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## Headaches

### A disturbing discomfort

The following article on headaches was written in cooperation with Benestad Chiropractic Centre, Farmington.

**H** EADACHE is not a disease, although it may be one of the most distressing human discomforts. It is certainly a sign that something is wrong.

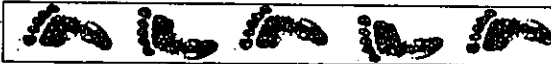
Nearly every adult will, at some time, suffer simple headaches from body abuse, such as lack of sleep, sudden anxiety or too many cocktails. However, more than 20-million Americans experience the painful chronic, recurring headache — a serious health problem in a small percentage of cases. (Only about 3-in-1,000 is the symptom of some serious organic disease).

Ninety percent of headache cases are grouped, medically, into two categories: vascular headaches, including migraine, and muscle contraction or tension headaches.

IT IS this 90-percent group which generally has been misled into believing that both vascular and tension headaches primarily are caused by psychological — personality or emotional — conflicts. As a result, Americans spend nearly \$450 million a year on headache remedies, not including doctor and hospital expenses.

Research has shown that about 90 percent of chronic headaches are caused by mechanical irritation of the nerve roots in the neck, usually dating back to some previous trauma. This nerve-root irritation may be caused by minor neck injuries, not even recognized as trauma by the patient.

Injury to the neck produces a mechanical derangement of the bony structures which also causes the irritation of the nerve roots. The many nerves and blood vessels in the neck exert their function on the painful areas of the scalp, face and brain. So when the body is placed under stress, the headache develops.



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