

# The 5 Hidden Causes Of Headaches That Your Doctor Or Specialist Will NEVER Tell You About ... and the Dirty Little Secret About WHY They Won't!

Dear Frustrated Headache Sufferer,

Studies show that 76% of women and 57% of men report at least one significant headache EVERY SINGLE MONTH! Whether they are described as migraine type headaches that pound and cause sensitivity to light and vomiting or the type that feel like someone is poking a knife into your eye, or the classic diffuse aching headache, one thing is common ... they disrupt and ruin the quality of your life and often prevent normal functioning at work or in our family roles.

Sadly doctors have conditioned us to accept that chronic headaches are incurable. They push you down the road of taking ibuprofen, Tylenol, or Aleve EVERY time you experience a headache. Lets face it, you and I both know that these pills don't treat the cause of the headache and will eventually cause more damage and side effects to our body that are likely to be worse than the original chronic headaches you were trying to deal with.

***WARNING: Over the counter pain (OTC) medications are well known to cause damage to the lining of the stomach and intestines, kidney damage, liver damage, and potentially liver failure with the need for liver transplant. OTC pain medications can cause a condition known as REBOUND HEADACHES. Rebound headaches occur when you take pain medications so often that you become dependent on daily intake or you will experience a headache simply because of lack of the medication. It can weeks to break the pain medication dependence cycle.***

Other patients are given anti-seizure type medications like Topamax, which alter the global activity in the brain and carry much greater risk of side effects than even the over the counter meds. Plus patients often relate that these medications make them feel sluggish ... almost zombie like.

That's not a way to live. What I am going to reveal in this report will surely anger other doctors and many of my colleagues.

Why you ask?

Because it is going to expose a lot of patients to the fact that their doctor wasn't really working hard to uncover the mechanisms for their headaches. Too many patients present to doctors offices with headaches and leave with pills ... what happened to diagnostics in health care? **Even if you received an MRI of the brain (which is almost always negative when investigating headaches) or simple blood tests; the testing usually stops there and you're left with pills.** What happened to trying to understand the problem before you try to fix it or patch it up?

I think this approach is similar to the approach taken by one of the main characters in the movie *My Big Fat Greek Wedding* where he thought everything could be fixed with a little bit of Windex (if you never watched the movie you should check it out it was very entertaining). It sounds silly but giving you a pill for every headache without fully understanding the problem is quite similar.

One of two things is probably true about why doctors and specialists are not sharing this information with their patient's with headaches. Either they know they should be looking further into the problem and failed to do so because the nature of health care today almost forces doctors to short cut diagnostics, keep doctors visits to 5 minutes, and churn through 50 to 100 patients a day just to pay the light bills.

Or the dirty secret that most doctors won't admit ... they are not sharing this valuable information with you because **they don't really understand** what I am about to share with you.

Before I reveal my clinically successful program you should know that I personally understand exactly what you are going through. Not only have I helped hundreds of headache sufferers since 1983, but my wife used to have knock down dragged out throbbing migraines that would practically paralyze her for a couple of days.

Her headaches always seemed to happen at the worst time possible. More than once she would be preparing for a holiday meal, getting ready for a vacation or some other fun family event when she would be gripped by a pounding, nauseating, crushing headache that wouldn't let up.

I remember tiptoeing into our bedroom asking if there was anything that I could do. She would literally have to hold up in a quiet dark room with her medications and a cool cloth on her forehead. She missed out on so many fun family activities.

Imagine my frustration being a doctor of chiropractic and my standard care could not even help my sweet wife. This was one of the impetuses for me to further my education into functional medicine, and other methods of natural care in order to

unravel the “WHY” of her headaches.

I told her that we needed to get to the bottom of this problem one and for all. It took me several years of intense study but I began understanding the neurologic and metabolic factors that could cause and perpetuated headaches. Because she was family I didn't just treat her as a headache case I treated her as a person with headaches. I figured that doctors had thrown so much medicine at the “headache” but didn't see the “person” with the headache. This concept was the breakthrough that lead me to my current headache program. My wife went from one to two severe migraines every month to not really even having any more for over 20 years.

How?

That process is exactly what I'm going to cover below. Knowing your specific headache blueprint gives us a starting point. It's like unraveling a ball of knotted up yarn. Finding the cause takes focused, persistent work and planning.

I've done all the work. I've developed the plan but there are no short cuts. What do I mean?

There is no “one fix cures everyone” approach to headache treatment. I'm not talking about experimenting with the latest drug cocktail.

I treat the patient who has the headache, by changing the structure of my thorough evaluation and my treatment.

Let me explain...

You must treat the PERSON with the headache. There is no headache treatment cookbook. People are people, not conditions. They suffer from conditions but they must be treated as individuals.

This is not the lazy doctors approach to headache success. Most doctors focus on putting a thumbtack on the condition then simply plug whatever drug they think might bring success for that condition with no regard for the individual.

I firmly believe that healthcare of the future will desire to work this way that is if we can get away from playing the insurance game. Insurance companies

want care that is cost effective not necessarily what is best for the patient.

I hate to break it to you but your insurance company could care less about your health. They are in the business of collecting premiums and pleasing shareholders. The less they pay out in health services and the more they collect from you the better their bottom line.

This is means they sometimes do not do what would be best for YOU they use numbers and averages to determine what they will pay and the rest is up to you.

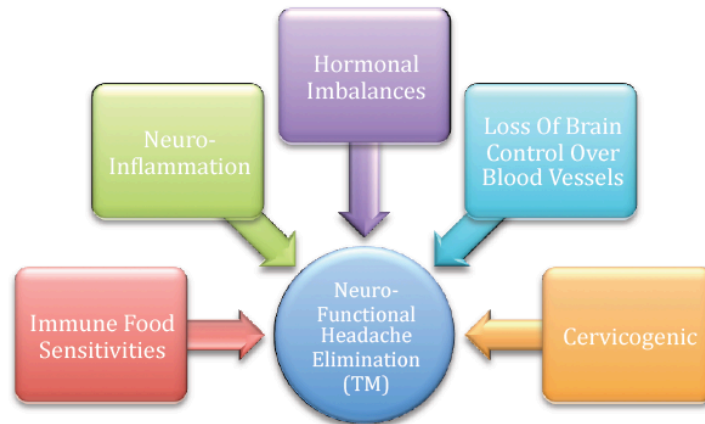
Fortunately, my program is affordable, effective and efficient. I've kept it that way to help as many people as possible.

Now, let's get back to details of my headache program.

We need to understand the "WHY" of your headaches. By unraveling the mystery we can develop the specific plan the works for you.

**I am going to divulge the 5 underlying causes of over 90% of chronic headaches.** These are the same 5 things that we have integrated into a proprietary diagnostic and treatment program we call *Neuro-Functional Headache Elimination*<sup>™</sup>, and has made Johnson Chiropractic Neurology & Nutrition a leader in functional headache treatment.

# Introducing The 5 Hidden Causes Of Chronic Headaches



## Neuro-Functional Headache Elimination™

### Factor 1: Neuro-inflammation

Neuro-inflammation means that your brain is literally inflamed. We read a lot in the mainstream media about inflammation and it's link to various chronic diseases. Brain inflammation get's a lot less attention, is much more serious, and extremely difficult to calm down.

It's like a low-grade fire burning in your brain that is extremely hard to put out once it starts burning. It would be like having a fire burning only on the top floor of a 100-story building with no staircase and a broken elevator. We have had to develop a series of functional tests and treatments to deal with this often ignored yet serious cause of chronic headaches.

## Neuro-Functional Headache Elimination™

### Factor 2: Immune Food Sensitivities

Most headache sufferers unknowingly suffer with immune food sensitivities that greatly contribute to a chain of events that trigger chronic headaches.

An immune sensitivity is when the immune system abnormally reacts to proteins in various foods and vigorously attacks them like it would do to a bacteria or parasite.

Day in and day out the food you eat can be the very cause of your unrelenting

headaches.

The kicker, and the thing that confuses doctors and patients alike, is that in most cases there are zero stomach or GI symptoms (nausea, gas, bloating, diarrhea, etc).

Finding, correcting, and fixing the damage caused by this inflammation process in your gut, is a linchpin in our Neuro-Functional Headache Elimination™ Treatment approach.

## **Neuro-Functional Headache Elimination™ Factor 3: Hormonal Imbalances**

More and more doctors recognize the link between hormone imbalances and headaches. The bad thing is once recognized as a hormonal imbalance, almost universally, doctors skip the most crucial step.

They don't stop to ask the question why did the hormones become imbalanced and then figure that out, BEFORE they arbitrarily begin putting women on hormone creams, birth control pills, or hormone injections.

*Neuro-Functional Headache Restoration™* acknowledges that presence of vast and intricate hormone interactions with many different body systems involved. It is through this paradigm of diagnosis and treatment we can deal with the root of the hormone imbalance and actually restore normal function and in the process help our patients overcome even the most serious headaches.

## **Neuro-Functional Headache Elimination™ Factor 4: Loss Of Brain Control Over Blood Vessels:**

We have a vast network of blood vessels in our head and brain. When these vessels expand and contract quickly it triggers a massive pounding headache.

You may have heard the term “vascular” headache but probably have never read much about what causes these to happen.

These blood vessels do not behave like a simple piece of tubing. They are lined with muscles that allow them to get bigger and smaller to change how much blood moves through them at any given time. These muscles are controlled by different

parts of our brain.

Many chronic headache sufferers have functional weaknesses in the parts of the brain that control these blood vessels. This loss of functional control leads to a never-ending barrage of headaches.

When this happens patients are given a virtual life sentence of headaches because medicine doesn't have an answer to this.

Why?

Well let me ask you a question. If you have a weak muscle in your arm or leg what medicine would the doctor prescribe to make the muscle stronger?

Your right! There is no medicine to make your weakened leg muscle become stronger. That would take rehabilitation and exercise.

The same is true for a functional brain weakness. It requires a very precise functional neurological examination followed with a customized set of brain activities and exercises that will strengthen that very part of the brain that is allowing your blood vessels in your brain to expand and contract abnormally. I call this customized set of brain activities and exercises Johnson Brain-Based Therapy.

## **Neuro-Functional Headache Elimination™ Factor 5: Cervicogenic Headaches**

Cervicogenic headaches are headaches that originate from structural and nerve deformities in your neck. Your neck serves as part of the structural protection for your spinal cord. Through various micro and macro traumas that occur throughout a lifetime, starting as early as the birthing process all the way through car accidents and sports trauma, we can structurally alter the way the neck functions and moves. This can result in chronic headaches.

It's similar to having a car slightly out of alignment. Slowly this will cause the tires to wear out unevenly. You can keep replacing the tires at an accelerated rate or you can simply fix the misalignment and your tires last much longer.

When the neck bones and muscles get functionally misaligned they cause the network of nerves that travel to the back of the head to get distorted which will eventually lead to chronic headaches that can only truly be addressed by fixing and correcting the underlying structural issues.

# It Takes A Whole Person Functional Approach

After reading this it should be glaringly obvious that you have not even begun to address the true issues that are likely causing your chronic headaches. There is not a pill in the world that will every solve these underlying issues. That is why headaches become chronic in the first place...the cause or causes are never uncovered.

The only sound approach is to thoroughly investigate these sources and then functionally correct the problem ... this is exactly what our proprietary *Neuro-Functional Headache Elimination*™ system is all about.

We want to serve patients on the highest level. We want our patients to emerge from our program free of headaches, free of the pills and potions that lead to further problems, and have a new headache-free outlook on life.

It is our mission and we are accomplishing it ... one headache sufferer at a time. We realize that our approach bucks the system. Others don't like the fact that we are finding ways around the limitations of our broken healthcare system and are providing the type of life changing outcomes that all doctors initially embarked on their careers to provide.

We call our initial evaluation process the *Neuro-Functional 5-Point Check*™ and *case review* that painlessly screens for these 5 underlying causes and allows us to quickly determine if you are a clinical candidate for our treatment program.

If you want to join the privileged group of patients that have emerged from our treatment program headache free then I would like to extend the opportunity to receive my Neuro-Functional 5-Point Check™ and case review and consultation at Johnson Chiropractic Neurology & Nutrition.

You can schedule now by visiting <http://www.helpmychronicpain.com/schedule-your-case-review-online> or calling (586) 731-8840.

You are armed now, with information that probably less than 1 in 1000 chronic headache sufferers know (we are hoping to increase that number); and you now have a choice to make. You can ignore this information and continue suffering with chronic headaches and taking pills that may one day lead to a more serious problems than the headaches you are treating, or you can use this information to



change your life forever.

I understand the critical nature of this decision and that is why we are offering our initial screening evaluation at a reduced fee if you call or schedule within two weeks of receiving this report. I want to reduce the financial obstacle standing between you and the headache free life you deserve.

To schedule your initial case review and consultation with Dr. Karl R.O.S. Johnson, DC call 586-731-8840 now, or visit: <http://www.helpmychronicpain.com/schedule-your-case-review-online> in the next 2 weeks so you can get your Case Review for \$197 (regularly \$450)

What Is Included In Your *Neuro-Functional 5-Point Check*<sup>™</sup> Case Review and evaluation?

1. A consultation with me, Dr. Johnson, to discuss your problems and concerns.
2. A complete migraine/headache case history and questionnaire.
3. A dietary and nutrition evaluation.
4. A complete analysis of dietary habits.
5. In addition we are going to analyze your current supplements, herbs, natural medicines, botanicals, and homeopathic's to determine whether they are beneficial or actually detrimental to your condition.
6. We will also review your medical records and lab tests, and we are going to go over them with a fine-toothed comb.
7. We are going to determine whether you have had the appropriate lab tests ordered, and make a decision of what further testing is required.
8. A functional neurological screening examination to evaluate if the extent of neurological malfunction related to the diagnosis of your particular type of headache.

If you are sick are tired of suffering with your migraine or other debilitating headache and would like to finally get to the bottom of them call my office at at 586-731-8840 or visit <http://www.helpmychronicpain.com/schedule-your-case-review-online> and schedule your *Neuro-Functional 5-Point Check*<sup>™</sup> case review and consultation.

My staff will get you scheduled and send out your migraine/debilitating headache patient history and questionnaires. The fee for the initial consultation and evaluation is \$197 if you call or schedule within 2 weeks of requesting this report.

That will cover the review of your history, review of past medical records, and our consultation as well as a neurological screening examination as well as a second visit to go over the results with you.

DON'T suffer another day, when the answer to your SUFFERING is here, right in front of you. How would you feel, finding out years from now that the answer to your problem was right in front of your face all along...and you let it slip through your fingers?

Call 586-731-8840 or visit <http://www.helpmychronicpain.com/schedule-your-case-review-online> to schedule your **Neuro-Functional 5-Point Check™** case review and consultation now. You won't regret it.

Warmest Regards,

Dr. Karl R.O.S. Johnson, DC, FICPA, LCP, FIFHI  
Founder of Johnson Chiropractic Neurology & Nutrition

P.S. One Last Thing - it's Really Important - Please Remember...I can not possibly accept everyone into my program. My office gets swamped very quickly. If that happens, I will have to start a waiting list; I have a very busy practice already. I wrote this report because I honestly want to make a difference for so many migraine and debilitating headache sufferers in the world, and I'm always amazed at how quickly and easily someone's life can completely turn around. Now with this report, I get the message out to many more people. It's exciting.

P.P.S. The decision you make right now by either picking up the phone to call 586-731-8840 and scheduling your **Neuro-Functional 5-Point Check™** Case Review evaluation and consultation, or by putting this report down may have a drastic effect on the rest of your life. It may be the difference between enjoying the rest of your life and doing all the things you want to do OR suffering on the sidelines, watching everyone else do the things you wish you could do. This decision is as serious as a heart attack and I hope you make it wisely.

Visit <http://www.helpmychronicpain.com/schedule-your-case-review-online> Now.