

## Chiropractic Can Make Your Headaches Disappear!

**D**on't let headaches hold you back!  
**We can help!!**

The *World Health Organization* estimates that **nearly half of the adult population suffers from headaches**. But you don't have to be one of them!

You know how hard it is to concentrate at work or school with a pounding headache. You know how difficult it is to travel, exercise, or get a good night's sleep when your neck or head hurts.

But did you know...a number of worldwide studies have shown that **Chiropractic can effectively relieve the most common types of headaches**—migraine (one-sided), tension-type (vice-like) and cervicogenic (stemming from the neck)!

For over 100 years, Chiropractic has maintained that abnormal motion of the neck joints can lead to headaches. Now modern science proves it!

### *Get Your Life Back Again!*

A Scandinavian medical journal published a study showing that

**one month of Chiropractic care (approximately two visits per week) offered greater long-term headache relief than medication.**

Another study from Denmark found that **Chiropractic manipulation decreased the frequency and severity of headaches...and reduced the need for medication.**

A 6-month Australian study showed **significant reduction in migraine frequency, duration, disability and medication use.**

Plenty of compelling studies right here at home have also demonstrated that **headaches respond well to Chiropractic care.**

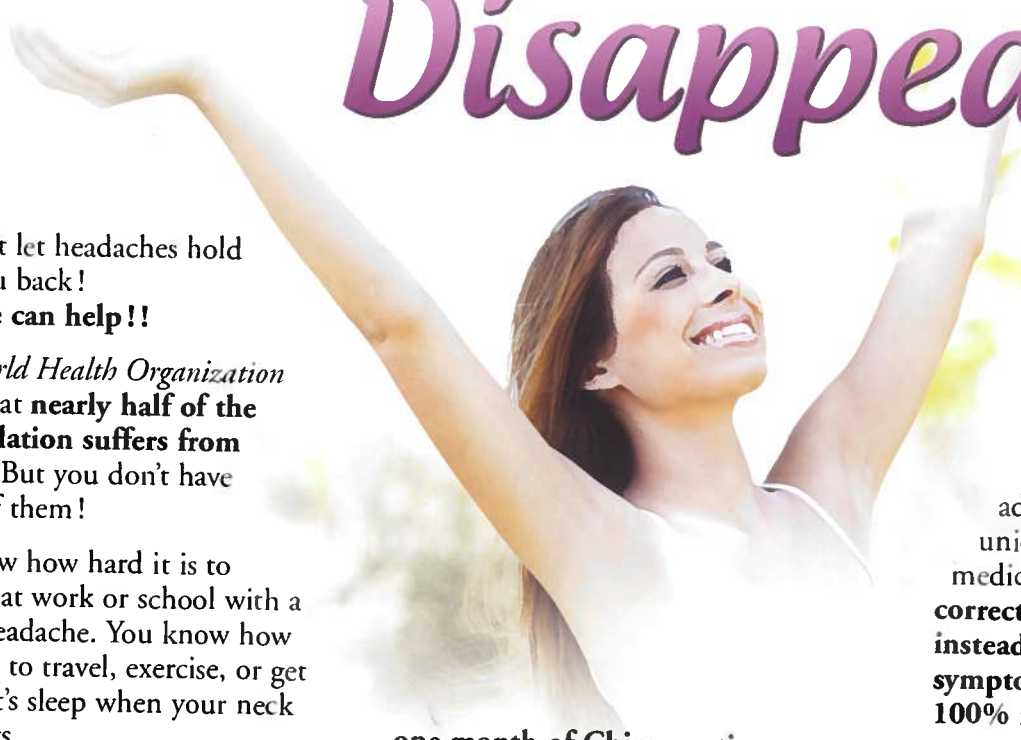
*"Popping a Pill"  
Won't Correct  
a Thing!*

Chiropractic spinal adjustments have three unique advantages over medication. 1. **We aim to correct the source of your pain instead of just masking your symptoms.** 2. Chiropractic is **100% natural and has been proven safe.** And, 3. it's proven to work long term!

Once the abnormal joint motion that's contributing to your headache is corrected, the associated nerve interference, muscle tension and pain can be resolved, naturally. **Restoring musculoskeletal balance is key to preventing and treating your headaches!**

Say "good-bye" to head pain and "hello" to a better life!  
**Call now!!**

*Inside...*  
the *National Institutes of Health (NIH)* says Chiropractic works for headaches!



**National Institutes  
of Health Study  
Confirms...**

# Chiropractic *Relieves* **HEADACHES!**

**R**esearch funded by the *National Institutes of Health (NIH)* suggests that a complete program of **Chiropractic care gets the most effective headache relief.**

*"When will my headaches get better?"*

That's the \$64,000 question...

Everyone heals differently!

Your response to Chiropractic will depend on your age and general health, the condition of your spine, and how well you stick to your program of care! A spinal exam will help us design a treatment plan for your specific needs.

To help determine the proper frequency of Chiropractic treatments for patients with cervicogenic headaches, a recent study was funded by the *US National Institutes of Health (NIH)*. Their findings

were published in *The Spine Journal (2010)*, the official journal of the *North American Spine Society*.

On average, **Chiropractic patients involved in this study found their number of headaches was cut in half by the 8th week of treatment, with lasting improvement.** The study also found that there was greater headache relief after 16 spinal adjustments when compared to 8 adjustments.

***Head Hurts?  
Start Here!***

Headaches can have one or more causes: biomechanical, vascular, psychological, genetic, neurological or environmental.

There are several possible headache triggers—excessive stress, chocolate, red wine,

caffeine, aged cheeses, MSG, too much sleep, not enough sleep, weather changes, pollution, vigorous exercise, and missing meals.

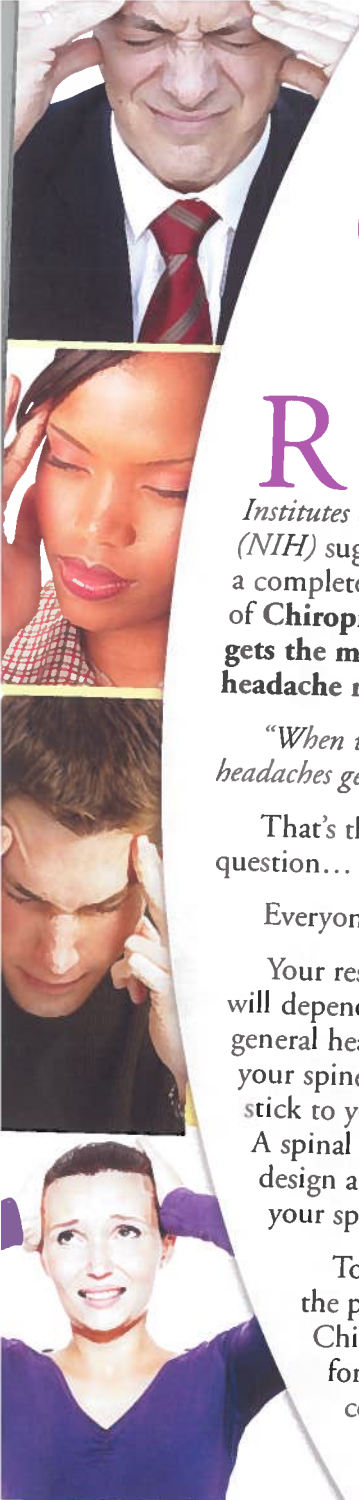
We take a holistic approach that emphasizes the benefits of exercise, healthy eating, adequate sleep, and stress reduction. We'll also refer you to other specialists should your underlying condition fall outside the scope of Chiropractic.

**The fact is, most headaches start with spinal misalignments, nerve irritation or inflammation, and/or muscle tension.** That's why so often Chiropractic care can help—regardless of the cause of your headaches!

**Get started today on a personalized treatment program that's right for you! ❖**

*Your Referrals are Appreciated!*

Can you think of anyone who is suffering from back, neck, shoulder, wrist, hip or leg pain? Who do you know that was recently involved in a car accident or hurt at work? Please let your family and friends know we're here for them!





# There is Nothing “Hip” About Hip Pain!

**D**oes one or both hip joints hurt when you get out of bed or into a car? Are you in pain when you sleep, sit, walk or exercise? Do you limp to take pressure off your hips?

Daily use, repetitive stress, trauma, and the natural aging process can put strain on the muscles, tendons and ligaments that support your hip joints.

Overuse or weakened hip joints can lead to inflammation and limited range of motion.

**Don't ignore your symptoms!** Your ball-and-socket hip joints are highly vulnerable to degeneration over time.

You may have true hip pain or pain that's referred to your hip joints from somewhere else. **Chiropractic can identify and correct structural misalignments that lead to joint stiffness, painful nerve irritation and tissue inflammation.**

When your pelvic bones are misaligned, your entire musculoskeletal system can become imbalanced. Uneven leg lengths can cause knee, hip and low back pain.

## Help for Hip Pain!

**Chiropractic adjustments can help restore proper hip alignment and joint function, thereby eliminating pain naturally!**

In fact, one study compared manipulation of the hip joint to an exercise program.

The study showed success rates of 81% after only 5 weeks in the manual therapy group, compared to 50% in the exercise group. **Manual therapy was also shown to improve pain, hip function, and range of motion.**

## We Have What You Need!

If you're suffering from arthritis, bursitis, tendonitis or sciatica and are experiencing hip discomfort of any kind, find out how **Chiropractic can help you!!**

**You absolutely need to stay active, to move without pain and to keep your balance.** This is especially important for older patients who are at risk for falls! ❖

**For relief from hip pain  
and so much more...  
CALL NOW!**



# "Back to Work... And Feeling Great!"

*by Leslie Gay*

**A** car accident sent me straight to the ER with back and neck injuries. I was unable to work and was on painkillers. I didn't like how they made me feel so groggy.

A couple of days later, I went to see my Chiropractor. **I started feeling improvement within the first two visits.** I was able to move around and the pain decreased dramatically.

**At the end of my treatment program, I would say I am 100% better!**

I still get routine adjustments because I have a manual labor job. **My adjustments help my posture, headaches, and keep back pain away from my regular activities.**

I have been able to resume full activity and working.

An added and unexpected benefit is that if I get regular adjustments, **I don't have frequent migraines like I used to!**

I have already and will continue to refer others. ❖

## To-Your-Health Tuesdays - \$20

I will dedicate the **Third Tuesday** of each month to **TUNE-UPS** - a health and wellness program designed to *keep you moving and feeling your best.*

As it is maintenance, it is not covered by health insurance. I want to make it worthwhile for you to plan ahead, so you receive a preferred rate.

**Call NOW** to make an appointment for **March 19th or April 16th!**

C09881  
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## Your "Headache Meds" Could Be Causing Your Headaches!

The best treatment for "drug rebound headaches" is to prevent them from occurring in the first place. **Chiropractic is Drug-Free!**

Medication rebound headaches are daily (or near daily) headaches that occur in direct response to taking drugs to relieve headaches!

Keeping a headache and medication diary can be helpful to identify if you're having rebound headaches. Please do not make any changes in your prescriptions without consulting the prescribing doctor. Drug withdrawal can be dangerous. Once safe protocols have been put in place for you to take less or no medications, we can help you prevent the need for headache medication.

**Schedule Your Exam TODAY!**

## No Charge



### Half-Hour Massage for the Referral of a Friend!

*Let us know whom you referred so we can schedule you for your massage. Offer good for 30 days.*

We also accept:



**Call Now!**  
**348-5134**

**Juel Clinic**  
Dr. Alan Juel

Dear Friend,

**Your Headaches Are NOT All In Your Head!**

Though most headaches don't stem from a serious condition, they can *seriously* impair the quality of your life! **Let us help you!**

Whether you're suffering from **tension headaches, migraines or cervicogenic headaches** that originate from your neck, **Chiropractic can help get rid of your pain.**

When you're having headaches, we don't just "check up" from the "neck up." Cervical spine dysfunction can be your body's way of compensating for imbalances elsewhere along your spine.

For example, ignoring your hip joint misalignment or leg length differences can affect your neck alignment and contribute to headaches!

We're glad we've been able to **help you** with our **holistic health approach**. Please remind your family and friends that we can do the same for them. If you want to "feel great" and want to stay that way, schedule your **Chiropractic Spinal Exam NOW!**

**Yours for Natural Health,**

*Dr. Alan Juel*

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