

# Less Migraine Headaches By Tax Time?

What if you could be migraine free in just two months? And what if you could not only be migraine free, but you could also completely eliminate the use of medications? Wouldn't that be wonderful? Here's how that might be possible:

In a 6-month Australian study, 123 migraine patients suffering from migraines between the ages of 10 and 70 years with a minimum of one migraine headache per month were randomly divided into two groups. One group was treated with, believe it or not, chiropractic care; with a maximum of only 16 visits over a 2 month time frame. The other group (control group) received physical therapy.

*The average response of the treatment group (Chiropractic group) showed a statistically significant reduction in migraine frequency, duration of headache, disability and medication use. The most significant improvement was in medication reduction where many were able to completely eliminate the use of their pre-treatment medications.*

This study supports the use of chiropractic for patients suffering from migraine headaches.

Like all doctors' offices, care may vary from office to office. But if you are looking for a Chiropractor who offers short term, affordable care for your headaches, or if you have questions, call Gastonia Chiropractor Dr. Lidia Adkins at 704-853-8000. And the best part is that you can be seen immediately with no obligation to extensive treatment plans.

## References

1. Winner P. A double-blind study of subcutaneous dihydroergotamine versus subcutaneous sumatriptan in the treatment of acute migraine. *Arch Neurol.* 1996;53:180-184.
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3. Tuchin PJ. The efficacy of chiropractic spinal manipulative therapy (SMT) in the treatment of migraine—a pilot study. *Aust Chiro Osteo.* 1997;6:41-47.
4. Tuchin PJ, Pollard H, Bonello R. A randomized controlled trial of chiropractic spinal manipulative therapy for migraines. *J Manipulative Physiol Ther.* 2000;23:91-95.