

Are headaches a way of life for you?

I know so many who actually live with daily headaches and really have no recourse but to take medication they would rather not take.

In my practice, I have found that headaches can be indicative of an underlying problem of uneven pelvic bones.

"How can uneven hips cause me headaches?", you say.

Actually it makes perfect sense once you understand. I would recommend you read the book I just finished, " Staying Flexible", to educate yourself.

In it I will teach you to evaluate and re-align your own pelvic bones. I will also teach you how to then carry that alignment to the rest of your spine...this will, in turn, alleviate the uneven "pull" in-to your head, which will definitely alleviate your headache.

My goal is to help people help themselves. Are you one of them?