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Headaches are such a debilitating problem for so many people, I have been diligent in my pursuit of education to understand as many causes and therapies as I can, to be able to offer relief to as many sufferers as possible. Listed below are some common possible causes and potential therapies of migraine and other headaches:

<b>HEADACHE CAUSES</b>	<b>POTENTIAL THERAPIES FOR HEADACHES</b>
Head, neck and back tension or pain caused by injury, accident, osteoporosis, scoliosis, arthritis, bursitis, fractures, etc.	Physical therapy, adjustment of subluxations, neural therapy, nutritional therapy, exercise programs.
TMJ, jaw joint subluxation, mismatched bite, dental work required.	Adjustment of jaw joint, patient teaching to adjust own jaw, physical therapy
Liver congestion, constipation, bowel toxicity caused by disturbed organ function, abdominal scars, poor diet, food allergies, toxic exposures, alcohol consumption, nutritional deficiencies	Liver detox with herbals, homeopathy, nutritionals
Sensitivity to tyramine. See the attached sheet on tyramine foods.	Tyramine is a metabolite of many common foods and in some sensitive people ingestion of particular foods will cause either neck pain, headaches or a combination of both.
PMS, menopause, hormonal toxicity and sensitivity	Liver detox, hormone desensitizing, supplemental support to balance hormones
Bacterial, viral, fungal overgrowth, chronic low grade infection	Homeopathy, nosode detox, balance flora
Heavy metal exposure and intoxication	Variety of metal detox including intravenous chelation, herbals, homeopathics and mineral supplementation
Food and food chemical sensitivity	Testing to identify foods, sensitivity desensitizing and elimination diet
Prescription medication sensitivity	Testing prescription medications for effectiveness and compatibility and desensitizing where

	<p>necessary. When there is a sensitivity to prescription drugs, often the drugs do not work as effectively as they should and they can cause some symptoms. An example is Lasix. After a few weeks of use often it will no longer reduce body burden of fluid. When the pill is desensitized its effectiveness will often return and in some cases a smaller dose may be administered. The same is true of insulin with some individuals. Over time more of the drug is required and it is less effective than it once was. Desensitizing the drug will produce a better effect of the medication.</p>
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