

# SPECIAL REPORT on

## Migraines and other Headaches

**FOR THOSE WHO EXPECT CHIROPRACTIC TO BE ABOUT MERELY BAD BACKS AND NECKS**, this can be confusing. So, please, let me unconfuse you, from the start.

Chiropractic is NOT the treatment of back and neck pain. It is NOT the treatment of anything. That's right, as a (real) chiropractor, I do not treat anything, including bad backs and necks. I do not treat heart and/or circulatory conditions, but people can get well, here, anyway.

So... if Chiropractic is not a treatment, *what is it?* It is the PURSUIT OF HEALTH, through the correction of interference to the brain and nervous system, what we call Vertebral Subluxation Complex (VSC), by chiropractic adjustments, by hand, to the spine, **allowing the body and mind to heal, to function at a higher level.**

A lot of people get migraines and other serious headaches. Very common. And some have them for decades, long enough to assume that *“that’s the way I am.”* Your (medical) doctor probably agrees. If it’s bad enough, you have a neurologist, who surely agrees.

What DO these medical geniuses do? First, your primary doctor will throw one or two or three drugs at you. If one doesn’t work, they’ll “try” another. (*This is science?*) If you, or the doctor become too frustrated, off to the neurologist. He or she will put you through a bunch of tests, and come up with a diagnosis. A diagnosis is just a name, but you are made to believe that that diagnosis explains everything (it does not), and is the ultimate answer to your suffering. You’re put on some drug to manage your symptoms, but you’re still sick. When the side effects of that drug become too much, you’re switched to another drug. And you’re still sick.

So far, no one has wondered WHY you are sick and suffering. No one had even given a thought to CAUSE, to why you have bad headaches. No one has ever even considered how you can get well

Here’s some basic biology that evades your primary doc and your specialist... Your brain and nervous system controls and coordinates every system, organ, tissues and cell in your body. If there is interference to that control, one or more parts will not function properly, which is a state that we, in Chiropractic, refer to as “dis-ease,” which leads to disease. Why not correct the interference, allowing the body to heal itself, naturally?

Here’s the VERY basic biology that your specialists can’t quite comprehend. **Your head, where you have your pain, is attached to your neck.** The state of your spine, especially the very top and the very bottom, are critical, here.

Here, at THE HARTE OF CHIROPRACTIC, I do not diagnose, nor do I treat anything. I correct interference, allowing your body to heal not just your migraines, but to allow your body, as a whole, to function better. Health.

*“After the first week of adjustments, I woke up with no migraines, no vomiting. I felt wonderful all day!” - Jeannelle White, Mill Valley*

*I was rear ended on 2/25/19. I ended up with a severe concussion— and still dealing with severe post-concussion syndrome. I went to a chiropractor I knew and thought could help... I was mistaken. He would adjust me... but wouldn’t address my skull or neck issues and wouldn’t look past my torso...I was recommended to Dr. Harte, as it was now ~3*

**months that I'd had a massive headache and couldn't walk much without being exhausted.** My brain hurt. Literally. I was getting really depressed and feeling like maybe I wouldn't get better... then I started with Dr. H. **With one adjustment.... I felt half my brain fog leave. I could breathe better... didn't even know that had been an issue.** I am amazed how such concentrated soft touch really adjusts what is needed. Dr. Harte sincerely cares about each individual patient... passionately... it shows in his work. He listens to you when you talk. Other chiro's have told me what I need rather than listen to what I'm dealing with....and responding... I am grateful for his work and insight to the whole body.. not just the anatomy of the spine. It is all interconnected. I highly recommend his work. **This guy knows his stuff and can help you."** - Anne-Marie Soltero, Richmond

"Since I began seeing Dr. Harte, I have had the benefit of **enjoying a dramatic reduction in headaches and the attendant use of Advil to alleviate the headaches.** Prior to starting with Dr. Harte, I used Advil nearly every day for either headaches or back pain (my initial reason for coming to Dr. Harte). As of today, I haven't had to take Advil or any other pain medication at all for nearly 18 months. Not bad." – Kevin Lewis, Lafayette

"I have been seeing a medical doctor for over a year, with back and neck pain. After giving me numerous drugs, the pain only got worse. I couldn't sit, stand or walk without great pain. My choices were referral to a surgeon for back surgery, or, to my surprise, a referral to a chiropractor. Since I had never been to a chiropractor, I had left the medical office that day very depressed, thinking that my only choice was surgery. I had been through back surgery before, knew what I was facing, and didn't know how I was going to be able to take six weeks off from work. That night, when I arrived home, in my mailbox was a letter from Dr. Harte. It was like a sign from God, answering my questions about what to do. "I began seeing Dr. Harte. I immediately felt comfortable with Dr. Harte, enjoying his mannerisms and his humor. Before any adjustment, Dr. Harte did an exam and X-rays. He was able to show me his problems, explain the course of action and answer all the questions I had. The back/leg pain eased with each adjustment, and, after a few months, it was gone.

"I continued in Dr. Harte's Wellness program, and have seen improvement to my health and quality of life. As a result of the adjustments, I was able to stop the high blood pressure medication I had been on for 13 years! **I no longer suffer from sinus headaches,** and I have not had a cold in three years. I have learned that Dr. Harte is not "curing" me. (We can cure a ham, but not a person.) Through his adjustments, my "doctor within" has taken over, and allows my body to heal itself. I am very thankful for Dr. Harte's letter in my mailbox, that fateful day." – Janice Cobb, Corte Madera

**"There are very few reasons that I regret leaving CA, but Dr Harte is definitely one of them.** I have yet to find a chiropractor that has his expertise and process. The plan he created for me **stopped my headaches, which I suffered from daily,** and helped reduce the severity of my allergies. If he was in FL, I would be an active patient again. Even my kids miss Dr Turtle and remember his turtle adjustment table. I highly recommend him." - Patti Wright, Florida, formerly San Rafael

**"No headaches** or ringing in the ears." - Rick Creelman, Fairfax

"My back pain is gone. Much less shoulder pains. **Migraines are less.** Huge improvement in mental clarity and mood." - Guy Givens, Larkspur

"I can read better. No reading glasses! I've stopped taking stomach medication. **My sinuses are better, less headaches.** I'm not in constant pain anymore in my back, neck, hips, legs, etc." - Lorena St. Clair, Mill Valley

"I've been Dr. Harte's patient since April 2010. To me and especially to my Mom who's been through decades of chronic pains, he's been a miracle doctor!!! I've never felt as physically healthy until I started getting my chiropractic adjustments w him, dealing w the "CAUSE" of subluxation. He IS VERY DIFFERENT from other chiropractors I've experienced from car accidents. At one point in my life, for how many years, I was always in some kind of discomfort to the point where I had to change the way I dealt w daily life. I've had chronic strains from personal injuries, workers' comp (repetitive syndrome-tendonitis), and from car accidents. Through various treatments, seeing various doctors my tendonitis on both arms, my upper back, shoulders, neck, and left leg flare ups - the aches and pain subsided. But still I'd get flare ups from time to time, depending on what triggered it. **I'd also experience migraines and tension headaches.** Basically, I was

told and felt like I had to LIVE w the aches and pains, take pain meds and muscle relaxants, and etc. Finally, I went back to the gym, 2 years later, I became a certified fitness trainer thinking maybe I can fix myself, since I've seen and tried everything. Then I met Dr. Harte at my gym. I went in for full scan and examination, got the report quickly, which the report itself tells a big story - worth getting. I admit, I was a little skeptical, cause his treatment and examples of body scans is nothing like I've seen before, but for sure I wanted to check him out, because you never know. I'm so glad that I took the chance, because now I feel so much better physically and mentally than I've ever felt before meeting him. The first month I already felt the good changes happening. Within about 2-3 months I can feel the big difference, that by August I decided to bring my Mom in. My Mom needed some serious help w her chronic back problems, degenerative discs, **constant migraines and tension headaches** no one can



do anything about except cortisone injections, other treatments, and again various meds, which cause other issues for her. Some of my gym clients has now been seeing Dr. Harte as well and feeling like "thank God there is hope to feeling normal again." I urge anyone who thinks they have to live w all the aches and pains of any kind to give Dr. Harte a chance. Like I tell everyone, I'd get rid of all my doctors, but cannot imagine getting rid of Dr. Harte out of my health!!! Thanks for reading." - Jules Fulgentes, Novato

"Before going to Dr. Harte, I was in trouble. My health had deteriorated, my neck was in pain and crunchy, I had a hard time sleeping, **migraines**, couldn't turn my neck, had numbness down my arm, and I had TMJ. Thought I would have to have surgery, and thought this was the "normal" aging thing. I was only 42! I was used to being very active, but found my ability to do the things I wanted, were being limited because of the condition of my body. Dr. Harte cares for the WHOLE body, to get every aspect of your health in a better place, to heal itself after the adjustments. Every single health issue is now hugely improved or completely reversed. Dr. Harte keeps me dancing!" - Sandra Wayner, San Anselmo

"Dr. Harte is amazing and he shows that through his compassion and his care. **I originally saw Dr. Harte for back pain** but he opened my eyes to the real world or chiropractic care. Since I began seeing Dr. Harte, my clinically diagnosed depression is gone along with my **chronic headaches!** I can only imagine what else is better too since my original x-rays were a mess!!!! It's so nice to be able to manage ailments the old fashion way... by letting the brain, your innate intelligence, deal with it!!! Dr. Harte helps your brain take the 'dis' out of your 'ease!'" - Ashley Reyna, Novato

"**Less migraines.** Overall, happier." - Christine Seebode, Tiburon

"**I no longer need surgery. My migraines have been reduced, and my TMJ (my jaw) no longer hurts,** and I can finally get a good night's sleep. Thanks, Dr. Harte!" --Sandra Wayner, Sausalito

Fine, you've read this report. **Now you have a clear choice.** You can continue to do what you're doing, or you can not only change the direction of the horrible pain in your head, but you can change the entire course of your health, your life! How? Through (real) chiropractic care, I liberate your nervous system, allowing your body to heal itself, from the Inside-out, through gentle, specific, scientific chiropractic adjustments.

**How do you start?** How do you find out about your specific situation? We begin with an extensive history, an examination like you've never had before, three neurological scans, and digital spinal X-rays. Then, I spend a great deal of time analyzing your individual situation, and we sit down to discuss findings, and how you can get well.

All this... the history, the examination, the nerve scans, the X-rays and the Report of Findings, is normally \$1075, which is a gift right there. But, because you've taken the time to read this special report, and

because you were referred by a Member of this practice, you save \$905. All this will cost you *only \$170*. Call me now, to set up a convenient time for your first visit. 415/460-6527. *“I will help you.”* – Dr. D. Harte (D.C.)