

Headaches & the Cervical Spine

Rick Bittner, D.C.

“**T**hese headaches are driving me crazy!”

Every day at work someone tells me they suffer from headaches.” “Some people don’t even know it’s not normal to have headaches!”

To begin with, let’s have a look at some of the things in the world that would naturally cause a person to get a headache. Smoke, for instance. Being in a smoky environment for an extended period of time could easily produce the right ingredients of decreased oxygen in the air, being replaced by wood smoke, or whatever chemicals that are burning, to cause most anyone to have a headache. Extreme conditions are another natural source for headaches. Extreme temperatures and dry conditions where a person experiences dehydration will produce headache symptoms in most people.

Another cause could be stress. Extended periods of abnormal stress, be they from an unusually loud noise or anything super-stressful, is natural cause for a headache. Straining your eyes reading a computer screen for hours at a time is another culprit. And, of course, trauma to the head or neck. As we can see, there times when most people will naturally have a headache.

But what about people that just have headaches all the time? Once, twice, or three times a week! Some people live with headaches every day! Can you imagine? In fact, millions of Americans report having two or more headaches every week. Yes, millions and every week! Everyone seems to know someone that has headaches all the time. Many have suffered from headaches for years.



Each year Americans spend billions of dollars on over-the-counter medications to try and ease the pain caused by their headaches. Many of these medications people are taking on a regular basis can be very hard on the stomach lining and on the kidneys and digestive tract as well.

Some headaches are these dull, achy things that just nag at you. Some are described as burning, where it even makes your eyes burn too. Some seem to pound continuously like a heartbeat. Some are migraines, which put many people in a dark room with a cold compress on their head for hours at a time. These are especially debilitating and affect everyone and everything around the person, often requiring a trip to the hospital.

But headaches are not normal. Barring any external causes or stimuli, it is not normal for a person to experience headache symptoms on a regular basis—not even once a month. So what’s going on? Why are so many people suffering from headaches? Is there any kind of treatment known to mankind that pro-

duces lasting results where people suffering from these can finally be set free? Yes—wonderfully, yes. And simply, yes!

Without question, one of the most rewarding aspects of being a chiropractic physician is the dramatic and amazing effect our treatments have on people that suffer from frequent headaches. A simple course of adjustments to the upper back and cervical spine (neck) often relieve the patient of their headache symptoms permanently—yes, permanently.

All chiropractors are well trained at addressing the problems people have with their neck and upper back. Along with all the other aches and pains we deal with on a daily basis, headaches, as a symptom of misalignment, are something that we treat every day.

Isn’t it time you found out if there’s a solution to those headaches you’ve been having for so long? Schedule an appointment with your friendly neighborhood chiropractor. He or she will discuss your symptoms and create a plan to relieve you of your pain once and for all.

Imagine a life without headaches. Most people rarely if ever have headaches. Wouldn’t it be great if that were you? ■

Wishing You Great Health!
—Dr. B



Dr. Rick Bittner is a graduate of Northwestern Health Science University and the owner of Able Chiropractic, located at 2407 W. Main Street, #102, in Bozeman. Call 406-548-8822 for an appointment—or just drop in! Visit: AbleChiro.com or email: theablechiro@gmail.com.