



**Put your headache in a  
chiropractor's hands for  
relief that's**

**Safe**

**Drug Free**

**Effective**

**Cost Efficient**

**CHIROPRACTIC is EFFECTIVE in PROVIDING SAFE,  
NATURAL RELIEF of HEADACHES, not just back pain!**

Chiropractic - the largest non-surgical, non-drug prescribing, primary contact health care profession in the world. A natural approach to health, chiropractic focuses on the relationship between the spine and the nervous system.

The primary focus of chiropractic is the location, correction and prevention of impairments to the nervous system. Chiropractic care can be effective in headache management because it corrects impairments which often cause headaches.

*In a study conducted at Macquarie University, specific chiropractic adjustments to the spine significantly reduced migraines in 71% of the people surveyed. The frequency, duration, severity and amount of medication all decreased markedly\*.*

Chiropractic is extremely safe and is fast becoming a recognised health choice for headaches. Chiropractors use gentle spinal adjustments to correct impairments to alleviate headaches and also provide lifestyle advice on helping to prevent their occurrence.

Chiropractors are highly qualified and trained professionals who study full time at university for a minimum of five years. Each week, there are approximately 200,000 visits to Australian chiropractors for a broad range of reasons.

So if you suffer from headaches, why not discover for yourself why **there's so much more to chiropractic.**

\* Tuchin, P. et al. (2000). A randomized controlled trial of chiropractic spinal manipulative therapy for migraine. *Journal of Manipulative and Physiological Therapeutics*, 23(2), 91-95.

**Physical and environmental causes  
of headaches include:**

- Fatigue
- Caffeine
- Alcohol
- Stress
- Dehydration

**Your local CAA chiropractor:**

*healthy spine, healthier life*

