

Of Special Interest

- Headache Causes
- What Can Be Done
- Your Birthright
- Infertility

The first step to getting the things you want out of life is this: Decide what you want. -- **Ben Stein**

In the depth of winter, I finally learned that there was within me an invincible summer. - **Albert Camus**



Symptomatic Headaches

Feedback, suggestions, and contributions must be in the second week of the preceding month.

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Your participation is greatly appreciated and it is my wish that you continue your support and positive feedback.

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Over 1000 copies circulating in 40 states and 14 countries abroad.



Nutritionally Speaking

Food and beverages can play a role in causing occasional headaches. For example, MSG and other additives in what we eat can trigger headache pain. Be cautious when buying food and drinks, look carefully at the ingredients and additives. This type of headache should be infrequent and short term.

Kinesthetically Speaking

Painkillers of any sort, relieve symptoms but do nothing to treat root cause, therefore are of little benefit and become a useless treatment in the long term.

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Chronic Misalignment

Position, deviated from natural, causes pain in all parts of the body by interfering with blood flow and operation of the nervous system; causing chronic pain from prolonged oxygen deprivation and damaged or pinched nerves.

~ ~ ~

Secondary Headaches

People suffering from chronic

constipation, for example, are often plagued with the accompanying headaches. No amount of laxatives or painkillers is ever going to prevent these conditions from being anything other than chronic nuisances - *Noxious Stimuli*. It is the position of misaligned or tilted pelvis that affects the bowels, causing the blockage that effects both the constipation and the headaches.

TMJ

Temporomandibular Joint or TMJ – again nothing more than chronic misalignment – can be a cause of secondary headache. Secondary headaches result from underlying disorders which

No Reason for Living with Pain - Period

Share the Health

Drink tap water full of chemicals? Yuk!
Be kind to yourself and family -
Filter your tap water.

- Easy to do
- Healthy
- Cost effective
- Endless supply
- Rapid return on investment

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Live Life – Live Well – Live Long

~ ~ ~

**Want healthy knees & feet - free of pain?
Wear the least shoe possible.**

~ ~ ~

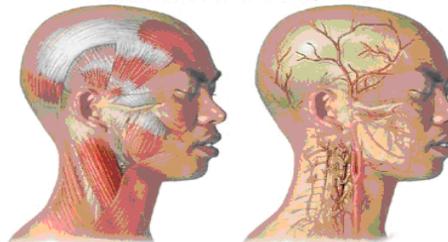
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PASS THIS NEWSLETTER ON TO A FRIEND.

produce symptomatic pain. The TMJ may become painful and dysfunctional as a result of incorrect alignment of teeth and jaws. In some severe cases of TMJ surgical correction may be indicated but it is not always necessary.

~ ~ ~

Most headaches are caused by muscle contraction or blood flow problems



Your Birthright

There is no reason, whatsoever, for anyone to suffer from chronic headaches or any other pain for that matter. Take back your birthright! Become design functional and live a healthy lifestyle free of pain.

~ ~ ~



Live Life – Live Well – Live Long



Infertility... Symptom or Disease?

Feedback & Suggestions

The list of suggestions for articles is long, and as time and space permits, I shall try to get to them all. The topic of infertility, suggested by several people, has been on the list since last year. Thanks for being patient.

Clarification & Circumstances

Infertility is often an enigma, eluding many experts. So for our purposes here, some issues need to be ruled out up front. The obvious are things like the male's inability to produce sperm or other reproductive inadequacies of both the male and female chemically and physically.

Energy Source

Puberty in girls usually happens

right around 100 pounds.

Twenty five percent body fat would equal close to 90 thousand calories. Demands of pregnancy are approximately eighty thousand calories. There is also a correlation between extremely active girls, like gymnasts and marathoners, and sedentary or more obese girls and when menstrual bleeding or puberty begins.

Fundamentals

From preconception, conception, pregnancy, to parturition the musculoskeletal system is fundamental. Often, sedentary lifestyles rob a person of the health and

wellbeing necessary to conceive and carry children to delivery. Misalignment and postural dysfunction factor into infertility, miscarriages, difficult pregnancies and deliveries, premature birth, birth defects, and postpartum issues.

Kinetic Chain & Failsafes

There are transmitters and receptors monitoring every system in the human body at light speed. An intricate system of proprioceptors, the musculoskeletal system, and enteroceptors know when the body is ready for conception, child bearing, and the birth process. The beautiful part of

Continued below

*An apple will wake
you faster than a
cup of
coffee...Better for
you as well.*

All is not lost...

this marvelous intricate system operating at light speed is redundancy – a failsafe system designed to protect from any form of interference and takes shutdown measures to prevent catastrophe or harm. One failsafe device, *infertility*, tells the prospective mother-to-be something is wrong and needs attention.

Proact or React

All is not lost. The odds are in your favor for conceiving, carrying, and delivering a normal healthy bouncing baby. If you or someone you know is having an infertility problem proactive help is but

one phone call or e-mail away. A positive proactive plan can be designed and customized for each individual's needs for preconception, conception, healthy pregnancy and post delivery health.



Health & Motion is Here for You

"The Grand essentials of happiness are: something to do, something to love, and something to hope for."

- Allan K. Chalmers



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