

Here Is The Free Headache Report You Requested That Reveals...

“What Millions Of Americans Like You Are Now Doing To Finally Eliminate Their Headache Pain!”

Inside This 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!
- ✓ If Your Headache Pain Can Be Eliminated In Three Weeks Or Less!

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 doesn't seem to want to go away like a bad houseguest is not normal.

Neither is the nauseous feelings that come whenever you go out on a sunny day or see a bright light, laying 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 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, I’m Dr. Matthew Costantino, known in town as the “headache doctor”.

When I discovered that one in six Americans are chronic headache victims, I nearly fell out of my chair! I couldn't believe that so many

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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 I 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...

Six Headache Relief Misconceptions:

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

It's almost criminal that drug companies are hiding from you that the headache relieving drugs they advertise 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? 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 about the drugs they take is that these pills 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 for a measly four hours of relief.

You see, the way these pills stop your ability to feel headaches is to disable a little hormone in your body that acts like a messenger to

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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 causing unknowing users to suffer from 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. Stress Causes Headaches

Yes, stress is a part of living, but it is not the cause of headaches.

Have you ever heard of that saying, "only the strong survive" or "survival of the fittest"?

It's how your body adapts to stress that determines if "stress" will affect your health or how you feel.

So, in a minute, I will explain how you can quickly and easily increase your body's ability to adapt to stress.

4. Headaches Go Away On Their Own

Tony Robbins 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, and 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; because as you will in a moment discover, you will have a chance to get your headache evaluated, without any cost or obligation.

5. All Doctors Know How To Treat Headaches

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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 I wrote this report - to help headache sufferers like you.

Before we go any further, let me stress to you that there is a place for medication, but more importantly, the cause of the problem must be identified because the wrong diagnosis = 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, I think there are times when surgery is the only option, but in terms of headaches, there are natural alternatives that many times 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?

6. 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, oftentimes people with a disc problem in their lower back get pain, numbness, or weakness in their legs, even if there's nothing physically wrong with their legs.

One of the most common causes of headaches that do NOT originate in the head is called a "Cervicogenic" headache.

*"The **Cervicogenic headache** is a big word for a headache which has its origin in the area of the neck. The source of pain is found in structures around the neck which have been damaged. These structures can include joints, ligaments, muscles, and cervical discs, all of which have complex nerve endings. When these structures are damaged, the nerve endings send pain signals up the pathway from the upper nerves of the neck to the brain. During this process, they intermingle with the nerve fibers of the trigeminal nerve. Since the trigeminal nerve is responsible for the perception of head pain, the patient therefore experiences the symptoms of a headache."*

- Dr. Peter Rothbart, M.D.

You May Have A “Cervicogenic Headache” !

If you answer “Yes” to any of these SIX questions...

- 1. “Has your neck ever experienced trauma?”**
- 2. “Have you ever been in a car accident?”**
- 3. “Have you ever played football or any other contact sports?”**
- 4. “Have you experienced many ‘minor’ injuries?”**
- 5. “Is your neck stiff or, at times, difficult to move?”**
- 6. “As a child, did you experience a fall off the swing, porch, down stairs, or any other ‘minor’ incident?”**

If you answered “YES” to at least ONE of the following questions, your headache may be caused by a hidden problem in your neck - but there’s good news.

There is an amazing type of drugless, non-surgical care that may help you. You might be asking yourself what this amazing treatment is.

Well, studies have shown that the safest, most natural neck treatment for most cervicogenic headaches is:

Conservative, Specific Chiropractic Care!

That's right! What used to be considered "just a treatment for bad backs" has been proven to be very effective in the treatment of cervicogenic headaches.

TO SEE IF YOU ARE SUFFERING FROM A “CERVICOGENIC HEADACHE”, SIMPLY CALL OUR OFFICE AND, AS A COMMUNITY SERVICE, WE WILL BE HAPPY TO PROVIDE YOU A FREE, NO-OBLIGATION HEADACHE EVALUATION. CALL 310-798-3227 TODAY!

It's in your best interest to get your neck evaluated soon, because if you wait too late, 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 cervicogenic 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 cervicogenic 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...

While many patients who are diagnosed with cervicogenic headaches have the traditional symptoms of tension headaches, some of the patients who have the traditional symptoms of migraine (and cluster migraine) headaches also respond to cervicogenic headache diagnosis and treatment.

Now, there are headaches that don't respond to specific, low force chiropractic care; headaches caused by high blood pressure, low blood sugar, hormonal changes, hangovers, dental problems, etc. These, however, are small in number in comparison with headaches that are caused by tension of the neck and head muscles, and irritation to the nerves. (The cervicogenic headache.)

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

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

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

1. “Do you treat headaches?”

Some Doctors of Chiropractic do not focus on specific conditions. So ask the Chiropractor if he or she treats headaches that may originate from the neck. Some do not.

2. “Do you take x-rays?”

Call their office and check and 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. So, in response, there are many caring dentists, medical doctors, chiropractors, podiatrists, and other health care professionals that 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 310-798-3227 and schedule your free check-up! We DO treat headaches, we DO properly take x-ray pictures of the structures of the neck before care, and we DO have payment plans.

For Your FREE HEADACHE EVALUATION, Respond By The Date On The Enclosed Certificate! But Don't Procrastinate, Call **798-3227 Now And Reserve Your Earliest Appointment. The Longer You Wait To Call Us, The Longer You'll Have To Wait For An Appointment!**

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

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

2. Examination - Aside from typical exam procedures like blood pressure, cranial nerve testing, reflexes, and vital signs, you will also receive a multi-plane head and neck range of motion study, palpatory examination, and specific orthopedic and neurological tests.

3. Paraspinal Digital Infrared Imaging (PDII) - Our office is one of the few, if not only office, that has this computerized thermographic instrument. This is an important test. This painless procedure determines if there's abnormal function of the nervous system and helps me pinpoint where your problem is. (Sample enclosed)

4. Neck X-Ray - If, after the consultation, examination, and PDII, it is found that x-rays are needed of the bones, discs, and soft tissue of your neck, they will be taken at 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 view.

SCHEDULE YOUR FREE HEADACHE EVALUATION TODAY
CALL 310-798-3227

On behalf of everyone at the Hermosa Beach Headache Relief Center, I look forward to meeting you to discover if I can help you! Remember, you haven't tried everything until you've at least had a headache evaluation at my office! And since it's free and there's absolutely no obligation, you have nothing to lose! (Except your headaches of course!)

Sincerely,

Dr. Matt Costantino
Hermosa Beach Headache Relief Center/Costantino Chiropractic Clinic

P.S. - After I evaluate your headache, I will tell you if I can help you or not. And if so, 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 soonest free appointment, it is advised that you schedule your appointment right away.