

## ***This Migraine Headache Report Reveals...***

# **“What Millions Of Americans Like You Are Now Doing To Finally Eliminate Their Migraine Headache Pain!”**

## *Inside This Migraine Headache Report You'll Discover...*

- ✓ Why Migraine Headache Medication Can Make Your Headaches Worse!
- ✓ The Most Common Reason Why Your Migraine Headache Has Not Gone Away!
- ✓ How To Determine If Your Doctor Is Keeping You From Getting Better!
- ✓ If Your Headache Pain Can Be Eliminated In Three Weeks Or Less!

Dear Migraine Headache Sufferer,

Migraine headaches are NOT normal! They're a sign that something is wrong.

Your body is designed to be free of pain. Feeling good is the normal state. Feeling throbbing, pounding pain in your skull that doesn't seem to want to go away like a bad houseguest is not normal.

Neither is the nauseous feelings that come whenever you go out on a sunny day or see a bright light, laying awake at night praying your headaches will disappear, feeling and looking miserable, irritable, and older than you really are, and the frustration of knowing that your friends and family just don't understand what you are going through.

And thanks to those clever headache pain relief commercials, medicine cabinets, purses, and glove compartments all over the country are fully stocked with medication for the "normal" headache.

So, if you are one of the millions of Americans who suffer from annoying, pestering, mind-numbing migraine headaches, then please keep reading this report, because as you are about to discover, **migraine headaches are not normal.**

Hi, I'm Michael Greenspan, Neuromuscular Therapist for almost 20 years now and know in town as the "migraine headache doctor."

When I discovered that one in six Americans are chronic headache victims, I nearly fell out of my chair! I couldn't believe that so many

Americans suffer day in and day out when they really don't have to any more...and chances are, neither do you!

**"That's why I decided to step forward and write this simple, yet informative report. So please, for your own sake, carefully read every word of this report... It may be the most important message you will ever hear."**

O.K., let's get started!

If you REALLY want to get rid of your migraine headaches and start living a "normal" life in a short period of time, then you need to first be aware of...

## **Six Headache Relief Misconceptions:**

### **1. Over-The-Counter Medication Treat The Cause Of Your Headache**

It's almost criminal that drug companies are hiding from you that the headache relieving drugs they advertise don't actually target the real cause of your headaches.

Here's the real deal...These pills cover up your headache by simply disabling your brain's ability to feel your headache. That's why your headache comes back when the pills wear off!

If you broke your leg and just took pills so you didn't have to feel the pain, the pain would come back when the pills wore off.

If these drugs actually treated the real cause of your migraine headaches, then shouldn't your headaches go away permanently? But they don't.

These pills only sweep your pain under the rug. The **REAL** cause of your headaches remains untreated and that's why you keep suffering.

### **2. Migraine Headache Medication Can't Harm You**

One thing many migraine headache sufferers don't know about the drugs they take is that these pills are not 100% safe. In fact, a lot of the side effects you may experience are far worse than the headaches you're trying to cover up for a measly four hours of relief.

You see, the way these pills disable your ability to feel headaches is to disable a little hormone in your body that acts like a messenger to your brain. Of course, our bodies, being the highly tuned machines they are, have figured out how to use these hormones for more jobs than one. So

if you disable the hormone from doing just one job, it will also not do all the other jobs in your body.

This can lead to all sorts of problems. You can get something as minor as a rash, or you can have sudden liver failure or kidney problems. Even aspirin has been linked to causing unknowing users to suffer from deadly hemorrhagic strokes.

It gets worse...you see, the more often you take these medications, the more your risk will skyrocket!

Also, medication seldom increases your body's ability to respond to stress appropriately, and it usually decreases your body's natural ability to fight disease!

### **3. Stress Causes Headaches**

Yes, stress is a part of living, but it is not the cause of migraine headaches.

Have you ever heard of that saying, "only the strong survive" or "survival of the fittest"?

It's how your body adapts to stress that determines if "stress" will affect your health or how you feel.

So, in a minute, I will explain how you can quickly and easily increase your body's ability to adapt to stress.

### **4. Migraine Headaches Go Away On Their Own**

Tony Robbins has a saying, "The definition of insanity is doing the same things and expecting different results."

If you truly want to get rid of your migraine headaches, then you're going to have to try something different; something natural, and hopefully drug free...and equally important, something that is proven to work.

Obviously, you wouldn't be reading this free report if you weren't concerned about your migraine headaches. So please, for your sake, don't drop the ball and not take action; because as you will in a moment discover, you will have a chance to get your migraines headaches evaluated, without any cost or obligation.

### **5. All Doctors Know How To Treat Migraine Headaches**

There's a saying that goes something like this...

## **“If You’re A Hammer, All You See Is Nails”**

Hammers hit nails...M.D.'s prescribe medication.

Expecting a different approach from your medical doctor will only lead to disappointment. That's why I wrote this report - to help migraine headache sufferers like you.

Before we go any further, let me stress to you that there is a place for medication, but more importantly, the cause of the problem must be identified because the wrong diagnosis = wrong care.

And, if your doctor's treatment fails, you'll probably get even stronger medications or, in an extreme case, your doctor will recommend surgery. Personally, I think there are times when surgery is the only option, but in terms of migraine headaches, there are natural alternatives that many times, work a lot better without the risks associated with invasive treatments.

In fact, if you really want great results without all the risk of drugs, doesn't it make sense to try a natural solution first?

### **6. Your Problem Is Always Where Your Pain Is.**

Even though you may be feeling your migraine headaches in your sinuses, eyes or on the top of your head, that doesn't necessarily mean that is where the cause of the problem is located.

For instance, oftentimes people with a muscle imbalance problem in their lower back get pain, numbness, or weakness in their legs, even if there's nothing physically wrong with their legs.

One of the most common causes of migraine headaches that do NOT originate in the head is called a "Trigger Point" headache.

*"The **Trigger Point headache** is a big word for a headache which has its origin in the neck, upper back, and jaw muscles. Trigger points are often the hidden and unsuspected cause of most headaches, no matter what name they're given: tension headaches, cervicogenic headaches, cluster headaches, vascular headaches, or migraines. The paradox about headaches is that the cause is rarely in the parts of the head that hurt."*

*- Dr. David Simons, M.D.  
World Famous Pioneer in MusculoSkeletal/Myofascial Pain*

## **You May Have A “Trigger Point Headache” !**

### **If you answer “Yes” to any of these SIX questions...**

- 1. “Has your neck ever experienced physical trauma like a car accident, falling down stairs, or any other ‘minor’ whiplash injury?”**
- 2. “Is your neck, jaw, or upper back stiff or, at times, difficult to move?”**
- 3. “Do you sit in front of a computer at a desk all day or slouch in a chair?”**
- 4. “Have you experienced pain and stuffiness in your ears, pain and redness in your eyes, sinus pain, chronic cough, sore throat, dizziness, or balance problems?”**
- 5. “Do you read in bed, hold the telephone to your ear, sleep on your stomach or side, or have forward head posture?”**
- 6. “Have you played contact sports, suffer from allergic reactions, or carry a purse or bag on one shoulder?”**

If you answered “YES” to at least ONE of the following questions, your migraine headache may be caused by a hidden problem in your neck, shoulders, or jaw but there’s good news.

There is an amazing type of drugless, non-surgical care that may help you. You might be asking yourself what this amazing treatment is.

Well, studies have shown that the safest, most natural migraine headache relief treatment for most trigger point headaches is:

## **Conservative Neuromuscular Therapy Care!**

That's right! What used to be considered "just a treatment for bad backs" has been proven to be very effective in the treatment of trigger point headaches.

**TO SEE IF YOU QUALIFY FOR THIS “MIGRAINE HEADACHE RELIEF TREATMENT” AND SUFFERING FROM A “TRIGGER POINT HEADACHE”, SIMPLY CALL MY OFFICE AND, AS A COMMUNITY SERVICE, I WILL BE HAPPY TO PROVIDE YOU A FREE NO-OBLIGATION MIGRAINE HEADACHE EVALUATION (Value \$197). ASK ABOUT OUR “COMPLETE MIGRAINE HEADACHE RELIEF TREATMENT.” CALL 310-951-3531 TODAY!**

It's in your best interest to get your migraine headaches treated soon, because if you wait too long, your condition may get to a point where you can't be helped with this type of care and your only option may be...

## **INJECTIONS OR SURGERY.**

Nerve block injections used to treat trigger point headaches can include:

- injections above the eyebrows to treat that region of the head.
- injections into the back of the neck to treat pain going up the back of the head.
- injections into the side of the neck.

In more serious cases, surgery to treat trigger point headaches can include:

- heat to burn selected nerves of the small joints of the neck which connect each vertebrae
- burning nerves with heat about the face and neck
- fusion (removing a disc responsible for sending pain signals)

## **But Here's The Good News...**

While many clients who are diagnosed with trigger point headaches have the traditional symptoms of tension headaches, many who have the traditional symptoms of migraine (and cluster migraine) headaches also respond to trigger point headache assessment and treatment.

Now rarely are there migraine headaches that don't respond to specific, neuromuscular therapy care. These, however, are small in number in comparison with migraine headaches that are caused by trigger points and tension of the neck, upper back, and jaw muscles. (The trigger point headache.)

***Most Migraine Headache Sufferers, After Learning This Relatively New Information Regarding The Benefit Of Proper Neuromuscular Therapy Care For Trigger Point Causes Of Migraine Headaches, Wonder...***

**“How Do I Find A Neuromuscular Therapist Trained In Providing This Care?”**

**So, my best advice is to ask the Neuromuscular Therapist the following questions...**

**1. “Do you treat migraine headaches?”**

Some Neuromuscular Therapists do not focus on specific conditions. So ask the Neuromuscular Therapist if he or she treats migraine headaches that may originate from the neck, upper back, or jaw. Some do not.

**2. “Do you do a complete posture and trigger point exam, and muscle balance evaluation?”**

Call their office and check and see if they thoroughly assess your body for all postural distortions and muscle imbalances that may be further contributing to poor posture and your migraine headaches. Do not get evaluated by any neuromuscular therapist or healthcare practitioner who doesn't completely evaluate you before rendering care.

**2. Do you accept payment plans?**

Nowadays, people are either going with the “managed care doctor” and hoping and praying that they'll get quality care, or paying out-of-pocket for their services. So, in response, there are many caring dentists, medical doctors, podiatrists, and other health care professionals that are giving patients comfortable payment options. Even though neuromuscular therapy care is inexpensive compared to most care, ask the office if they'd consider putting you on a payment plan.

**If you live in the area, call my office at 310-951-3531 and schedule your free checkup! I DO treat migraine headaches, I DO a complete posture, trigger point, and muscle balance exam of the structures of the neck, upper back, jaw, and body before care, and I DO have payment plans.**

**For Your FREE MIGRAINE HEADACHE EVALUATION,  
Respond By **<INSERT AUTO DATE>** ! But Don't  
Procrastinate Call 310-951-3531 Now And Reserve  
Your Earliest Appointment. The Longer You Wait To**

## **Call Me, The Longer You'll Have To Wait For An Appointment!**

### **Here's What Your FREE CHECKUP Includes...**

1. Migraine Headache Pain Solution Evaluation – I have a list of specific questions that will help discover the cause of your migraine headache. This is also an opportunity for me to have a thorough understanding of your migraine headaches and what you've been going through.
2. Examination – You will receive a multiplane head and neck range of motion study, palpatory examination, and specific orthopedic tests.
3. Complete "Trigger Point" Analysis – My office is one of the few, if not only office, that completely evaluates your neck, upper back, and jaw for any trigger points causing your migraine headache. These are important tests. This painless procedure determines if there's abnormal function of the neck muscles that support your head and helps me pinpoint where your problem is.
4. "Recommended Action Plan" – You'll get the results of your evaluation, if you qualify for my program and what your BEST options are. If at this point our evaluation reveals a condition that is better treated by other means, I will refer you to the appropriate practitioner.

**SCHEDULE YOUR FREE MIGRAINE HEADACHE EVALUATION TODAY CALL 310-951-3531**  
**We are "Migraine Headache Relief Experts" and DO treat migraine headaches successfully.**

I look forward to meeting you to discover if I can help you! Remember, you haven't tried everything until you've at least had a migraine headache evaluation at my office! And since it's free and there's absolutely no obligation, you have nothing to lose! (Except your migraine headaches of course!)

In Good Hands,

Michael Greenspan, CNMT  
Neuromuscular Therapist & Migraine Headache Relief Specialist

P.S. - After I evaluate your migraine headaches, I will tell you if I can help you or not. And if so, how long it will take and how much it will cost. Then you can start care, or go home and think about it! **I am a busy office and there will be absolutely no pressure to begin care!**

P.S.S. - There Is A Waiting List! For the soonest free appointment, it is advised that you schedule your appointment right away.