

The Schuylkill Health Letter

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Volume 1
Issue 2

Natural Migraine Relief

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Headache Relief



Artificial Food
Coloring



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Coupons!



**Buddy A.
Touchinsky, D.C.**

One of my first cases from about five years ago was a woman in her 30s who came to see me about migraines. She suffered with severe migraines on and off for about 10 years. These weren't just your average headaches, but migraines that would put her out of commission for several hours. The day she saw me, she told me that she had a migraine for 15 straight days.

As a new chiropractor, I wasn't sure if I could help. However, I felt I owed it to her to give it a try. For 10 years, she followed special diets, took supplements, and at one time or another took every medication possible for migraines. She

hadn't tried a chiropractor, though.

After examining her, I didn't find anything unusual. The only thing I found was tension in the muscles and joints in the upper part of her neck. Generally, tension in the upper neck causes headaches, so it made sense.

I treated this patient by working the trigger points in the upper neck and base of the skull and adjusting her neck. The patient left that day and said she didn't notice much of a difference. That was a Friday.

On Monday, she came in for a follow-up. She said that an hour after leaving Friday, the headache went away and didn't come back. I saw the patient 6 more times over the next two weeks to ensure the area was straightened out.

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Bad Kids or Bad Food?



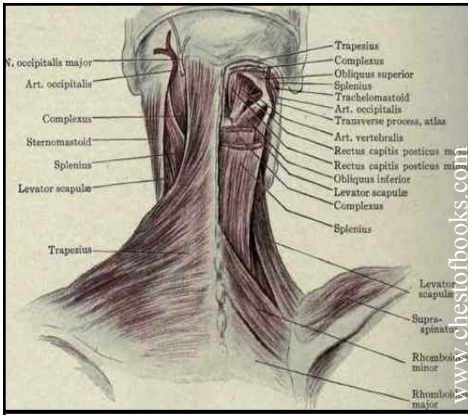
Health Desk

Summer seems like an appropriate time for an article on child behavior. After all, school is out, and the kids are home. All day. Every day. However, parents can use summer vacation to their advantage, especially when it comes to behavioral issues with their children. In the 1960s, Dr. Ben Feingold theorized that artificial food coloring and additives negatively affected child behavior. Since then, the Feingold Diet or Feingold Program has been used to determine which ingredients may trigger behavioral problems.

Since the kids are home and school lunches aren't an issue, it's the perfect time to try eliminating artificial food colors from their diet. That may not be as hard as it sounds. You can feed your kids more than just celery and lettuce. In fact, the Feingold Program doesn't even restrict specific types of food (meat, processed food, sugary foods), just artificial colors.

Several studies have been conducted on food dye and behavior. Feingold.org lists several abstracts on their website. The studies range from a few weeks to several months and small to large group sizes. One study, conducted in 2009 found that artificial food coloring worsened hyperactive symptoms in children diagnosed with hyperactivity and children without hyperactivity. In other words, even children

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Tight neck muscles can cause headaches.

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Fast forward to the current time. Over the past 5 years, I've seen her once every 3-4 months for maintenance adjustments to keep the upper area of her neck relaxed. In those 5 years, the patient called in only once with a migraine. Otherwise, she has been migraine free.

The patient is thankful that this worked, but I am even more thankful because it really gave me a lot of confidence in what I do.

In this case, the headaches were caused by chronic tension in the upper neck and

base of the skull. One of the muscles in this area actually attaches to the covering of the brain, the dura mater. By relaxing the joints and muscles, it helped relieve tension.

People often tell me that they have headaches, but they think I can't help. When I ask why, they say because it's caused by hormones, allergies, stress, or some other factor. What I have found is that headaches have multiple causes, and when you remove as many causes as possible, headaches improve. So, if you relieve tight muscles, the headaches may

not be as frequent or severe, even though allergies may still be an issue.

In the end, if you have headaches but haven't seen a chiropractor for care, it's worth a try. Best case scenario: in a few visits you're feeling great. Worse case scenario: it doesn't help and you're no worse off than before. I'd say that around seven or eight out of every 10 people have significant improvement with headaches in my practice.



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Buddy A. Touchinsky, D.C.

**Blue Mountain Family Chiropractic
570-366-2613**

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without a "disorder" can experience negative effects from food dye.

It's not just children either. Adults have also reported adverse reactions to food dye, which isn't that surprising considering how prevalent dyes and additives have become. Caffeine and sugar can give temporary bursts of energy to adults as well as children. With that in mind, it seems reasonable to conclude that food dye can affect adults in the same way it



Such pretty colors.

does children.

Despite the results of the studies, researchers still aren't sure why food dye affects behavior this way. But really, who cares? There are no nutritional benefits to food dye anyway, so why not cut it for a week or two just to see if it helps?

If nothing else, you'll at least be consuming fewer chemicals. Some artificial food dyes are derived from coal tar, which is a byproduct of coal processing. It can be used as fuel, sealant or topical treatment for psoriasis and dandruff. Does that sound like food? You probably won't find any recipes for coal tar soup or coal tar pie.

It seems strange to eat foods containing tar-based dye, especially when there are natural food colorings that are made from actual food. Turmeric, cabbage, beets and sugar can all be used to make dyes without changing the flavor of the food. Many of these dyes can be found in organic snacks and candy.

Eliminating artificial coloring from your diet might take a little bit of work at first. Be sure to check labels carefully, especially on non-food items like tooth-

paste. If you're looking to get more involved in the Feingold Program, feingold.org does have books available that list safe foods to eat. On the other hand, if you're just looking to try it out, reading the labels and eating as much fresh food as possible is the best way to go.

Maybe you'll see an improvement in your child's behavior or attention span. You might even find it easier to focus. Perhaps you'll be able to leave your house on the first try without having to go back for your keys or cell phone. Or none of those things will happen, but for a few weeks you'll be eating more real food, taking in more nutrition and fewer chemicals.

For information on pain relief, pain prevention and healthy eating, subscribe to Dr. Touchinsky's blog at: www.drtouchinsky.com

Upcoming Events

May 8

Bariatric Support Group
11 a.m.



May 18

Parents of Children with Autism
1 p.m.



May 31

Memorial Day
Store Closed



Event Info

All events are held in the waiting room at Blue Mountain Family Chiropractic. Admission is free, and seating is limited.

If you are interested in attending an event, call us at:

570-366-2620



Quick ~ Healthy ~ Delicious



Make Your Own Natural Food Dye

We're doing things a little differently this time. In the spirit of eliminating artificial colors, we'd like to give you a quick list of ideas for coloring icing.

- Yellow-1 tsp stale turmeric
- Pink-Use juice from 12-14 raspberries, fresh or frozen
- Green-Mash 1/2 small avocado
- Purple-Use juice from 14 blueberries and 12 blackberries
- There are several other foods you can make dye from as well, such as beet juice or carrots.

Source: www.ehow.com



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