

## A Natural Correction For Migraines.

Migraine headaches are no laughing matter. Some people, after they have gone the medical route with no success, have opted to take their own life instead of having to live with migraines. A person's whole life style has to be adapted to fit in around the period when one has the migraine. The effects of a migraine cover a host of symptoms. Dorland's Medical Dictionary list some of the symptoms "...irritability, nausea, vomiting, constipation, diarrhea and photophobia (fear of light)". As one can see a migraine can affect a person in many different ways.

Usually a person gets a sensation that they are going to have *one of those days*. This is often sensed as an aura of light or certain sensitivity to sounds. A home remedy that I have recommended to some of my patients is to place an ice pack on the back of their neck. When this is done, before a full-blown migraine has set in, it can sometimes be avoided. Let me explain why. The body senses that there is not enough blood supply to the brain. To remedy that the body causes vasodilatation of the blood vessels supplying the head. When the pressure in the brain increases, due to the blood flow, it puts pressure on a lot of sensitive tissues, mainly your brain! To possibly alleviate that pressure the coolness on the blood vessels causes constriction/narrowing of the blood vessels to decrease the blood flow. And as simple as that some of those debilitating migraines would be thwarted.

This week's patient shows just how insidious and menacing a migraine can be.

### Case of the Week

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"When I first met Dr. Gallagher, I was in a state of ill health. I had frequent debilitating migraines, overwhelming exhaustion, insomnia, extreme hypothyroidism which doctors were unable to get the right dosage to fix, and frequent respiratory infections. After all that, I hardly wanted to list more symptoms (MD's would be rolling their eyes by this point), but I also had life-changing PMS, severe allergies, couldn't lose weight, and some relatively minor back and neck pain.

The effect of all this on my life was, not surprisingly, very negative. My circle of friends got smaller and smaller since I didn't have the energy to see them. I couldn't play with my darling daughter sometimes because I was too sick. My husband was very frustrated since just keeping up the house and watching my daughter were impossible some days. He was having to miss work frequently to help me, and even contemplated a Leave Of Absence (LOA). My self-confidence suffered as well because I was physically miserable, yet MD's (even specialists) said there was nothing wrong aside from mild hypothyroidism, which was controlled by medication (according to whom? them). One day, when my daughter and I were playing, she took one of her dolls and said, "This is the mommy doll. She has to stay in bed a lot because she's sick." These words pierced my heart, since we had decided to make sacrifices so I could stay home and raise our daughter, but now I was missing significant portions of her childhood because I was too sick to see it. I prayed to find a doctor who could help me.

The next day, while at a friend's house, I met Dr. Gallagher. When my friend mentioned I suffered from severe migraines, Dr. Gallagher looked concerned. This look of concern meant a lot to me; I had been to a lot of doctors, but none were ever really that concerned, even when I was struggling to breathe from pneumonia on top of asthma. Dr. Gallagher did a brief but impressive screening, and I decided to make an appointment to see him (here's where the story starts to get happier).

Frankly, I had been to other chiropractors before, so I was dubious. Nevertheless, I was willing to give Dr. Gallagher's care plan a try - after all, nothing else had worked. After looking at my x-rays, Dr. Gallagher mentioned that the specific area of my neck where the problem was was one that would cause a myriad of symptoms, not just migraines. "Well, I know that," I thought - but I hadn't even mentioned my other symptoms to him at that point. He went on to say that he hoped eventually to be able to eliminate my thyroid medication, and I just thought "Whatever. Just fix my migraines." Actually, I hated the idea of decreasing the medication because I thought I wasn't getting enough of it.

The first month of treatment resulted in about a 98% reduction in migraines. This alone was life changing. Also gone were the sciatica, back and neck pain, and I wasn't tired all the time. My PMS was still present, but only for 2-3 days instead of the usual 2 1/2 weeks of hell.

After almost two months of treatment, I asked my new primary care physician (now a DO - I don't want to return to an MD) if I could decrease my thyroid dosage (yes, me). Shortly thereafter, we decreased it again. Maybe I will eliminate it one day! Also, I no longer needed the medications upon which I had depended to make it through the day: Excedrin Migraine, Tylenol PM, Imitrex, Benedryl, Pseudophedrine, and my anti-depressant (supposed to help the PMS - hah). My migraines have decreased to a mild one a month, but Dr. Gallagher isn't satisfied. We are collaborating on a care plan to eliminate that last migraine.

The effect on my life is incredible. My house is clean, my husband is happy, I'm making new and improved friends, my hair is thick and healthy again, I'm losing weight, and my daughter and I are able to enjoy a whole ton of activities together again. The other day, while at the park with her, I thought, "I'm pretty much a normal person now." Tears of happiness welled up. My parents tell me that there is vitality in my voice again, and that I even walk and talk differently - with strength now. So after less than three months of treatment, I would like to say **THANK YOU, DR. GALLAGHER!** I never knew that nagging back and neck pain had anything to do with my overall health, but thank God, Dr. Gallagher did.

As I have stated a few weeks back, its in touching lives like this patient's that enhances my passion for the chiropractic profession.

Sean,

Sorry again to hear the news about your right hand helper over there.

The head of the men's Tue. Breakfast is Jim Cox. I have put in a call to get his # but don't have it s of yet. Another very active member is Norman Block his work # is 859-6300 or Larry Jordan, a previous Mayor of Apex. He is the owner of L.G. Jordan Oil Comp. His number is 362-3900