of their cycle. The following illustration will show the connection of the dura membrane that has an abundance of nerve ending that produce pain because the brain itself cannot feel pain with irritated mechanically.



The distortion to the cranial plates (bone) sometimes referred to as cranial faults caused by a pulling or a torque to this membrane. This can be due to postural distortions, trauma, poor dental occlusion, and it may also have a connection to food allergies. My methods deal very specifically to the cranial faults, because I have taken from many other systems such as Osteopathy Dr. Sutherland system called Craniopathy, Cranial-Sacro Technique of Dr. Upledger, from Dr. DeJarnette's Sacro Occipital Technique (SOT), and Dr. George Goodheart's Applied Kinesiology (AK). And through my own observations and clinical research and published 16 papers on cranial faults of the past 31 years. I have discovered 9 separate cranial faults never discovered by any other researchers in chiropractic, medicine, and osteopathy.

These features that I have illustrated and explained carry over into a causative factor of a small 0.5% of the population predominately found in males known as Cluster Headaches these are so severe that they are sometimes called "suicide headaches". The name speaks for itself and its severity and that it occurs in clusters, which may have a seasonal pattern.

Allergy headaches are caused by histamine production due to environmental and food triggers. These are easily treated by identifying the causative agents and can be changed by avoidance of the trigger or changing them with AK and a specific allergy technique NAET.

So why put up with the suffering and inconvenience and call my office for an appointment. You can check my web site at paulsprieser.com and click the patient information area on the left side of the page you will find the Health Bulletins. Just click on the topic, which are in PDF files.