

TREATMENT PROTOCOL

All of these **FATIGUE** conditions have extremely effective Natural Nutritional Treatment Regimens that are capable in both controlling symptoms, and in providing long term relief. Most importantly, actual healing occurs by supplying the proper nutrients to stimulate tissue recovery and regaining the normal homeostatic balance. A specific combination of Vitamins, Minerals, Enzymes, Herbs, and other Nutritional Extracts and Supplements, mixed with Diet and life-style changes, will optimize a rapid healing response when tailored to each individual's unique Functional Health Patterns. These conditions are easily improved with Nutritional Supplementation with results often beginning within 48 hours of treatment!

HEADACHES!!



Headaches are classic examples of health conditions that are difficult to diagnose and treat because there is often more than one problem or condition involved.

Headaches have Multiple Triggers such as chocolate, caffeine, alcohol, sulfites, sugar and others. The Convergence of more than one condition will cause a headache, while an individual problem may not. This explains why sometimes a trigger like chocolate can cause a headache (for example during a sinus episode), and other times will not.

THE MOST COMMON CAUSES OF HEADACHES INCLUDE THE FOLLOWING:

- 1) **SINUS CAUSED HEADACHES** - these headaches are caused by poor lymphatic drainage, which is triggered by allergies, a chronic infection, or too much mucous producing milk, dairy and fat in the diet.
- 2) **SUGAR HEADACHES** - caused by blood sugar levels going extremely low, which is called Hypoglycemia. These headaches are commonly triggered by dieting and skipping meals. They can be temporarily relieved by eating sweets such as candy and cake.

That, however, aggravates the Hypoglycemia and creates a greater need for sugar, and therefore more headaches- a vicious cycle.

3) **HORMONALLY BASED HEADACHES** - more common in women but possible in men. Hormonal headaches are often involved in the period cycle and are frequently a major part of cluster headaches.

4) **TOXIC HEADACHES** - also known as digestive headaches. These are caused by a poor diet that allows a build up of toxins in the digestive system, liver, colon and eventually in the blood stream.

5) **CERVICOGENIC OR NECK & SPINE CAUSED HEADACHES**- a pinched nerve in the cervical spine where it meets the base of the skull. The pain travels across the top of the head above the eye area. A large majority of headaches, if not completely caused by this condition include it as a large component.

6) **TMJ HEADACHES**- TemporoMandibular Jaw Joint Headaches are a structural problem involving an extremely nerve rich area. These problems are caused by sleep posture, stress, blows to the face, and dental problems.

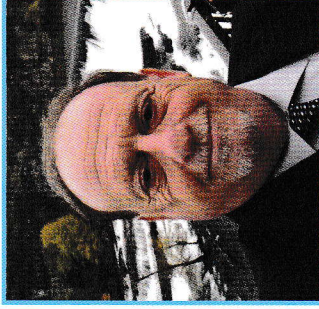
HEADACHES don't have to plague your life with constant pain. **Nutritional Care** can relieve these conditions with a safe and long lasting effect, with results often beginning within 48 hours of treatment!

DR HOWARD L. PALLAY NUTRITIONIST

Dr. Pallay brings 45 years of experience with his unique trademarked- "**FUNCTIONAL NUTRITIONAL ORGAN SYSTEM REBALANCING**" to assist in the healing of chronic conditions, as well as to optimize function and to prevent disease and degeneration.

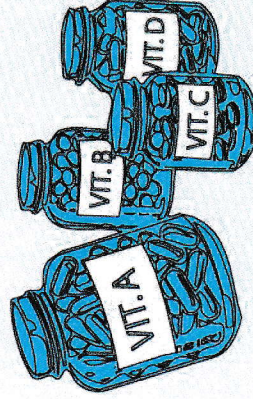
Dr Pallay has been on "**FOX GOODAY NY**" talking about Nutrition, on cable TV about Nutrition & **STRESS**, and was published in "**MADEMOISELLE MAGAZINE**" & "**SWEET 16 MAGAZINE**"- also on Nutrition. **FEEL BETTER NOW & PREVENT DISEASE LATER!**

DR HOWARD L. PALLAY NUTRITIONIST



- Why Can't I **LOSE WEIGHT?**
- Why am I always **TIRED?**
- Isn't There a Better Answer For My **HEADACHES?**
- Why am I Overwhelmed by **STRESS?**

(Answers Inside)



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