

## ADKORE News

Issue: 5

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### Headache Help . . . from Adkore

#### If you suffer from headaches, you're not alone

Nine out of ten Americans suffer from headaches. Some experience them occasionally, while others frequently. Some headaches can be dull and throbbing, while others can cause debilitating pain and nausea.

What do *you* do when you suffer from a pounding headache? Do you grit your teeth and carry on? Lie down? Pop a pill and hope the pain goes away?

Fortunately, there is a better alternative.

Research shows that spinal manipulation, massage therapy, and stretching with a physical therapist are an effective treatment option for tension headaches that originate in the neck. In fact, at Adkore, we've found that this combination results in almost immediate headache symptom improvement. What's more, this type of treatment results in significantly fewer side effects and offers longer-lasting relief than commonly prescribed medications. .

#### Headache triggers

Headaches have a variety of causes or "triggers", including foods, environmental stimuli (noises, lights, stress, etc.), and behaviors (insomnia, excessive exercise, blood-sugar changes, etc.) About five percent of all headaches are warning signals caused by physical problems.

Ninety-five percent of headaches are primary headaches, such as tension, migraine, or cluster headaches. These types of headaches are not caused by disease. The headache itself is the primary concern.

#### What can you do?

Here are five things you can do when you get a headache:

1. Give yourself a mini-massage at the first sign of pain. Using the pads of your fingers, press gently and rub the scalp, back of the neck, temples, and shoulders.
2. Apply heat or cold, or alternate between the two. Take a hot shower or bath. Put a wet washcloth or heating pad on the back of the neck. Place an ice pack on your forehead, the back of your neck, or the top of your head.
3. Put a few drops of lavender or peppermint essential oil into the bath, or rub a few drops on your temples, the nape of the neck, and the hairline.
4. Take supplements if you get headaches frequently. Calcium and magnesium relieve muscular tension.
5. Avoid gum, drinks with ice, ice cream, and salt. All of these can worsen a headache.

*If you or someone you know suffers from headaches or migraines, call Adkore today for a consultation. We can help you decrease your pain and discomfort.*

### A Little Exercise . . . Can Go a Long Way

#### Try TV training

**We now accept Cigna and Aetna!**



Call us today at 407-328-7595 to verify your benefits.

### We treat . . .

Auto accident injuries

Workers comp

Back and neck pain

Fybromyalgia

Headache

Migraines

Bulging discs

Herniated discs

**Own an Adkore Franchise**

Adkore is seeking qualified individuals--who

also esteem our client-focused approach--to become franchise owners. Owning an Adkore franchise can truly provided a meaningful new focus to your business--and to your life.

As an Adkore franchise owner, you'll have the advantage of providing Adkore's services and superior customer focus under the umbrella of our established brand name. Becoming an Adkore franchise owner gives you access to our proven system and invaluable support.

Call Melisa at  
386-804-0729  
for more  
information.

#### Quick Link

[Map and directions to AdKore Rehabilitation](#)

Most of us lead busy lives, so how can we find the time to exercise? Try exercising during your favorite TV show! At every commercial break, stand up and march in place until the show comes back on. Use all the breaks to either stretch, lift a few weights, or march in place. Every one-hour show has an average of 18 minutes of commercials--valuable time we usually just squander. Take control of your time--and your health. As Nike encourages us . . . Just Do It! Once you begin and stay consistent, it will be easier each day.

#### A Suggested Supplement

#### HealthPak 100

More than a multivitamin, HealthPak 100 was designed to provide an optimal balance of antioxidants, vitamins, and minerals to support the function of various tissues and organ systems in the body and to help retain a healthy body.

If you're looking for one product that contains a complimentary array of nutrients for maintaining good health, then the HealthPak 100 is for you. This powerful formulation includes the Essentials with Olivol and some powerful optimizers, including Active Calcium and the exclusive AO Booster. The HealthPak 100 was formulated to support a healthy heart, healthy bones and joints, healthy eyes, and healthy lungs.\*



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## FREE

**Headache consultation  
. . . only with this coupon--  
and only at Adkore!**

Expires September 30, 2008

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