



December 2010

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Merry Christmas from the Camden County Clinic of Chiropractic!

### Condition of the month, Migraine headaches

If you are currently living with migraine headaches, you know the classic symptoms of intense pain, extreme sensitivity to light or sound, nausea, and vomiting. Some migraine sufferers also experience visual disturbances or auras, numbness, tingling, clumsiness, or have difficulty communicating.

### Migraine headaches and upper cervical chiropractic

A misalignment in the upper cervical spine (neck) can affect the function of the brain stem. This, in turn, can cause migraine headaches. Car accidents, sports or on-the-job injuries, physical or emotional stress, falls, or even birth trauma can cause upper cervical subluxations.

Upper cervical doctors receive extensive training and education in both the upper cervical spine and the brain stem. They use the latest technology to analyze and correct upper cervical subluxations and achieve predictable results that heal. The goal of upper cervical is to correct spinal subluxations and to restore normal function to the brain stem or nervous system, thus correcting the cause of migraines instead of treating the symptoms.

For years, upper cervical doctors have been helping patients with migraine headaches. Results of upper cervical care have been so phenomenal that most migraine sufferers significantly improve in both the severity and frequency of their migraines

### Spinal health tip of the month:

At all times, avoid twisting while lifting. Twisting is one of the most dangerous movements for your spine, especially while lifting.

### The Chiropractic Paradigm:

the body is a self-healing organism; it benefits from the ability to heal from within without drugs and surgery. For instance, if you cut your arm, the body can heal the cut without band-aids or antibiotics. Your body has within it an inborn ability to heal itself, in fact all living things have the ability to heal themselves naturally.

Upcoming events:

Free Spinal screening at Winn Dixie 3pm – 6pm December 10<sup>th</sup>

We will be accepting donations for our angel tree until December 9<sup>th</sup>! Enter for your chance to win a GPS navigation system all month, ask us how for more details.

We would like to wish Deborah Cook, Towanna Walker Miller, Erin Macpherson, Ralph Haworth, Alison Crews, Tommy Crosby, Bob May, Dana Maye, Mitch Eby, Harry Crosby, Jonathan Blount, Fokred Dube, Cody Horn, Rita Shoemake, Timothy Vaughn a very happy Birthday!

Patient of the month  
Betty Roberts!

Thank you for your wonderful patient referrals. We always look forward to seeing you.

