

Here Is The **FREE LIFE CHANGING REPORT** You Requested...

“In This REPORT You Will Discover A Little Known Secret That May Finally Release You From The Misery Of HEADACHES!”

In This Newly Released Report, You Will Hear...

- ***There Is Absolutely No Such Thing As A “Normal” Headache...They Are DANGEROUS WARNING SIGNALS that something has gone wrong!***
- ***Why The Headache Medication You Are Taking May Make Things Worse!***
- ***Are There Different “Type” Of Headaches? Maybe...Maybe NOT!***
- ***The 3 Hidden Causes Of Most Headaches!!! Why Aren’t They Tell You?***
- ***How To Know When Your Headache Is Coming And What To Immediately Do About It...It’s Easier Than You Think***
- ***The “Cervicogenic Headache”... This Maybe What YOU HAVE!***
- ***Why Most Doctors Just Prescribe Drugs...It’s Time For YOU To Take Control....This Report Will Help You Do Just That!!!***

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 slick 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 grocery stores in huge quantities. People go down the aisles and toss a case in their shopping carts like it's potato chips.

Does the 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 newly released headache document is being read today by thousands of headache sufferers 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 headache pill commercials.

Even traditional medical doctors, as smart as they are, just keep on prescribing drugs or surgery; that's what they do.

There is a saying, and it goes something like this...

"If You Are A Hammer...
All You See Is Nails"

This means that if you would like to get rid of your headache and live a normal life, then you should find a way of getting rid of your headaches once and for all. WITHOUT HAVING TO TAKE MEDICINE. But don't go to a medical doctor and not expect to be prescribed medication. Because that's what they do; hammers hit nails, M.D.'s prescribe medication. Don't expect a different approach from your medical doctor; as caring and concerned as he or she may be, to them, drugs are the solution to most health problems.

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 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?
2. Have you ever played any "rough" sports such as football?
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 of the swings, porch, down stairs, or any other seemingly inconsequential incident?

While many patients who are diagnosed with cervicogenic headache have the traditional symptoms of tension headache, some of the patients who have the traditional symptoms of migraine (and cluster migraine) headache also respond to cervicogenic headache diagnosis and treatment.

If You Have A "Cervicogenic" Headache You May Be Days Away From Feeling Your New Self Again! Now I Hate To Sound Like A Nagging Parent, But You Have 3 Choices...

- A. Continue self medicating and living with the terrible pain caused by most headaches, FOREVER!
- B. Admit that your headaches are ruining your life and do something other than temporarily covering your headaches with drugs; which, by the way, maybe damaging your kidneys and liver.
- C. Fix once and for all the cause of your headaches. If this interests you, read the rest of this report.

Here's Most Headaches Never Completely Go Away...

1. Drugs Don't Fix Headaches, They Only Temporarily Hide 'Em!
2. Most Headaches Are Misdiagnosed And Mistreated!

Think about it, when you went to your doctor, how thorough was your evaluation. Didn't he or she just ask you a series of questions then tell you something like, "It sounds to me like you have a tension headache, or a migraine, or a cluster... take these pills, they should do the trick". Does that sound like a thorough examination, accurate diagnosis or quality care to you?"

3.Many Procedures Include Injections In The Neck, Surgery Where Nerves Are purposely "burned" to eliminate the pain, or lifestyle changes like diet, or a change in sleeping habits.

And as effective as many of these procedures can be, people are people and not everyone who suffers a headache is willing to undergo these procedures. That's why so many people still have headaches.

4.You're overworked, stress out, and don't see your life or job changing soon, so you decided to just live with it.

This is why a lot of people have headaches. Quite honestly, their lifestyle stinks and they are not taking care of themselves.

But Here Is The Good News...

A 5 Year Study Concluded That Cervicogenic Headaches Surprisingly Responded To...Are You Ready... A Certain Type of Chiropractic Care.

What does this mean to your headache?

If your headache, even if it's a migraine type headache, may not be caused by problems in your head, rather problems in your neck!

Now there are headaches that don't respond to specific, low force chiropractic care. High blood pressure, low blood sugar, hormonal changes, hangovers, dental problems, etc., These however are small in number in comparison with headaches that are caused by tension of the neck and head muscles and irritation to the nerves.

This means that you must make sure that the joints in your neck moving properly if you want to be free of headaches.

How Do I Choose A Good, Quality Doctor of Chiropractic?

Most headache sufferers, after learning this relatively new information regarding the benefit of proper Chiropractic care for cervicogenic causes of headaches, wonder how to find a doctor trained in providing this care.

Oddly enough, studies show that the care is very safe, and is, as one chiropractor was quoted, "like shooting fish in a barrel...it take only 1 visit to find the problem, and is one of the easiest conditions to fix".

So our best advice is to ask the doctor the following questions...

1. Do you treat "Musculo-Skeletal" Problems?
Some chiropractors do not focus on specific conditions. So ask the Chiropractor if he or she treats headaches that may originate from the neck; Some do not.
2. Do you use x-rays and diagnose before treatment?
Before going to any chiropractor, call their office and check and see if they either have the facilities in their office to take films, or if they refer it out. Either answer is acceptable. Do not get evaluated by any chiropractor who doesn't look at neck x-rays first.
3. Would you periodically check my neck even after my headaches go away?
There's a saying, the best doctors are those who prevent what they treat. So if the doctor *only* treats people in pain, do not choose him or her. These doctors may be more money motivated than results motivated. Since some headaches come and go, the patients who regularly maintain a healthy and freely movable neck do a lot better. So although these occasional visits won't make your chiropractor rich, it will make you feel a whole lot better. So only choose a chiropractor who will accept you as a "maintenance patient".
4. Do you accept payment plans?
Now a days, many doctors are getting out of managed care because they are forced by managed care to cut patients off from care even if they need more care, more tests, or more therapy. Patients are either going with the "managed care doctor" and hoping and praying that they'll get quality care, or paying out of pocket for their services. So in response, there are many caring dentists, medical doctors, chiropractors, podiatrists, and other health care professionals, that are giving patients comfortable payment options. Even though chiropractic care is

inexpensive compared to most care, ask the office if they'd consider putting you on a payment plan.

These questions should provide you enough information to make the right choice.

My name is Dr. Donald P. Nebel, Jr.

I have eliminated the headaches of hundreds of patients here in the Pittsburgh area.

If you live in Pittsburgh and surrounding areas and would like to have a "Free Cervicogenic Evaluation", I provide free testing using computerized surface EMG.

If this interests you please call (412) 856-6262 to schedule your appointment.

Our Patients Speak...

"My symptoms included lower and upper back pain, headaches and insomnia. I would visit my family doctor, he would just prescribe me some type of medication for my headaches and sleeplessness. In the beginning it seemed to work, but in the long run, the pains just came back. Since I have been Dr. Nebel I have had major relief from my headaches. The headaches have stopped and my lower and upper back feels great and I am sleeping alot better." J.N., Monroeville

"Before I came to see Dr. Nebel I could not move my neck even 1/2 way to either shoulder. I also felt like I constantly had a fist jabbed under my right shoulder blade and a constant headache that went from the back of my neck to behind my eyes. They were so severe that at times my left eye would swell. In the middle of March I saw Dr. Nebel, I thought I would try one more time to relieve my pain. Now I feel better than I have in a long time. I have full mobility in my neck, my headaches are completely gone and I no longer have the feeling of a fist under my shoulder blade. The entire staff makes me feel special. They are all true professionals in their respective fields, and yet simple, down to earth people I can call my friends." P.D., Pittsburgh

"For what seems like forever, I have been trying to get rid of and constantly suffering from migraines, sinus headaches, shoulder pain, and a stiff neck. I had gone to several medical doctors. They all constantly prescribed drugs to "help" the headaches, but the drugs never got rid of the problem. I was also taking 6-8 aspirin per day, every day. In the end of October, as a last resort, I came to Dr. Nebel's office. I feel like a new person. I have not taken any type of medication in over two weeks. My neck no longer feels stiff and the pain in the back of my head and through my sinuses is gone! I'm extremely surprised at the wonderful results. When I first came to Dr. Nebel, I was very skeptical. Now, I'm one of his biggest fans." C.P., Turtle Creek

Your "Free Cervicogenic Evaluation" Will Include...

1. Headache Consultation - I have a list of specific questions that will help discover the cause of your headache. This is also an opportunity for me to have a thorough understanding of your headaches and what you've been going through.

2. Examination - Aside from typical exams procedures like blood pressure, cranial nerve testing, reflexes, and vital signs, you will also receive a multi-plane head and neck range of motion study, palpatory examination, and specific orthopedic and neurological tests.

3. Static "EMG" Testing - Our office is one of the few, if not only office that has a computerized electromyography instrument. The Static EMG test is an important test. This painless procedure determines if there is an abnormal function of the muscles that support your head, and helps us discover where your problem is.

*"I Look Forward To Meeting You In Person.
It Will Be A Pleasure Providing You This Free Evaluation.
Let's Keep Our Fingers Crossed And Hope That There Is Help For You"*

Dr. Donald P. Nebel, Jr.

P.S. - Once we evaluate your headache, we will tell you if we can help you or not, and if so, how long it will take and how much it will cost. You can take that information home with you and call us only if you want care. No strings attached.

P.P.S. - I forgot to mention that this visit is a free, no obligation visit. Call today and schedule your consultation, exam, and EMG testing. Call 412-856-6262.