

# Living Pain Free

## Headache Sufferer's Special Report

*If You Are Fed Up With Your Recurring Headaches and that Endless Cycle of Over the Counter Drugs and Prescription Medications, then Keep Reading as I Expose...*

# The Truth About Headaches

*A revealing inside look at the most common type of headache and the one medical treatment that is helping millions of headache victims just like you take control of their tormenting pain without the use of addictive drugs or so called miracle treatments!*

*Read This Special Medical Report Cover To Cover To Learn...*

- ✓ *The Reason Why Most Headaches Never Go Away and What You Can Do To Change That!*
- ✓ *The Alarming Truth About the Dangers of Taking Over the Counter and Prescription Medications When Your Headache Is Present and How Overuse Can Actually Cause a Vicious Cycle of Recurring Headaches! (There Is Even a Name For This Type of Headache; Look Inside To learn More!)*
- ✓ *Two Common Sources of Most Headaches That Originate From Tiny "Pea Sized" Areas of Irritation Within The Surrounding Muscles of the Head, Neck and Shoulders, As Well As the Joints of the Neck. Learn Why Even The Smartest Doctor or Headache Specialist Often Overlooks These Everyday Headache Causes!*
- ✓ *Which Safe and Effective Therapy Is Helping Millions of Americans Get Rid of Not Only the Symptoms Associated With Their Headache But Actually Remove Its Cause Without Resorting To Harmful and Sometimes Addictive Medications!*
- ✓ *Answers To the Most Common Questions Regarding a Certain Type of Headache Called Muscle Tension Headache Including a Self-Test Quiz. See If You Suffer From Them!*
- ✓ *11 Easy Tips You Can Use To Prevent Your Headache From Reoccurring!*
- ✓ *How To Choose Your Doctor... Learn the 3 Criteria For a Successful Doctor-Patient Relationship. Don't Even Think About Consulting With a Doctor For the Treatment of Your Headaches Without Knowing These Criteria!*
- ✓ *And More...*

***Keep Reading To Learn How You Too Can Join the Many Area Residents Who Have Already Learned How To Bid Good Riddance To Their Debilitating Headaches and Are Now Enjoying Pain Free Living!***

*95% of All Women and 90% of All Men Suffer From Headache Pain...  
But Did You Know That These Pains Are Largely Preventable?*

## **Medical Breakthrough News:**

# **Doctors and Researchers Reveal the Hidden Cause of Most Headaches and the One Treatment That Promises to Relieve and Possibly End Your Agonizing Headaches Once and For All!**

*... So, Stop Suffering Needlessly, Relief Is Now Just a Few Blocks Away!*

Dear Headache Sufferer:

Is your life being ruined by recurring headaches?

Are you spending a small fortune on headache medications but the relief you are getting is only temporary at best?

Perhaps you've already been to a doctor because the pain was so unbearable, but after going through countless prescriptions you were told that that there was nothing more that could be done?

Maybe out of sheer frustration over the thought of having to just live with the pain, you've resorted to now taking over the counter medications whenever the pain is present, but the frequency of your headaches has not changed or maybe has even gotten worse?

Well, if you've answered yes to any of these questions, you are not alone! In fact, more than twenty million Americans see their doctors each year because of these same frustrations, making headaches one of the leading patient complaints that causes them to visit their primary care physician. Furthermore, it is also the most common reason for lost time from work second only to the back pain!

Unfortunately, in spite of these statistics, a vast majority of people who continue to suffer with headaches (this probably includes you) are not aware of the help that is available and think there is nothing more that can be done when medication fails. In fact, even the best family physicians and those high profit drug companies miss the boat when it comes to treating the cause of the problem!

## **“You Can Now Take Control of Your Agonizing Head Pain, But You Won't Learn How Watching Excedrin, Bayer or Tylenol Commercials!”**

You see, these companies and their high budget marketing campaigns focus on treating the symptoms of headaches only. There is never a mention of treating what may have *caused* the headache in the first place. The reason for this is they *know* what they sell can only cover up the causes, not treat them! (Think about this for a minute...if I were wrong, would you be reading this report right now?)

## **“So, If You Are Finally Fed Up With Your Frequent Bouts of Headaches Stop Looking To Drug Companies For the Answer!”**

That's right...

Don't waste another minute trying those often ineffective over the counter medications that only mask the problem (and in some cases actually make it worse)! Instead, continue reading to learn about an amazing treatment that is not only helping people just like you find relief of their agonizing headaches, but does so by addressing its *cause* and without resorting to popping countless pills!

### **“Discover The Truth About Headaches: They’re Not All In Your Head!”**

Before I tell you about this exciting breakthrough in the treatment of headaches, it is important for you to first realize that within themselves, headaches are not a disease! They are simply symptoms - that is, signs that there is something wrong. You see, like a cough, which can have many causes, headaches can be the result of many things and can also have several origins...some of which are remote to the head!

The truth is, many headaches arise from tiny areas of irritation within the surrounding muscles of the head, neck and shoulders. These areas of irritation are known as *trigger points*. This usually causes a certain type of headache, known as a *muscle tension headache*. In fact, of the different types of headaches including sinus, migraine, and cluster headaches, muscle tension headaches are the most common (and often misdiagnosed), making up a staggering 90% of all headache types! Furthermore, they can occur at any age and can be incapacitating, completely altering your ability to do all the things you love and enjoy most in life, such as seeing friends, playing with the kids...even trying to watch your favorite TV shows.

Worse yet, tension headaches can come and go and they can linger for days or weeks at a time!

### **“So How Does This Type of Headache Occur?”**

To better understand how these local and sometimes remote areas of muscle irritation *cause* this common type of headache, let me first explain the concept of *trigger points* and a medical phenomenon known as *referred pain*.

According to medical research done by specialists in musculoskeletal pain, tension headaches are usually due to *trigger points* or “mini-spasms” found in a muscle.

Trigger points are tight bands or small knots that develop in muscles. Once present, they can cause pain to travel to different areas of the body, often nowhere near the area of the muscle irritation itself!

In the case of headaches, it is the muscles of the head, neck and shoulders that, when plagued with trigger points, will cause headache pain.

For example, trigger points in the muscles located at the top of your neck can send pain directly into your eyes, while trigger points originating in the muscles at the base of your neck or shoulders can cause pain to travel up into the back of your head and temples. This is what is known as a *muscular referred pain syndrome or phenomenon*... that is, pain which is felt in one area, but the source is located elsewhere!

### **So, What Is a Trigger Point Anyway?**

The name trigger point comes from the fact that these knots can sit in your muscles for ages without causing pain until something “triggers” them to become active. Some common triggers include poor posture, stress, repetitive movements at work such as typing and cold drafts to name just a few (more on this and what you can do to prevent the formation of trigger points is discussed later in the questions and answers section).

## **“Are You a Victim of Trigger Points and Muscle Tension Headaches?”**

Let’s take a little self-quiz to determine if the cause of your headaches is due to trigger points and their referred pain patterns. Put a check in the box next to all that apply:

- Do your headaches come on during times of stress or anxiety and last anywhere from 30 minutes to several days?
- Does the pain feel like a constant ache or tightness around your forehead, temples or the back of your head and neck (often described as a “vice grip”) but usually does not throb or pulse?
- Are the muscles around your shoulders, neck and back of your head often tense and tender to the touch?
- Have you ever had an accident/trauma or sports injury involving your neck or shoulders?
- Did you ever experience a bad fall as a child?

So, how did you do? Well, if you answered *yes* to even just *one* of these questions, you may be suffering from *trigger point related muscle tension headaches...*

### **But Don’t Despair! These Headaches Can Be Effectively Treated With a Technique Called *Trigger Point Therapy*, Giving You Long Lasting Headache Relief Without Medication!**

That’s right, with this breakthrough headache treatment, which is administered by a trained physician or therapist, your endless cycle of constant pain and suffering may finally be broken allowing you to take control of your agonizing headaches without drugs or risky treatments!

What’s even more amazing is this milestone treatment can produce long-term pain reduction sometimes after just one course of treatment...and it’s now available right here in the neighborhood!

### **Now I’d Like To Answer For You Some of the Common Questions I Get Regarding *Trigger Point Therapy* and Headaches...**

#### **Q. Who Is The Best Candidate For *Trigger Point Therapy*?**

**A.** As we described earlier, anyone suffering from trigger point related tension headaches can be successfully treated with trigger point therapy, with relief often lasting for weeks or months if the perpetuating factors are eliminated (which will be explained later in this report).

#### **Q. If I am Presently Treating With Another Physician or Chiropractor Can I Still Go For *Trigger Point Therapy*?**

**A.** Absolutely! In fact, many of my referrals come from surrounding doctors, including chiropractors. It is even my policy to keep the healthcare providers who are already working with my patients informed every step of the way about their treatment and progress while under my care. I do this by sending them periodic progress reports.

#### **Q. How Is *Trigger Point Therapy* Performed?**

**A.** *Trigger point therapy* can be performed using one of three different techniques. The first is manual; by locating the trigger point and applying gentle pressure directly over it, the area of localized muscle tension slowly releases. The second technique is mechanical; through a physical therapy treatment known as *therapeutic ultrasound*, sound waves are utilized to help break up the trigger point. The third and most effective treatment (especially if the trigger point is located deep in the muscle belly) is a series of very tiny injections (smaller than a paper clip) of a local anesthetic administered directly into the knot or “mini-spasm”. This will help reduce or eliminate the cause of your symptoms, thus putting you on the road to pain free living!

**Q. How Many Treatments Are Necessary, and Will My Insurance Cover Them?**

A. The number of visits varies and is based on the severity of your condition, ranging from 1-7 treatments performed in several week intervals.

As far as insurance coverage is concerned, most insurance companies including Medicare do cover *trigger point therapy* for the treatment of headaches. Each insurance company, however, has its own rules for medical necessity and the types of therapies that are covered.

For your convenience, I have the friendliest staff you will *ever* meet and they will be happy to answer questions about our practice. If the procedure is covered by your particular insurance company, they are trained in handling the often-confusing paperwork that needs to be filled out if you are using your insurance. In the case of no insurance coverage, we accept credit cards for your convenience.

**Q. Are the Treatments Painful?**

A. Trigger point therapy is usually not painful. In the case where an injection is used, the area to be treated is first numbed and then the treatment is administered using a very tiny needle (smaller than a paper clip). Some patients may experience a slight burning sensation at the individual injection sites, lasting only a few seconds.

**Q. I Read Somewhere That Taking Medication For My Headache Can Actually Make My Headaches Worse. Is That True?**

A. In some cases, this is true and is usually a sign that the *cause* of the problem is not being addressed. You see, many people use over the counter painkillers to get rid of their headaches. However, taking too many of these nonprescription pain relievers can actually lead to what is known as *rebound headaches*.

This occurs because pain relievers only work for a limited period of time and as the effect wears off, the headache returns, often worse than it was before. The person then takes more pain relievers, the effects of which once again wears off over time, and once more the headache returns, but this time it is even more severe!

I often see this vicious pain cycle in patients who consult with me for treatment of their headaches. What I found was that most of these people forgot that even over the counter medications have side effects, including addiction! So don't make this same mistake! Avoid taking them for extended periods of time without consulting with a physician. Remember, if the *cause* is due to trigger points, there are special procedures such as trigger point therapy that are designed to treat them without oral medications.

**Q. If Trigger Points Are the Cause of My Headaches, Will Muscle Relaxants Help?**

A. Usually not. As mentioned earlier in this report, if the *cause* of your headaches is due to trigger points found in the surrounding muscles of the head, neck and shoulders, then the most effective treatment is to directly address the trigger points with *trigger point therapy* (physical therapy or tiny injection treatments into the effected muscle).

Muscle relaxants will only "relax" a muscle, giving you temporary relief at best; however, it will *not* remove the trigger points. In fact, when the effect of the medication wears off, the headache often quickly returns because the source of the problem remains. Furthermore, most patients are unhappy with the drowsiness that is a common side effect of this medication.

**Q. I'm Not Sure What Type Of Headache I Have. Can All Headache Types Be Helped With Trigger Point Therapy?**

A. The answer to this question is not a simple one. You see, as I mentioned above, if the cause of your headache is due to muscle trigger points (or if they are a contributing factor to your headache) then *trigger point therapy* is the answer. However, if your headache is due to other factors in addition to trigger points, for example high blood pressure or hormonal changes to name a few, then trigger point therapy will remove the muscle tension but will not completely resolve the headache because the other underlying causes are not being addressed. This

is why if your headaches persist or you're not sure what is causing your headache, you should see a qualified physician to determine which treatment is right for you.

**Important Note:** Since in a small number of cases severe headaches may be a warning sign of a more serious disorder such as very high blood pressure, stroke or even a tumor, you should see a doctor *immediately* if your headache occurs after physical exertion or if it is accompanied by a fever, confusion or difficulty speaking (especially following a blow to the head).

### **Q. Once My Trigger Points Are Gone Will New Ones Form?**

A. Effectively treated trigger points should not come back. However, it's important to remember that for some patients, it is a recurring problem and treatment will not prevent new ones from forming if lifestyle modifications are not initiated.

Therefore, to help prevent the formation of new trigger points, regular exercise including walking, jogging and bicycle riding has been found to decrease stress, which is often a source of muscle tension and trigger points.

Additionally, practicing good posture when sitting or walking can also prevent uneven muscle tone as well as the onset of muscle spasm and trigger points in the shoulder & neck muscles. Sitting improperly or slouching, for example in front of a computer terminal, can create muscle tension and shorten the muscles in your neck, triggering a muscle tension headache!

Here are also some other things you can do:

- Use a pillow that's not too thick to sleep on. If the pillow you are using is too thick you will strain your neck muscles while you sleep, which can lead to the formation of muscle tension/trigger points and precipitate a headache.
- Do not read in the lying down posture. This is clearly the worst position in which to read and can lead to straining of the neck and shoulder muscles.
- Avoid a hair-do in which your hair is tied up too tightly. This can lead to tense scalp muscles.
- If you feel stressed, try to relax and practice deep breathing exercises. Stress leads to increased muscle tension, especially in the shoulders, neck and jaw (tension in these areas can lead to a headache).
- When sitting at a desk or working on a computer, take frequent breaks to stretch your muscles. Never let cramps set in! If you feel you've been in one position for too long, get up and stretch your neck, back and shoulders. This will increase circulation, decrease muscle tension and eliminate muscular trigger points.
- Enjoy at least 8 hours of sleep per night. This will improve your overall health and vitality.
- Eat well and drink plenty of water. When muscles become dehydrated and don't receive the proper nutrition they become fatigued and can bring on a tension headache.
- Explore natural dietary supplements including magnesium. Research has shown that individuals who experience frequent headaches are likely to have low levels of magnesium.
- Keep a headache diary to track your tension headache "triggers" so you can determine if your headaches are becoming more frequent and/or severe!

Well, I hope you've found this report informative and educational, and that by reading it I was able to shed some new light on headaches and how *trigger point therapy* can help you once again live pain free. Well, I think I covered all there is to cover...

Wait a minute; I nearly forgot the most important question of them all.

That is...

## **Now That You Know Just About All There Is To Know About the Diagnosis and Treatment of Headaches, How Do You Go About Picking the Right Doctor?**

The answer to this question is simple and is based on 3 criteria...First, choose someone who has advanced training in the procedure you are interested in. Second, make sure the doctor you are considering has experience in performing this particular procedure. And last but definitely not least, choose a doctor you feel comfortable with.

So do your research!

You see, like anything in life, whether it is buying a car or shopping for a house, you must do your research. Choosing a doctor for the treatment of your headaches is no different. Therefore, you should do your homework and look for someone who has completed advanced training in the diagnosis and treatment of headaches and has experience in performing the specialized medical procedure discussed in this report.

### **Allow Me To Now Introduce Myself:**

My name is Dr. Demitri Adarmes and I am a physician practicing right here in town. My office is located at 4840 E. Indian School Rd, Suite 104; Phoenix, AZ 85018. In fact, my office is probably just a short walk or ride from your home.

In addition to general medicine, I also developed several non-surgical pain management programs for spine and joint pain that are helping local residents just like you once again live *pain free!*

You see, in this day and age you need to work with the right professional who is trained and experienced in the area in which you need help. That's why being "familiar" or "knowledgeable" about non-surgical pain management procedures such as trigger point therapy and its application in the treatment of headaches isn't even *close* to being enough. You need someone like myself who *specializes* in performing this technique and has the results to prove it!

In fact, over the years I've helped thousands of people, just like you, find a better way to make their headaches disappear!

So, as you can now see, I fit two of the three main criteria for choosing the right doctor. But as I mentioned earlier, advanced training and experience aren't the only important criteria. While these are important, you should also choose a doctor who you feel comfortable with, someone who listens to your concerns and is easy to talk to.

### **Here's What To Do Now...**

If you're interested in taking the next step and would like to explore your treatment options, pick up the phone now and call my office at **(480) 347 – 0941**. Let them know you received my special report on headaches and would like to schedule your consultation.

That's it. We'll take care of everything from there. But don't procrastinate! If you would like to do something about those annoying headaches make that call right now!

I look forward to meeting with you in the not so distant future and maybe I can help you like I've helped many other local residents *live headache free!*

So why not take the time, to find out if trigger point therapy is right for you? What have you got to lose?

Either way, I wish you good luck and good health!

Sincerely,

*Demitri A. Adarmes, M.D.*

*Board Certified in Internal Medicine*

*Board Certified in Physical Medicine and Rehabilitation*

P.S. Picture how your life will be in a few weeks if you decide to do something about those excruciating headaches *right now!* How many days of agony will it save you? Will you do a better job at work? Is there a chance you could be headache-free, and once again be a fun person to be around at home? Unfortunately we'll never know unless you take the next step. Call today for your headache evaluation!

P.P.S. If you are not quite ready to come in, feel free to give the special report to a friend or loved one who you feel may benefit from this information!

*The information provided in this report is meant as a general source of information only and should not be substituted for sound medical advice. If you are considering one of these procedures, you should consult further with a medical professional for complete information on the benefits and risks of all treatments described in this report.*

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