

# "Local Doctor Reveals The Shocking Truth About Getting Rid Of Headache Pain!

Read This Special, FREE REPORT 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, Shots Or Surgery!*"

*Inside this FREE report you'll discover:*

- ✓ Why 70-80% of headache treatments are unnecessary and unsuccessful!
- ✓ What you don't know about using pain relievers CAN hurt you!
- ✓ The most successful treatment of headache pain doesn't involve any drugs or surgery!
- ✓ What to do right now if you suffer from ANY headaches!
- ✓ There Is Absolutely No Such Thing As A "Normal" Headache... They Are DANGEROUS WARNING SIGNALS that something has gone wrong!
- ✓ The Hidden Causes of Most Headaches!!!

And much more!

## WARNING:

Headache pain is an often mistreated and a potentially dangerous disorder that affects the lives of millions of Americans each year. That's the bad news. The GOOD NEWS is that you may not have to continue suffering! Keep reading this report to find out the well-hidden truth you won't find anywhere else!

## Just Imagine How Good Life Could Be Without Your Headache!

Dear Headache Sufferer,

I know that this is probably the first time you've taken action to actually learn about headaches. Let's face it; we are all influenced by those headache commercials selling headache medicine. That's why we keep our medicine cabinets, purses, and glove compartments fully stocked with the stuff. As a matter of fact, they now sell headache medication at Costco's in huge quantities. People go down the aisles and toss a case in their shopping carts like it's potato chips or a 12 pack of beer.

Does this headache medicine really work? Of course not, if it did, this simple report wouldn't be one of the most widely read headache reports in the country. Yes, this ugly "Goldenrod Yellow" document is being read today by thousands of headache sufferers just like you.

**But hopefully by now, you're starting to figure out that popping pills everyday just doesn't make sense.** Headaches affect over 45 million Americans, but thanks to this report, the numbers are going to come down.

## **If You Are Truly Tired Of Your Headaches And Want To Do Something About it, Then Read This Report; It Has Changed The Lives Of Thousands Of Headache Sufferers...**

Now It's Your Turn!

Why are we putting announcements in papers across the country and sending out these free reports?

Good Question, here's the answer...

**Because This Is How We Get The Message To The Right People...Who Are Ready For A Change. If You Weren't, You Wouldn't Have Ordered This Report.**

Drug companies don't discuss the causes of headaches because they know that they sell drugs to cover up the causes, not treat the causes; it's a whole different industry. That's why they don't tell you what you are about to discover. That's why we have to tell you, because you will not hear this watching Advil, Tylenol, or Excedrin commercials.

Because what we're going to reveal inside this report may show you how to finally rid yourself of headache pain without drugs, shots or surgery... please be sure to read everything in here since it may be the most important thing you've read in a long time!

Before we get started, do you ever find yourself asking any or all of these questions:

- Why does my head hurt?
- Why can't I just be like normal people?
- Why doesn't the pain just go away?
- How bad can this get?
- Will I ever be able to live the life I used to?

See, if any one of these problems or concerns is creating a situation that is affecting the quality of your life, then you need to finish reading this report right now! Why do I say that?

Because you may discover how to get on a path where your pain and suffering can be relieved quickly, naturally, and affordably!

Let's face it, nothing is worse than feeling great mentally, wanting to take in all life has to offer... only to have your natural enthusiasm and drive squashed because your head hurts all the time and your pain just won't go away!

Right?

Isn't it sad to feel so alive and full of vigor, and not be able to do all the things you want to do because the headache pain you suffer from is so pervasive, so intruding, and so unfair? Don't you feel downright angry because this pain, these symptoms, just won't go away?

If you do it's only normal. After all, who wants to be burdened with carrying a load of discomfort, and living life through an all-encompassing fog of pain? Pain that's always there when you wake up, work, play, eat,

drive, read, concentrate, or try to sleep. Pain that's always rearing its ugly head, no matter how hard you try to ignore it.

It's natural for people to try to tough it out and get on with their lives. "If I ignore it long enough, maybe it will go away..." Unfortunately, this isn't the case. Ignoring your pain will only make it worse over time. What was only a mild pain a year or month ago may become a chronic, life altering pain years down the road.

See, headache pain sort of sneaks up on you. The real cause of the pain you're feeling right now may have began years ago maybe bumping your head or maybe an old car accident. It may have been such a small headache or trauma you may not have noticed it. Or maybe you felt a slight headache but it went away after a day or week so you didn't think anything of it.

And slowly, over the years, as you continued to do your normal activities, that old injury has secretly got worse and worse without you being aware of it. After a time, the straws slowly built up until one day they broke the camel's back. Maybe what finally put you over the edge was running out of Advil and realizing without pills this headache pain seems worse or any one of a hundred things.

Whatever it was,

## The Fact Is You Are Still Suffering From Headache Pain And You Don't Have To Suffer Anymore!

So what do you do? What choices do you have? See, you wouldn't be reading special report if you weren't experiencing some level of pain and discomfort. We know you may have already tried getting some relief from over the counter drugs, or maybe you met with your private doctor; that's what everybody does. Let me share with you a story about a flight attendant named "Anne":

*Anne has been a flight attendant for nineteen years. At 42, divorced, a mother of two teenagers, she is a really articulate, intelligent and practical woman. The airline has always appreciated her bright attitude and competence. She rose quickly through the ranks of the airline, and became a senior flight attendant many years ago. Anne could have been promoted even higher, but loves her job, and the great hours and perks that go with it. Being so senior, she gets to cherry pick the best routes and times, and that gives her lots of flexibility in her life.*

**Then came the headaches. Headache pain that started off quite innocently, and eventually became a real monster that literally ruined the quality of her life.**

*Here's what happened. It began one day when she bent down to pick up a clear plastic cup a passenger had dropped on the floor of the plane. When she bent over to scoop it up, as she started to rise up she bumped her head on the handle of her serving cart and felt the lightning bolt of pain shoot through her neck, then right above her eye, and seared into her skull.*

*She grimaced so hard when the pain struck, that the passenger asked her if she was OK. She slowly stood up, and tried to straighten her neck out. Her neck wasn't quite locked up, so she was able to look straight up, and thank the passenger for his concern, and that yes, she was fine.*

*That was the first time. The next time it was the beginning of the real problems. A couple of weeks later, as she bent down to pour a drink cart from the cart, she felt the same white hot pain shoot through her neck into her head. She grabbed her head with her right hand as her body recoiled from the shock and pain. Anne literally couldn't look up. Her head was inundated with a series of pain strikes, and if she moved even slightly out of her bent neck position, the pain would grab her and bring her head back down.*

*When the flight was over, she went home and called her family's doctor, and made an appointment to see him. He listened to her story, and remarked how she looked pretty uncomfortable being bent over and so on. His diagnosis was that Anne had pulled a muscle in her neck and had swelling from the bump of her head, and his recommendation was that she "take it easy" for a day or two, and take the muscle relaxers and painkillers he prescribed for her. The MD said that the relaxers would help loosen up the muscle and get her better in no time.*

*Anne did take his advice and used the prescription. A lot. He gave her an open book on refills, telling her that she should take them as indicated, but to get more if the pain continued. And, he added, if it got real bad, or didn't respond to the pill treatment, that he would look at alternatives.*

*Anne got some pain relief with the pills. She found she could look up after a few days without too much pain, and that with the pills, the pain sort of subsided for a while, and when it came back kind of strong, she would simply take the pain killers, and it would get better.*

*Thinking that all she had done was pull a muscle and bumped her head, she went about her business, trying to live as normal a life as possible for a divorced, single mom of two teenage girls, working outside the home.*

*But life wasn't normal for Anne. As her pain episodes increased in frequency, she became more and more likely to take more and more painkillers. As her intake of the pills increased, so did her bad moods, and feelings of exhaustion. She was always tired. And as a result of feeling so tired, was prone to being really crabby and irritable. She noticed that she was becoming one of the "crabby" flight attendants she heard so many people complain about. She was very worried, because her nature was usually very friendly, and she loved people. Now, she was in a fog of pain mixed with a fog of prescription pills. She was at the point of desperation.*

*Her hand was forced one day when she snapped at a passenger. The man had asked if his low fat meal was on board, and she really let him have it. Her partner on the flight pulled her back into the galley and asked her if she was crazy. "You'll lose your job acting like that. That man was just asking you a simple question. You'd better get your act together. What's wrong with you lately? You're more irritable than I've ever seen you. What's up with that?" her associate asked.*

*Anne told her about her headaches, which she had been keeping a secret, thinking it could have jeopardized her job. "You should be worried.," her friend concluded. If I were a walking zombie, I'd be a wreck too. You need to see a doctor who knows how to fix what's wrong with your neck and head.*

*Anne knew her friend was right. She couldn't go on the way she was going. She tried that with her marriage, to go on in the face of great pain, and that didn't prove a good strategy there either.*

*So, she asked around, and talked to one of her oldest daughter's friend's mom, who had been successfully treated for Headaches by our practice. 'Anne' came to see us, and after looking at her x-rays, we showed her that she had a steadily worsening degenerating disc (at her 5<sup>th</sup> cervical vertebrae, in case you're interested) that was never going to get better with pills. "I have to realign the bones and disc into its natural position, and it will stop pinching the nerve that runs into your head. The pinching of that nerve is what's*

*causing your misery, and locks everything up. We can fix this up in no time, and you won't believe how much better you'll feel!" we encouraged her.*

*Well, all it took was a few visits to the office, and Anne was a new person. After her second week in treatment, she could look up without any more "locking up", and was able to get through each day without any need (or desire) for pain killing pills. A combination of acupuncture and chiropractic adjustments worked great. A few months later, she was totally headache free, and has been ever since. Once we got those bones and disc back into place, and continued to strengthen the structure around the disc that knocked it out in the first place, her troubles were all gone.*

*Well, with her headache problems anyway. Raising two teenage girls certainly created a whole different set of problems that we cannot help with. Anne's on her own there. But...at least she's no longer burdened with the truly poor quality of life she struggled with for so long, and so needlessly. We love being able to help really nice people like Anne gain and maintain good health. What a great way to make a living!*

## Most Doctors Lack The Training & Experience To Effectively Treat YOUR Headache Pain!

But here's the good news...

You may be suffering not only from headaches, but lack of information about a little known, but common cause of many headaches, the "Cervicogenic Headache".

***Peter Rothbart, M.D. President of the  
World Cervicogenic Headache Society,  
Explains the Cervicogenic Headache...***

"The Cervicogenic headache is a headache which has its origin in the area of the neck. The source of pain is found in structures around the neck, which have been damaged. These structures can include joints, ligaments, muscles, and cervical discs, all of which have complex nerve endings. When these structures are damaged, the nerve endings send pain signals up the pathway from the upper nerves of the neck to the brain. During this process they intermingle with the nerve fibers of the trigeminal nerve. Since the trigeminal nerve is responsible for the perception of head pain, the patient therefore experiences the symptoms of a headache."

## If You Answer, "Yes" to Even Only 1 Of These Questions, You May Be Suffering From A "Cervicogenic Headache" ...

1. Have you ever had trauma to your neck? (Ex. car accident, falls, bumped your head)
2. Have you ever played any "rough" sports such as football, hockey, soccer etc.?
3. Have you experienced many "minor" sports injuries?
4. Is your neck stiff or at times, difficult to move?
5. Do you recall, or have you been told that as a child, you experienced a fall from the swings, porch, down stairs, or any other seemingly inconsequential incident?
6. Do you work at a computer or typewriter more than 1 hour a day?
7. Do you work at a desk with your head flexed downward?

A trained doctor of chiropractic is one of the best practitioners to assess you for a cervicogenic headache.

You see a large cause of headache pain is due to a misalignment of the spine. Even if only one bone is just slightly out of whack, that can cause the nerves in your spine to become compressed, the result is pain. MDs are trained to relieve symptoms, to sweep your pain under the rug. All the while, the REAL cause of your pain is still there.

### **Unless The REAL Cause Of Your Pain Is Treated, You'll Never Get Better!**

Anne didn't know about any of this, just like you may not have. But because you now have this knowledge in your hands, you won't have to suffer like she did.

If you had a problem with your car, and the engine light was on and you took it to the mechanic, what would you want? Would you want the mechanic to carefully look at your engine and run a diagnostic test to establish what the cause is? Or would you just rather have the quick fix, and have him/her just unscrew the light bulb so it was not on anymore? Obviously most of us would want the car to get fixed, and we all know fixing it takes more time and money in the short run, but it saves us time and money in the long run. In this case, if your engine blows up, you can always buy a new car. However....

### **YOU ONLY HAVE ONE SET OF PARTS IN YOUR BODY!**

So why would you want to keep popping pills to just ease the pain? The pain is there for a reason...your body is trying to tell you something may be malfunctioning and it's time to get it checked out.

See, most medical treatments for getting rid of headache pain only focus on getting rid of symptoms. For instance, a cortisone shot in your neck may deaden your nerves for a short time but the pain's still going to be there waiting for you when it wears off. Medications do much the same thing but leave you open to potentially dangerous side effects.

Even nerve burning surgery doesn't always work and is often unnecessary. As a matter of fact,

**Headache Surgery Is Often The Most Ineffective Form Of Surgery There Is. University Studies Have Declared A Success Rate Of Only 47-50%! Most Surgeries Result In Only Temporary Relief Or None At All!**

There is a better option! And luckily for Anne and YOU, it's about to be revealed. You're about to

## Discover What Several University Studies Have Declared As The Safest, Quickest, And Most Successful Treatment Of Headache Pain To Date...

You are about to discover the most advanced, scientifically correct treatment there is. You see, this method doesn't just sweep pain under the rug; it goes right after the REAL cause of your condition. Because the source of your pain is being taken away, you'll quickly be out of pain, possibly permanently! Like any truly advanced form of healing, this method works with your body's own natural healing powers (that's right, with some help your body can take care of itself!) to put you back to where you were physically before you were ever feeling headache pain!

Isn't that how healthcare should be delivered in the first place? Don't you agree?

My name is Dr. Naota Hashimoto,

As a Doctor of Chiropractic, I've been trained to not only detect the spinal misalignments that you may suffer from, but I've also been trained to correct these problems and get you out of pain fast and if possible permanently.

There's something you've got to keep in mind. We are dedicated to changing the lives of headache pain sufferers here in La Quinta. This is what we do. This is our calling. This is what we know forwards and backwards.

We've got years of experience helping headache pain victims get out of pain quickly and naturally without drugs, shots or surgery under our belts.

Odds are, we've seen and helped people with the same exact problem you suffer from right now. (Without drugs, shots and surgery, don't forget!)

See, unlike some doctors, and possibly even your friends or spouse... we understand exactly how you feel. We don't think your pain's "in your head" (no pun intended) or that "you're exaggerating". We don't think it's something you need to get used to or learn to live with. No.

We know how much headache pain can hurt. We know how horrible it is to have a lingering pain that you can't do anything to get rid of. We know how it feels to not be able to do the activities you used to love or to tell a child "Mommy can't do that with you right now."

When you explain your problems to us, we're not going to downplay them just because they don't appear on the surface or easily show up on an X-Ray. We're not going to feed you lines like other doctors like, "you're just going to have to learn to live with the pain." And we're not going to scare you into undergoing risky and expensive procedures for one of the most misdiagnosed, and mistreated conditions in the country...

### **Headache Pain!**

We're not going to make you feel like there's something weird or wrong with you. You're not going to have to feel like you have to be guarded or cautious when you explain your ailments to us. We WANT you to unload your feelings, concerns, and fears, so we can help you get better! WE UNDERSTAND.

While we can't brag about being able to treat every condition that every person can suffer from... we do brag about being one of the leading authorities in the treatment of headache pain.

When you have a suffering marriage, for example, instead of going to the bar and covering up your pains and problems with alcohol, you should consult with a counselor specializing in spousal relationships. Similarly, when you have a headache problem you should get professional help by a health care professional who only focuses on problems such as yours; experienced in finding and fixing the problem, not covering it up. Does that make sense?

## When YOU Have Headache Pain, You Should Be Calling US!

In this day and age of specialization, you need to always work with the right professionals who are trained, experienced and who *specialize* in the area you need help in. Being “familiar” or “knowledgeable” about Headache Pain isn't even *close* to being enough. You need to get advice and help from people who have made getting rid of headache pain once and for all their life's work!

You wouldn't want to have your child delivered by a doctor who assists with delivery every now and then, would you? You wouldn't want your teeth cleaned by someone who does that once or twice a month would you? We deal with headaches on a daily basis. It's one of our most common symptoms that we deal with along with neck and back pain. There can be many causes of your headache, so utilizing a combination of acupuncture, chiropractic, Chinese medicine/herbs, Clinical nutrition and physical therapy we can get to the root of many of the causes of headaches.

Now you know who does have the answers you seek so desperately. You're almost there, so don't stop now! If you're interested in checking this out further, you may be wondering what's the best way to get the information you need to be able to make an educated decision on what to do.

Well, we have a FREE and non-threatening way to do this that you're going to like!

### A FREE Headache Severity Consultation

When you come in you'll have the chance to meet with us, get to know us, and tell us about your problem. Then we're going to evaluate your headache pain.

**So, if you're experiencing symptoms, have been treated with little or no improvement...or want a second opinion to compare what we have to say, to the care you're currently receiving, please CALL US RIGHT NOW, at 760-777-8377. Our appointment calendar is always booked solid, so don't procrastinate. If you're concerned, make that call to us now. What have you got to lose? Why not finally get better? Either way, we wish you good luck, with a bright future, shining in the light of excellent health!**

Sincerely,

**Dr. Hashimoto**

**PS One last thing, and this is may be important. Are you still unsure what to do? Why not call my assistants. They can answer all your questions over the phone and if they can't, I'd be happy to speak to you personally. Call 760-777-8377. We're here to help!**

**PPS Call today to schedule your TOTALLY FREE \$100 VALUE Headache Severity Consultation. But this is a very limited offer. When the allotted slots get filled up, that's it!**

## Read What These Ex-Headache Sufferers Have to Say...

“I came to see Dr. Hashimoto to end my headache pain. I had been suffering from headaches for years. Recently the headache pain got worse. I did not feel well enough to do many things and prescriptions and non-prescription drugs were not effective. After a week of Dr. Hashimoto's treatments my headaches decreased and I felt much better. I will continue chiropractic care to maintain the reduction in headaches occurrences. I like Dr. Hashimoto's office because the staff is friendly and flexible.”

**Ted.L**  
**Seattle, WA**

### *I am doing better in school!*

I had headaches for about five years before I sought Dr. Hashimoto's care. The headaches affected how I did in school about 90% of the time. My life in general was affected by the headaches. Everything I did, I did in pain. I went to medical doctors, eye doctors, and a neurologist. All they did was give me pills, pills, and more pills. I called the Headache Relief Hotline and received some information in the mail. I read about how Dr. Hashimoto could help relieve my headaches and I wanted to try it. About three or four months later, I was feeling better and I feel much better today than I did before. I am doing better in school and I can do things without pain. If I do get pain, it's only ½ as bad as it used to be. I enjoy getting adjusted. It makes me relaxed and it helps to reduce my headaches. I like Dr. Hashimoto's office because they are flexible with your visits. They understand people's schedules change and if you miss an appointment they will even call you to make another one. Just give it time. Your body won't return to normal in just a few visits. Give it time.

**Jason.B,**  
**Student**  
**Seattle, WA**

### *I am much happier and more patient!*

“I had unbearable headaches for 5-7 years. The headaches affected my life approximately 3 or 4 times a week. I could not enjoy normal activities like spending time with my husband and daughter. I tried pain pills and taking daily medication to help control the onset of headaches. The daily medication seemed to work a little in the beginning, but my headaches started to come back more frequently and were still very painful. I decided to try Dr. Hashimoto's care because I had nothing to lose. I was tired of living with headaches everyday. Once I began his care, I started to notice a difference in 2 weeks. Within a few weeks I wasn't having headaches at all. Now I don't worry about 'am I gonna get a headache today or when's my headache going to start.' I think I am much happier and have more patience. I can spend more quality time with my family. I do not want to go back to living with horrible pain almost on a daily basis. Dr. Hashimoto has helped me tremendously. His office hours are convenient and his staff is friendly. He gets you in and out as quickly as possible. “

**Kim.W**

**Seattle, WA**

*My headaches disappeared in the first week of care*

“I had a headache for 8 months straight. I had all the tests, scans and drugs could be done. When all the tests came back normal, I was told that it must just be stress. At this point I started to get anxiety about this pain in my head everyday and it was starting to effect my work and relationships with the people that I cared about. When I heard about N2Health, I figured that I would give it a shot since I already tried everything else. After 1 week, I never had a headache again!! I can't thank the good doctors enough, they saved my life.”

**A.N.**

**La Quinta, CA**