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Medication: Not the only cure for headaches

Taking a handful of tablets each time you get a headache is merely one of the ways to treat the problem. Society has become so pre-occupied with their careers and metropolitan lifestyles that their health usually takes a back seat. This is the reason for medication being so popular, it is a quick fix to the pain and then one goes on their merry way. The underlying cause of the problem is not being treated.

The latest research was performed at the *Neurological and Psychiatric Science Department of University of Bari* in Italy. It examined laser-evoked potentials in chronic tension-type headache patients treated with two different approaches: Dr Shevel's Posture Modifying Appliance, which reduces muscular tenderness; and 10mg of amitriptyline administered daily.

According to Dr Shevel the Chairman of the International Headache Society's South African division "The results of the study found that both therapies were equally effective in reducing headache severity. The PMA however has none of the serious and long lasting side effects of the medication, which include upset stomach, vomiting, drowsiness, excessive sweating, and changes in appetite or weight.

"This should serve as a guideline to patients who want to have healthier alternatives to medication" explains Dr Shevel. Some alternatives to medication are physiotherapy, stretching exercises and changing your computer and driving posture.

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