

# Natural Health Resource Review

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**Natural Health Resource Alliance**

## **Easing Headaches Through Massage**

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Headaches- everyone has had one kind or other: tension, migraine, sinus, cluster- the list goes on. More over-the-counter medication (and much prescription medication) is probably sold for this malady than any other. As there are many types and causes of headaches, there can be just as many types of relief for them.

Even symptoms of headaches vary. Some feel like a vise, others get pain behind the eyes, some are accompanied by nausea. In my massage therapy and acupressure practice I deal frequently with tension, migraine and sinus headaches. Tension headaches are usually caused by the tightening of muscles around and near the head, neck and shoulders, and even the scalp, face and jaw. Stress, "life" and illness may be the cause of the tension. Often times the cycle of tension goes on until therapy, such a massage breaks the cycle.

Massage therapy is extremely effective in relieving headaches caused by muscular tension. Massage and a therapy called "Trigger Point" is often used to lessen the tension held in these muscles, thus relieving the headaches. Did you know that massaging the base of the skull relieves headaches behind the eyes? Try it next time you have this type of headache.

Over several therapy sessions, the body can even be "taught" to recognize when the cycle of tension and pain is beginning, and to stop it before it really

takes hold. Given the right cues, our muscles can also be taught to remember to relax. As massage also heightens body awareness, we pay better attention to the signals our body sends us--we just need to heed them.

An effective way to treat all chronic headaches, such as tension and migraine, is through the use of acupressure. This therapy uses gentle finger pressure on specific Acupressure points that are related to headaches.

The goal is to remove blockages or balance the energy or "chi" along the meridians, thus relieving the headache symptoms. Many Acupressure points work specifically on points related to sinus, allergic or congestive type

headaches, and work on them can even be done by the client at home, when properly taught by the therapist.

The therapist may also be able to give stretches or relaxation techniques, such as deep breathing, to help the client control the tension causing the headaches.

Full body massage and Aromatherapy may also be used to facilitate general relaxation, better sleep patterns, enhanced body awareness and wellness. Many essential oils, such as lavender and peppermint are used to help deepen relaxation and some are even used specifically to treat headaches.

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## The Natural Health Resource Alliance Presents **THE 2003 HEALTH EXPO**

Wednesday, October 29th  
4 p.m. to 8 p.m.

Spokesman Review Building  
608 Northwest Blvd., Cd'A

### **Free and open to the public**

Mark your calendars today, and visit our Health Fair! Meet the participating practitioners and learn about alternative and complementary approaches for your health

Our health care practitioners will provide invaluable information toward helping you live a healthier, more energetic life.

There will be drawings for products and/or services.

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[www.geocities.com/cdanhra](http://www.geocities.com/cdanhra)

## Chiropractic and Headaches

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Can Chiropractic alleviate headaches? Of course! There have been more than 100 studies showing Chiropractic to be effective for relieving headaches. Just this month *The Journal of Vertebral Subluxation Research* published a case study of a woman who had suffered daily headaches for over 12 years following a head and neck injury she sustained while ice skating. After receiving Chiropractic care her headaches were gone, and did not return.

So what? Drugs relieve headaches, too.

Chiropractic is about wellness, vitality and vibrance. The beauty of Chiropractic is that it enhances life. Symptom relief is just a beneficial side effect. Chiropractic offers core healing and growth from the inside out.

Nature gave us each a full ration of vitality. We have a life force inside of us that allows us to be alive and healthy. Our bodies are the gifts we have been given that allow us to express *life!* Pain and disease, including headaches, are nothing but diminished life expression.

The stresses we experience in life can become "locked up" inside of our being. Each locked up stress is a portion of our life force that is no longer available to us. As more and more life force becomes unavailable, we begin to develop symptoms and conditions. Chiropractic adjustments help the body integrate these old stresses, releasing the life force and making it available for our body's innate wisdom to use for healing and growth.

One of the important ways the life force is communicated throughout the body is by the nervous system. *Subluxations* in the spine can cause interference with the functioning of the nervous system, thereby interfering

with the flow of your life force. Chiropractors locate, analyze and adjust subluxations, allowing your body to better express life.

Remember: nature designed you to be healthy and vibrant. Chiropractic helps you maximize your own natural potential for vibrant health.

*Dr. Mark Cochran is a Chiropractor with a unique and empowering approach to Chiropractic, health and life. He is available for free consultations in person or over the telephone. His practice, The Café of Life, is located at 410 Sherman Avenue, Suite 209 (second floor of the Sherman Mall) in downtown Coeur d'Alene. You can reach him at 208-664-6359 or by email at TurnOnLife@juno.com. Check out his web site:*

**www.TurnOnLife.com.**

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## Headache and Herbalism

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Headache. Sweating, fatigue, or worse may accompany it. We all know what it is, but how do we make it STOP!

Headache is a phenomenon that has many "causes" making the treatment and diagnosis a multifaceted approach. TCM, or Traditional Chinese Medicine understands it as an imbalance in the TCM concept of Liver Qi. Qi is the essential energy flowing through the meridians of the body and the organs. Chinese medicine works to analyze and diagnose imbalances in Qi as these result in "disorders".

Interestingly, the body of Chinese herbs used for acute and chronic headache conditions are called "blood moving" as Qi and blood move throughout the body together. Other herbs will be used as main or adjunct components of a formula so as to treat both the headache AND ITS ROOT PROBLEM. This approach is found in "Western " herbology as well, although this herbal tradition uses far

more "simples," or single herbs for treatment. Also, this is the "popular" practice of herbalism, mimicking the use of Pharmaceuticals, treating the superficial, rather than the deeper "root" cause.

Some possible Root causes of headache are sinusitis/allergies, high blood pressure, and blood vessel disturbances, i.e., abnormal dilation and/or constriction, Chronic or acute musculoskeletal trauma, stress/tension. TCM, on the other hand, conceptualizes the liver as the source of many a headache. Rising Liver heat and Liver blood deficiency and/or stagnation are treated for headache relief, as are the root causes of these conditions. Wind (TCM) can invade, causing headache and other symptoms (like the common cold).

A practitioner should assess for the root and surface causes of the headache and make recommendations accordingly. For example, Corydalis Yanhusuo is one of the prime analgesics in TCM. It is in the Blood moving category, therefore is CONTRAINDICATED in pregnancy, and used with caution concurrently with any substance that might be a blood thinner. It would not be given alone, however, but rather with other herbs appropriate to the individual current condition. Western herbs, such as Feverfew, Willow bark and White Poplar will also be worked into a specific formula that addresses root causes for the headache.

So, even though the "simple" headache may not be so simple, there are many ways to effect relief. It is important though to look beyond the symptomatic alleviation to the headache's origins within the body.

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He who has a thousand friends  
Has not a friend to spare,  
While he who has one enemy  
Shall meet him everywhere.

-Ralph Waldo Emerson

## One Simple Thing That Can Change the World

Mark Cochran, D.C.  
(208) 664-6359

Wouldn't it be great if there were one safe, simple thing we could do right now to improve our children's health? If all of our children were healthier, just imagine how that would change our world! And what if this one simple thing could do all of the following and more:

Make pregnancy and childbirth safer for mothers and their babies.

Improve a newborn baby's ability to breast feed.

Decrease, and maybe even eliminate Sudden Infant Death Syndrome.

Improve our children's immune systems.

Improve the behavior of violent children and kids with conditions such as Attention Deficit Hyperactivity Disorder (ADHD).

Improve children's intelligence.

Well, that one safe and simple thing is available to us right now! It's called The Chiropractic Adjustment. There have been numerous studies showing that Chiropractic is an exceptionally powerful healing art that benefits everyone, especially children.

Let's start at the very beginning. Chiropractic contributes to safer pregnancy and childbirth. A recent study showed that in 82% of breech pregnancies a gentle chiropractic technique known as the Webster Technique successfully relieved intrauterine constraint, allowing the baby to turn to the normal vertex position. Other studies have shown that prenatal chiropractic care reduces the risk of dystocia (difficult labor) and reduces labor time, thereby decreasing the risk of birth trauma.

One of the most important factors in the health of a new born baby is breast feeding. There are many benefits to breast feeding including perfect

nutrition, natural immunity and proper emotional development. Some babies have difficulty breast feeding. In a 1993 study of babies having difficulty breast feeding due to birth induced TMJ dysfunction, 99% had excellent results with chiropractic cranial and spinal adjustments. Additionally, many case studies have documented the effectiveness of chiropractic care in overcoming breast feeding difficulties.

One of the biggest fears of new parents is Sudden Infant Death Syndrome (SIDS). How can chiropractic help? Over 100 studies have shown that the brain stem, spinal cord and upper cervical spine have an important relationship to SIDS. This is the area in the nervous system that controls a baby's breathing. Subluxations in the upper cervical spine can cause interference with respiratory functioning and possibly lead to SIDS. These subluxations can actually be caused by the birth process itself, even in a normal or uneventful birth. A nonprofit organization called StopSIDS.org is currently doing research to show that adjusting subluxations in newborn babies may help prevent SIDS.

Perhaps the most important indicator of a child's overall wellness is the functioning of the immune system. A 1991 study showed that chiropractic adjustments result in an increase in immune cells known as polymorphonuclear neutrophils (PMNs) and monocytes. A 1989 study showed that only 31% of children under regular chiropractic care ever had ear infections while over 80% of children who were only under medical care had one or more ear infections during childhood. Another study in 1989 at New York's Preventive Medicine Institute showed that people under regular chiropractic care had 200% greater immune competence than people who had not received chiropractic care. In 1994 a study of people who were HIV positive showed that after six months participants who had received chiropractic care had a 48% increase in immune cells known as CD4 cells whereas participants not under chiropractic care had a 7.96% decrease in CD4 cells.

Our society's predominant approach to behavioral problems in children is drugs. These drugs are often ineffective and have dangerous side effects. For example, the 2002 Physicians Desk Reference lists apathy, psychotic reactions and manic reactions among the frequent adverse reactions to the drug Luvox, which is commonly used to treat behavioral disorders in children. In fact, one of the perpetrators of the Columbine High School shootings near Littleton, Colorado in 1999 was taking Luvox at the time of the shootings. Here's an idea: Let's try chiropractic first. Numerous studies have shown chiropractic to be very beneficial for children diagnosed with behavioral disorders, and without the risk of violent behavior caused by drugs.

Wouldn't it be great if chiropractic could actually make children smarter? Consider the following studies: In 1983 two medical doctors from Australia found that spinal misalignments create stress on vertebral arteries, restricting blood flow to the brain, and resulting in decreased brain functioning. Chiropractic adjustments restore normal blood flow, allowing normal brain functioning. A 1993 study of children with learning disabilities found that chiropractic care led to an increase in IQ scores along with improvements in such areas as short term memory, motivation, attitude and academic performance.

Healthier, smarter and better adjusted children. Just imagine what our world would be like if all children received gentle, safe chiropractic care from the very start.

It's just one simple thing And it can truly change our world!

*Dr. Mark Cochran is a Chiropractor with a unique and empowering approach to Chiropractic, health and life. His practice, The Café of Life, is located at 410 Sherman Avenue, Suite 209 (second floor of the Sherman Mall) in downtown Coeur d'Alene. You can reach him at 208-664-6359 or by email at TurnOnLife@juno.com. Check out his web site: [www.TurnOnLife.com](http://www.TurnOnLife.com).*

## UPCOMING EVENTS

**Reiki Healing Arts**, 1620 B Northwest Blvd., Suite 103, Cd'A. Call 665-5862 for registration and information.

**First Degree Reiki Class with Susan Mitchell and Barbara McDaniel:** October 10, 11, & 12 in Coeur d'Alene.

Friday 7- 9 p.m., Saturday 9:30 a.m.- 4:30 p.m., Sunday 9:30 a.m.- 12:30 p.m.

**First Degree Reiki Class with Susan Mitchell and Barbara McDaniel:** November 10, 11, 12, & 13 in Cataldo.

Call for schedule and directions.

**Cafe of Life, Mark Cochran, D.C.**, 410 Sherman Avenue, Suite 209, Downtown Cd'A. 664-6359

**Free Wellness Seminars** offered Mondays at noon and 6:30 p.m. Reservations required. Other seminars available to your group by special arrangement.

**Debbie Markley, M.S., L.M.P.**, 1034 N. 3rd, Suite 1, Cd'A. Call 765-0678 for information and registration.

**Holistic Kinesiology, 1st of 3 Workshops.** Muscle testing: testing tissues, organs, glands, & systems; testing nutrients; determining allergies/sensitivities. Sept. 19, 20, & 21. Fri. 7-9 pm, Sat. 9-4, Sun. 12-4

Workshops 2 & 3 are in October & November Dates to be announced.

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Free and open to the public

## NHRA Practitioner's Directory

### The Natural Health Resource

**Alliance (NHRA)** was formed to bring practitioners of holistic and complementary health care together to serve as an educational resource for the public and ourselves, and to advocate freedom of choice in health care. Here is a list of who we are and our specialties.

You may email our editor, Joel Hall, at revieweditor@earthlink.net.

#### Acupressure

Cathy Kraus, L.M.T.- 676-0561

#### Acupuncture

Barbara Boss, Ph. D., L.Ac.- 659-9697

#### Bach Flower Essences

Sue Denton- 755-6901

#### Chiropractic

Mark Cochran, D.C.- 664-6359

Elizabeth Hesse D.C., C.C.N.- (509) 927-7155

Lucia Thompson, D.C.- 667-7514

#### Counseling/ Spiritual Growth

Veronika Beck, M.A.- 765-5085

Jeffrey Douglass, M.S.W., C.S.W.- 667-8387

Virginia Ellen- 665-9989

Charles Lightwalker- 687-3885

Laura Watkins, M.A., L.C.P.C.- 762-3979

Susan Zajonc, M.S., R.N.- (509) 443-1187

#### Dentistry

Curtis Eastin, D.D.S., N.D.- 667-4844

#### Energy Kinesiology

Debbie Markley, M.S., L.M.P.- 765-0678

#### Feldenkrais Method

Janice Puente, G.C.F.P.- 664-3994

#### Herbal Medicine

Barbara Boss, Ph. D., L.Ac.- 659-9697

Anna Vamvakias, B.A.- (509) 220-1293

#### Holographic Structural Alignment

Glen J. Erickson- 267-2547

#### Immunotherapy

John Hyatt- 667-6741

#### Massage Therapy

Serena Bats- 687 3885

Victoria Dickinson, M.A., L.M.T.- 667-5702

Glen J. Erickson- 267-2547

Pearl Ko Fleck, L.M.T.- 765-0678

Cathy Kraus, L.M.T.- 676-0561

#### Medical Intuitive

Virginia Ellen- 665-9989

Charles Lightwalker- 667-1378

#### Myofascial Release/

#### Craniosacral Therapy

Greg Bishop- 659 7303

Janice Puente, G.C.F.P.- 664-3994

Virginia Taft, O.T., P.T.- 664-2901

#### Naturopathy

Curtis Eastin, D.D.S., N.D.- 667-4844

Todd Schlapfer, N.D.- 664-1644

#### Neurodevelopment

John Hyatt- 667-6741

#### Nutrition

Elizabeth Hesse D.C., C.C.N.- (509) 927-7155

Debbie Markley, M.S., L.M.P.- 765-0678

#### Reiki

Serena Bats- 687-3885

Sue Denton- 755-6901

Pearl Ko Fleck, L.M.T.-765-0678

Barbara McDaniel- 665-5862

Susan Mitchell- 665-5862

#### Rolfing

Greg Bishop- 659-7303

#### Tai Chi/ Qi Gong

Karl-Eric Andreasson, Ph.D.- 683-7504

#### Vibrational Healing

Barbara McDaniel- 665-5862

Susan Mitchell- 665-5862

Susan Zajonc, M.S., R.N.- (509) 443-1187