“Let’s Get To The Bottom Of Headache Pain: What Is It Really About, Where Does It Come From And How Can You Get Rid Of It For Once & All!”

“A Local Doctor Speaks Out and Reveals The Truth About The Most Effective & Safest Approach For Getting Rid Of Headache Pain At It’s Core…. With Lasting Results”

Please Read This Special Guide To Find Out What Your Friends, Family, Or Even Your Doctor May Not Know About How To Eliminate Headache Pain Once And For All…Without Drugs Or Surgery.

WARNING: Pain is an often mistreated and potentially dangerous disorder that affects the lives of millions of Americans each year. That’s the bad news. The GOOD NEWS is that you do not have to continuing suffering. Keep reading this report to find out the well-hidden truth
you won’t find from most other health professionals. The information here is informative and somewhat technical; please read it through and digest it. You are welcomed to email or call my office if you have any questions or concerns. All of the information is based on accurate principles of neurophysiology and muscle function.

There are 4 different types of headaches: (each type of headache is caused by the direct contact of the suboccipital (neck) muscles with a nerve)

1. **Frontal and Cluster Headaches** typically reveal a pattern of pain in the forehead; this occurs when a muscle in the neck (rectus capitus posterior major) irritates another neck muscle (obliquus capitus superior, which is located behind the ear). This muscle impinges on a nerve called the lesser occipital nerve which then irritates the frontal sinus, making it then swell…… this causes a frontal headache. If this condition gets worse… it can develop into a cluster headache, which is more severe than a migraine headache.

2. **Migraine headaches** produce severe pain on one side of the head, usually. These headaches develop when the suboccipital (neck) muscles come in contact with and then irritate the lesser occipital nerve; this leads to irritation and swelling in both the sphenoid and frontal sinuses. Typical symptoms include visual flashes, nausea, vomiting and pain in the temples.

3. **Tension headache** is basically pain at the base of the skull where the suboccipital muscles are coming directly in contact with the nerves.

4. **Maxillary headache**, which is the least common type, occurs when the 3rd occipital nerve is irritated by a neck muscle, semispinalis capitus. This nerve then irritates the lining of the maxillary sinuses which is located between the eye socket and upper teeth.

“According to a study conducted by the Rand Corporation, pain affects 80% of all adults in the United States. Americans spend millions of dollars a year seeking
help for this problem, yet available treatments have no lasting effect and will eventually cause even more pain. Surgery, the worst alternative, does nothing to help. In fact, surgery often creates more serious dysfunction which is complicated even further by the scar tissue it leaves behind.” Thomas Griner

In order to understand where headache pain comes from, we first need to understand what muscles and nerves are, what they do and how they influence function in the human body. The human body has more muscle than any other tissue. In the average person, about 2/3rds of the body mass is muscle- tissues that are rich with blood vessels and nerves, influencing every organ and system in the body.

There are 3 types of muscle in the human body:
- Cardiac
- Smooth
- Skeletal

When dealing with back and neck pain, we focus on the skeletal muscles. Our skeletal muscles comprise 99% of our body’s muscle mass. All skeletal muscles attach to bones through tendons and act as shock absorbers. Our skeletal muscles are made up of 2 different types of fibers:
- Slow twitch
- Fast twitch

There are also 2 different types of skeletal muscles:
- Flat
- Round

Flat skeletal muscles and their tendons are arranged in sheets which attach to the bone in a line; when a flat muscle contracts the tension is distributed evenly in a plane. This type of muscle therefore cannot trap lactic acid and is not susceptible to muscle spasm or contracture.

Round muscle and their tendons attach to bone between two points; this type of muscle is arranged in concentric cylinders. When round muscle contracts, it closes like a “fist” around it’s network of blood vessels; this ends up trapping lactic acid.

Let’s briefly talk about lactic acid, as it plays a very significant role in pain and spasm. Lactic acid is the cause of hypertonic muscle spasm. Basically, lactic acid is produced when a cell metabolizes sugar (carbohydrate) in the absence of
oxygen. Our muscles work 100% of the time! That means, whether we are awake (resting or exerting a lot of energy) or sleeping, our muscles are constantly working. When they work, they produce a quantity of lactic acid; the greater the muscle activity, the greater the output of lactic acid.

Muscle Contraction uses glucose for energy \(\rightarrow\) Pyruvic Acid \(\rightarrow\)

If there is enough oxygen in the muscle, no lactic acid gets produced. If there is not enough oxygen in the muscle, pyruvic acid \(\rightarrow\) lactic acid.

2 reasons a muscle will create lactic acid:

1. if a round muscle contracts strongly enough, it will shut off it’s own blood supply and therefore, it can shut off supplies of oxygen.
2. Our fast twitch muscle fibers can only breakdown glucose (carbohydrate) anaerobically (without oxygen). So even when we are at rest, about 20% of muscle activity produces lactic acid; this percentage rapidly rises as we exert energy and move around.

Our skeletal muscles produce the greatest quantities of lactic acid … yet, they do not have enough oxygen or enzymes to break it down.

There are only 2 organs that are always supplied with adequate amounts of oxygen and enzymes to effectively metabolize lactic acid:

1. The heart
2. The liver

If lactic acid can be flushed out of the muscle back to the liver, it will be broken down safely. However, under certain circumstances, lactic acid becomes trapped in the muscles, where it grows more and more concentrated. This is the beginning of muscle spasm.

How Spasm Develops:

Now you know that when round muscles contract, they squeeze tightly around their own circulation and temporarily compress them. This then causes a significant decrease in the flow of blood; if the contraction is very strong, blood flow can be completely stopped at that moment. So, during a contraction like this, the lactic acid being produced cannot leave the muscle; if the lactic acid becomes concentrated enough, it starts to make trouble.
During prolonged exertion, the concentrated lactic acid collects in the muscle spindles (the interior of the muscle) and begins to affect the nerves that talk to the unconscious part of the brain (cerebellum). These nerves are called muscle feedback nerves and when they get affected by the concentrated lactic acid, they cause the amount of signals that are supposed to get transferred to the brain to become weaker. As these signals grow weaker from this poison (lactic acid) the brain (cerebellum) interprets this to mean that the muscles is relaxing or weakening; therefore, in reaction, the brain command that very muscle to tighten up. However, tightening an already tightened muscle causes even more lactic acid to get produced and trapped! This further leads to an even weaker signal to the brain which creates even more muscle contraction. This become a vicious cycle of muscle spasm that is self sustaining and becomes more intense and grows larger and larger over time.

**There are 2 reasons why you may not feel pain from spasm:**

1. the deeper muscles of the body have no sensory pain nerves (insensate). Pain that a person feels from spasm is a result of irritation to the surface muscles.
2. Pain gets turned off to the brain by the release of a chemical called endorphins. Endorphins are pain numbing chemicals that are made in the brain that block pain transmission, therefore, you don’t feel the pain from the source of irritation. The word endorphin means “internal morphine” and is incredibly strong at blocking pain transmission; it is in many ways thought of as a “survival chemical”.

Now, let’s define the word “Holistic”. Holistic means that all parts of the body are dependent on each other, and that all parts of the body are constantly communicating with itself. Anything that affects one part of the body has a tendency to affect the entire organism. The practice of Medicine, with all of it’s subspecialties, encourages the opposite view; it views the human body as if each organ were independent of the other…. this is a serious mistake and error.

Our bodies are really not stable organisms… rather, we are adaptable organisms. Our bodies are always reacting and shifting by everything that happens around us and all that happens inside of us. Since most of what is inside of us is muscle, the excessive hardness and tension of hypertonic spasm is interpreted by the human body as internal stress. Because the inner core of our muscles have no sensory pain nerves (insensate), as mentioned before, spasm affects our health on 3 different levels, even though we may not be aware of it:

1. **Circulatory**- spasm and lactic acid lead to very reduced levels of circulation; examples include: plaquing in arteries, heart attacks, stroke.
2. **Nerve**- being that spastic muscles are hard…. When they come into contact with nerves, they cause pain and or reduced function in a variety of movements. This can directly lead to stiffness, “catches”, limited range of movement of a joint or body part. It makes a muscle appear weak… when in fact the muscle is over-contracted and fatigued. If spasm
irritates nerves that are linked to internal organs, it can easily cause problems in the function of those organs.

3. Orthopedic- excessive tension of muscles can also cause changes in the body structure; this can cause joints to get thinner and compressed as well as cause spinal discs to get displaced (herniated discs). Many times the disc is blamed as the source of the back problem, however, it is really never truly the source of pain... the disc is more of the victim of muscle spasm. Doctors frequently diagnose herniated discs for people’s back problems and prescribe surgery. Not only is surgery the incorrect approach for these types of problems... they leave a trail of scar tissue and adhesions behind them; this makes a person even more susceptible to chronic pain!

“The time has come when we can no longer take a submissive role in health care matters. The increasing popularity of alternative health care clearly shows that the experts we entrusted with the care of our bodies have let us down. People are beginning to see that something is rotten in the state of standard health care. Many medical failures occur because an important area of medicine, with far-reaching effects on health, has been almost totally ignored-MUSCLE. With advanced technology, physiologists have amassed a wealth of information about muscle function, yet doctors (and chiropractors and osteopaths, too) have never investigated and used this knowledge. Why is it that medical authorities are unable to incorporate new discoveries about health? One reason is the myth, perpetuated by the American Medical Association, that only their practices are based on scientific proof, while alternative approaches are supported only by anecdotal evidence. The fact is—medicine as it is practiced today is anything but scientific.

In 1989, the United States government formed the Agency for Health Care Policy and Research (AHCPR). Its purpose is to assist in the development and maintenance of national health practice guidelines in order to control runaway medical costs, which, if left unchecked, will soon equal the Gross National Product. In 1992, Dr. David Eddy of Duke University, an advisor to the AHCPR, evaluated 21 areas in the field of medicine. Here's what he found: 17 of these areas had little or no scientific validation and existed simply because they were traditional; 99% of the articles in medical journals were scientifically unsound; and 85% of medicine had no scientific basis. The AHCPR also investigated an area of medical practice particularly relevant to muscle-back problems. According to a study released in December 1994, one of the most costly, non-validated medical areas is back surgery. This report found that both surgery and physiotherapy were ineffective in treating acute back pain. It stated, "Despite and extensive medical literature on failed back surgery and evidence that repeat surgical procedures for low back problems rarely lead to improved outcome, there are documented examples of patients who have had as many as 20 spine operations." Evidently these "scientific" surgeons consider reports of their failures to be anecdotal.

Muscle physiology, like nutrition, is barely taught in medical schools. Why such glaring omissions? One reason is the considerable influence pharmaceutical companies have on medical education and practice. One notorious instance of drug company clout
involved a therapeutic diet developed at the Johns Hopkins Medical School—a diet that was suppressed because it created “unfair” competition with existing drug approaches. Drug abuse has thus become another serious medical problem—and I don’t mean illegal drugs. Doctors are not only trained to use drugs as quick solutions to medical problems, their prescriptions may also be motivated by drug company perks and inducements. These abuses only surface publicly when famous names like Betty Ford and Elizabeth Taylor become victims of prescription painkillers. But almost every day, in my practice, I see people who are suffering as a result of medical treatment they have received.” Thomas Griner, “What’s Really Wrong With You”

**The Shocking Truth About Over-The-Counter Drugs And Why They Don’t Really Get Rid Of Back Pain**

What many drug companies don’t want you to know is that their drugs do not cure you of what causes back pain (whether it is in your lower back or neck).

The dirty little secret about these pills is because you can’t feel any pain, you body has no way to stop you from injuring your back further. Pain is your body’s way of saying, “don’t do that!” Because your body is effectively disabled from protecting you, you will only hurt yourself more and more by taking more pills.

At the same time, while you’re at a greater risk to only make your pain worse and worse, you are putting yourself at risk to suffer from the nasty side effects of the most common pain relievers that can damage your stomach, kidneys and liver.

Obviously, using over-the-counter drugs are not the way to go when it comes to getting rid of the real cause of headache pain.

In Mathematical Terms:
Wrong Diagnosis + Wrong Treatment=You Are Still In Pain &
Your Problem Is Still Unresolved!

**How My Approach Works:**

I approach dealing with headaches by dealing with the source of where the headache is being triggered. Based on the
mechanism of how spasm occurs, I use specific techniques to slow down, stabilize and reverse the effects of spasm. When dealing with headache pain, there are very small, thick muscles at the back of the neck where it meets the skull that come in contact with a variety of nerves. The specific machinery that I use, which is completely non-invasive and non-toxic, very safely stimulates the muscle feedback nerves which in turn shut the spasm signals off, through direct reflex mechanisms in the peripheral and central nervous system. As a result, muscles physiologically relax and their associated nerves get decompressed; this directly reduces and eliminates pain. This technique and approach is so successful in dealing with headache pain at it’s source; it should be the primary method that people should approach correction of their headache pain.

I invite you to check my approach out. We can do a headache Consultation and Analysis: This includes a complete consultation, appropriate examination, Doctor's Report of Findings and Recommended Plan of Action, based on what was found from the time we spent together.

I encourage you to check out my website: www.northscottsdalewellness.com
Feel free to read my patient testimonials about this work; I would love to be able to add you to the list of success cases.

Sincerely,
Some Patient Testimonials:

"I have suffered with migraine headaches for over 15 years. I have taken so much medication as well as different types of headache drugs. I tried all of the standard approaches to headache relief, but didn't get it! After 3 treatments with Dr. Siegel's methods, I see a world of difference. There's no doubt, he found the cause of my problem and I finally feel like I might not actually suffer with headaches the rest of my life! Thank you Dr. Siegel" R Martin

"Headaches stopped me from enjoying almost everything that was important to me. Doctors were frustrated with my lack of improvement and wrote me off! After having read Dr. Siegel's free report on headaches, I had some hope. After having met with him for a consultation, I felt confidence to try his methods. The treatment was something I have never experienced before; I have had 2 sessions and my headaches have reduced by more than 70%! The pain intensity has reduced so much and I'm back being more active. I recommend this treatment to anyone who has headaches!" Amy L.

"90% of my headache and neck pain gone after 3 treatments... THIS TREATMENT IS THE MOST UNIQUE AND EFFECTIVE METHOD I HAVE EVER EXPERIENCED! I recommend this treatment to anyone who has suffered with pain!" Colleen H.