



No More Headaches

Headaches – Gone in 7 to 14 Days

**The Main Cause of Headaches Has
Been Discovered and a Technique
Developed to Correct It**

Do you want to eliminate the insecurity that comes from the constant fear of an impending headache and start experiencing the confidence and quality of life you deserve? Then, reading this entire e-book will be the most important step you will take to regaining your health.

I have some important questions for you.

- **Have you had a head trauma of any kind?**
- **How do these headaches relate to your life?**
- **Are you taking medication to mask the symptoms of your headaches?**
- **Are these medications causing adverse side effects yet?**
- **Do the headaches interfere with your ability to focus, concentrate, and perform your normal daily activities?**
- **Do you waste hours incapacitated in a dark room with your headache pounding and any light sends bolts of pain through your head?**
- **Do you have to force yourself to go to work even though you have a headache?**
- **Is your sex life on hold because of constant headaches?**
- **Have you been everywhere and done everything and still have your headaches?**

CAUSE OF HEADACHES

THE MAIN CAUSE OF HEADACHES IS IN THE HEAD. YEAH, NO KIDDING.

IT IS BECAUSE THE BONES IN THE SKULL HAVE BECOME MISALIGNED, USUALLY FROM TRAUMA, WHICH INTERFERES WITH THE BLOOD SUPPLY CEREBRAL SPINAL FLUID AND NERVE SUPPLY TO AND FROM THE BRAIN PRODUCING HEADACHES.

THE KEY TO ELIMINATING HEADACHES IS CORRECTING THE POSITION OF THE BONES IN THE SKULL WITH C.A.T.S. (CRANIAL ADJUSTING TURNER STYLE)

How Did You Discover C.A.T.S.?

Twenty two years ago one of my sons had a BMX racing accident. He got the handle bar of another racer in his helmet mouth piece and whipped his head around. He complained of an enormous headache and disorientation. There was a huge bruise on the side of head and as any Chiropractic father would do, I adjusted his atlas and C2 on the spot. When he came home from school the next day he said to me "Dad, I am afraid that there is something really wrong with me, the headache is still there and I can not read or remember anything. What is going on?"

Fortunately, I had heard of Dr. Karl Ferrari D.C. in New York who had developed Neuro Organization Technique and part of it dealt with learning difficulties. With the "What Ever It Takes" attitude of a concerned father I was on a plane to New York the next weekend. I learned how to adjust the sphenoid which is one of the bones in the skull. It took a few days of intense treatment with this new approach to completely get rid of my son's headache and 10 days of intense treatment to get my son back to normal in school.

The most important benefit that I learned was that I started using this technique on all my patients with headaches and learning difficulties and I was getting the same incredible results with all different kinds of headaches. I realized that the skulls on all these patients with headache were out of place and that's what was causing the headaches.

I also started to adjust other children with learning difficulties and got the same miraculous results as I did with my son. The parents of these children would ask me "can you help my other child who has ADD." Then all kinds of other special needs children showed up at our office. One day I was asked, "Can you help Autism?" My reply was, "We never know how much improvement will occur in these children, but we do know that they will be much better off with their head in proper position. It is safe and it will not hurt them. We would certainly appreciate the opportunity to see how much we can help."

With the first cranial adjustment to our first Autistic patient the uncontrollable, inconsolable crying stopped. This was a tremendous relief to the parents and the rest of the family. By three weeks of treatment, the 7 years old child had gained control of his bowel functions and stopped wearing diapers.

The mother was so impressed with the results she invited us to lecture to her Autism group of the parents of 16 Autistic children. They all become patients and this is where we had our first complete reversal.

Then Chiropractors were bringing their children to our clinic and would ask, "When are you going to start teaching this amazing technique?" The technique was refined and expanded with each new challenging case to the point where it was ready to teach others, so we can now help many more of these special needs children. C.A.T.S. has been taught exclusively to over 700 Chiropractors.

There are 587,000 severely Autistic children in the USA and 60,000 in Canada. We need more Chiropractors who are trained in this important discovery C.A.T.S. to help the patients with headaches who are not responding to their treatment protocols and help the special needs children lead more normal lives. If you would like your current Chiropractor to learn the technique you may refer them to www.catsworkshop.com for training.

It is not your fault that no one directed you to look to the head for the cause of your headaches. It does not have to be this way. The headaches do not have to continue, there is help available for you.

All you probably want is a normal life, to experience "Ordinary joys and accomplishments" To do the things everyone else takes for granted such as: wakin up in the morning refreshed and clear headed, have your memory work properly, to be creative and able to come up with new ideas, to have precision in thought and

action, to be able to exercise on a regular and intensive basis and to be able to participate in social and sexual relations without headache pain. Do you want to have your life back to normal and be able to sleep at night without the constant uncontrollable fear of having a headache? Do you just want to know that you are going to be OK?

Would achievements like this be monumental for you?

We can tell you in 45 minutes consultation and examination if our proven technique will help your headaches and if it will be possible for you to regain a normal lifestyle and quality of life. Possibly you could be our next miracle recovery.

Ten things you can do to help with your treatment protocol to correct headaches.

1. Identify the toxins in your life/diet and systematically start to totally eliminate them.
Examples: coffee, chocolate, sugar, hydrocarbons (magic markers), chemical fumes (paint fumes, cleaning products, exhaust fumes, nail polish, cosmetics), alcohol in excess and ice cream. Then there is the huge category of “Junk Food”. This includes nutrient deficient, mass produced, synthetic, chemically rich and highly preserved foods mostly available at drive through restaurants and convenience stores. If I need to give you a list then there is some serious homework required.
2. Get 7 to 8 hours sleep in the proper position. The best positions for sleeping are on your back with one small pillow or on your side with a larger or folded pillow to support the head and neck in a straight line.
3. Start exercising. The fitter you are the easier it is to do almost everything. I the beginning it may be difficult to do much of any exercise, but the first benefit of exercise is more energy. Even if you all you can do is just flex each and everyone of your muscle every day, that is a good start. If you can't exercise at all, then it is necessary for you to have a massage on a regular basis.
4. Increase your activity level and decrease mindless, continuous TV watching.
5. Read, listen to, or watch motivating uplifting material. Establish a new ritual of being positive and looking for the best in people places and things.
6. Establish some goals that you will pursue as you get your health and vitality back and decide what you are going to do with your new quality of life.
7. Change the name of how you refer to the condition from “MY HEADACHES’ to “THE HEADACHES I USED TO HAVE.”

8. Think of the headaches as a minor inconvenience and get on with your life.
9. Change your conception of stress to by using the word challenge. You always rise to and overcome challenges, right?
10. Take the highest quality supplements to help build healthy cells. There are special nutrients that we recommend that actually help the body to communicate cell to cell, help produce new nerve cells and another one that helps the body to produce more of it's own glutathione which boosts the immune system.

What is it like to have constant severe headache? Are you experiencing any of these?

- I am afraid to be too happy, any action or emotion can trigger a headache
- I am just there almost numb, just doing the minimum to get through my day unable to deal with anything that isn't necessary
- I feel like I am losing control of my life. I do not have enough ambition to deal with it
- The creeping feeling of desperation haunts me. I just want to go to bed and escape. But when I do, I can not sleep. I wake up unrefreshed, dreading what the day will bring. This is not a life worth living. I drag myself out of bed with hardly the energy to brush my teeth
- Have you been prescribed medication for your headaches and are you worried about that?
- **Would you like to do it differently?**

Who doesn't need the programme?

- If your headaches are serving you and getting you the attention that you otherwise would not receive.
- If you do not experience headaches
- If you are not willing to try new things
- You do not usually follow through with change

Who really needs it? People with:

- Migraines
- Cluster Headaches
- Sinus Headaches
- Tension Headaches
- Stress Headaches
- Ordinary Morning Headaches
- Or someone you know and/or love who has not been able to correct the cause of their headaches
- If you would like to experience life without headaches

Why should you do this?

- Clinical research shows that most headaches are related to cranial traumas
- There are 1000 Chiropractors that can perform this technique world wide
- Dr. Turner is the Chiropractor to the Chiropractors who still have health issues because the skull was never addressed. He has personally adjusted over 4,000 Chiropractors in the last few years
- After 40 years of research and consultations with Chiropractors, teachers, health consultants, technique experts, scientists and most importantly the people with headaches I'm pleased to say that I have figured it out. I would like to share my discoveries with you
- Are you ready to take control of your health and willing to move in the directions that will help you make the necessary corrections to achieve a better quality of life?
- I have just put the finishing touches on our headache protocol to give you the tools necessary to turn your condition around
- You may experience changes you never thought possible
- I will explain some profound concepts to you that have taken me years to research develop and formulate
- I have put it into a simple format for you to understand and most importantly, easy for you to implement
- You are going to learn some of the secrets and strategies that produce results previously thought of as unattainable
- We are going to focus on the critical cause of your headaches and set the foundation for continued long term results.
- In the last year I have developed what I think are some of the best strategies, ideas, concepts and techniques available any where to help you with headaches.
- This is a place where it is all put together for you. You are coached in the natural methods of staying healthy.
- This technique also helps you to hold your cervical adjustments much better.
- If you feel that you can do more for your family.
- If you're current treatment protocol is not working for you.
- Think there is an answer out there.
- Feel that you are almost here but there is something missing.
- If you feel that you have run out of answers in your current fields of expertise.

Benefits

- Imagine life without headaches
- Increased energy
- Improved ability to concentrate and focus on the task in front of you
- Major production increases
- Resumption of a normal sex life
- Able to exercise on a regular and intense basis
- Return of your creativity
- Able to set new goals for the future with the confidence that you will be able to achieve them
- Renewed zest for life
- No longer irritable and argumentative
- Return of the desire to socialize with friends and relatives.

What is different about our services?

- We correct the cause of your headaches not just mask the symptoms
- There aren't any long term adverse side effects
- Very cost efficient. What is it worth to not have the headaches? Most say hundreds of thousands of dollars
- We address the misalignments in your skull
- Fast, in some cases, immediate results
- No more drugs causing short term drowsiness and decreased productivity
- The treatments do not take a long time
- Results are usually immediate, so you do not have to spend a lot of time or money to see if it will work for you
- This technique is only available from Chiropractors
- The technique was perfected to help my son
- We accept the toughest cases and many are referred by other health practitioners

Here is what you are going to get.

1. Free video on a particularly difficult headache case study
2. Free E-book on the causes and corrections of headaches
3. Either a referral to a C.A.T.S. Chiropractor near you
4. Or an appointment with Dr. Turner at his clinic

Resolution, Could it really be possible?

You have two choices: This is how it could work for you to get the best results with those headaches you used to get.

1. We can refer you to one of the 1000 Chiropractor nearest you that has been trained in the C.A.T.S. method and they would be happy to help you.

2. OR you can come to the Turner Wellness Centre at the C.A.T.S. headquarters in Toronto and nearby Barrie for assessment and possible treatment by the developer of the technique Dr. Roger L. Turner DC.

Whether you do it close to home or you prefer to come to the headquarters and have Dr. Turner handle your case, an intensive protocol is highly recommended as the way to get the best and lasting results.

Each office would recommend an intensive treatment protocol that is suitable for both yours and the doctor's schedules.

At the Turner Wellness Centre at C.A.T.S. headquarters a 3-day or 6-day protocol gets the best results:

- The clinic is open for international clientele on Tuesday, Wednesday and Thursday. This enables us to work on you on an intensive basis for three days a week and allows you 4 days of rest and healing if a second week is necessary.
- The easy to answer thorough series of questions are in the history forms which address all the possible causative factors.
- An emphasis is put on concentrating on what has been missed in previous treatments and why they didn't get the results you desired.
- The personal consultation pays careful attention to you and listens to your concerns and personal observations and helps us determine what has been missed.
- An examination will be done, with your permission, to identify the areas of concern and the possible causes identified.
- If we can help, it usually can be determined at this point and a intense treatment protocol established.
- The best results are achieved with a schedule of 5 adjustment sessions a day for 3 days and the 4 days of rest then another 3 days of intense treatment if it is necessary.
- You will return home at his point with instructions as to how to best maintain the corrections and where possible a referral to a C.A.T.S. practitioner near you for the maintenance part of the protocol.

Investment: Price vs Cost

Price

The initial history, consultation and examination is	\$160.
The treatment visits are	\$ 55.
The first week would be \$160. plus 15 treatments @ \$55 =	\$980.
The next additional week if necessary is 15 x \$55. =	\$825.

Even if you can do the full investment, a payment plan is available of 3 equal monthly payments of \$625.

Cost

What is it costing you in decrease productivity and deteriorating quality of life?

What is the cost in lost opportunities?

What is the cost of lost relationships?

What is the cost to your body of taking chemicals to mask the pain?

When do you pay for this?

These costs will not stop if the headaches continue.

My responsibility

- That you will receive the utmost attention to detail
- That you will get the latest scientific knowledge available to date
- We will provide the best possible Chiropractic Care available. I have spent 10's of thousands of hours in additional study since graduation. Taken 100's of post graduate seminars and endeavored to stay up with the advancements in the health field. I have also developed my own technique that is revolutionizing the way Chiropractors help their patients
- I extend my knowledge and understanding of health matters to you and your family. I will consciously and artistically deliver my services with constant and never-ending improvement

Do you want to realize your dream of a headache free life style?

Do you have any questions ask Dr.T at drt@turnerwellness.com

Are you ready to decide?

Contact the clinic for appointments or referrals. 1-705-735-6999

Remember the benefits

- **No more headaches**
- **Fast result**
- **Easy to follow maintenance programme**
- **Improved quality of life**
- **More energy**
- **Increased productivity**

Case studies

1. We were taught in college not to treat our own families. I never agreed with that and my family members insist that I am the one treating them. Here are a couple of personal stories.

My mother reminded me today when I was visiting her that she has not had any of the nagging headaches she used to have since I adjusted her when I was still in Chiropractic College 35 years ago.

2. **My first patient** as an intern was the mother of my next door neighbor. She had headaches every day for 17 years. With her series of adjustments the headaches disappeared, and so did she. Meaning, she moved away. She returned to the office 17 years later just to tell me she had not had another headache.
3. **My wife** proofread this letter and she said “stop for a moment, what about my story”. She was in a single-car accident where she was thrown out of the passenger door as the vehicle turned a corner at 50 mph. She slid down the pavement on her face. She was unconscious for several minutes. The all over headaches that followed were constant and severe. She has lost partial hearing in her left ear and she has a permanent scar on her face that shows up when she gets excited. She was taking a large bottle of painkillers weekly to get through her day. She changed from a very happy person, full of laughter to being angry, exhausted and irritated from the drain of the constant pain. She had been suffering from the headaches for 10 years when we met. She was a nurse and unfortunately had no knowledge about Chiropractic. No one had told her that Chiropractic could help her with the headaches.

When she tells her story to patients she always says “My first adjustment changed my life” the headaches disappeared, the high blood pressure returned to normal and that happy laughing person returned. Do you think this is why she married me? She reminded me to emphasize that it was because she didn’t know about Chiropractic that she suffered unnecessarily for 10 years.

I put these personal stories in here to let you know this is not a fad but something I have done not only for patients but also for my family for a long time. Today, the technique has been researched, refined and expanded tremendously and has been taught to over 700 Chiropractors world wide.

Case study

Migraine Headaches of 43 Years, Corrected by Revolutionary Cranial Adjusting Technique

A 69-year-old woman from Hamilton, Ont., drove three hours to our Barrie office desperately searching for a last stop solution for debilitating migraine headaches she'd been suffering with everyday for 43 years.

She had “Been everywhere and tried everything”, including many different Chiropractic techniques, acupuncture, massage, shiatsu, hypnosis, and vitamins with out any results.

She had tried many kinds of drugs, which did not help at all. Frustrated, she dragged herself from the couch to her bed looking for a moment’s relief from her nightmare existence.

She also reported profuse sweating, difficulty sleeping, memory loss, irritability, low libido, poor concentration and extreme fatigue.

Examination revealed several cervical subluxations, decreased cervical range of motion, loss of deep tendon reflexes and muscle tension in the trapezius and sub-occipital regions.

Why Had No One Been Able to Help This Woman?

I discovered the answer when I examined her skull for misalignments and also uncovered in her history the bizarre incident that precipitated her problem. She had suffered a head injury during surgery 43 years ago when she fell off the operating table and hit her head on the floor.

The following, *in italics*, is the technical terms for the bones in the skull that were out of place. *The frontal bone had been pushed posterior and was overlapping the parietal bones. The major misalignment that was causing the migraine headaches in her right temporal area was the right lateral displacement of the sphenoid bone. The sub-occipital region was also indented on the left side and protruded on the right, causing an imbalance in sub-occipital muscle tension.*

Previously, when she had the atlas adjusted, unfortunately that caused more pain that often lasted for days

More technical jargon follows, *in italics*, about the misaligned bones in the neck. *The atlas was jammed up under the occiput.*

The X-ray examination confirmed the cervical subluxations. C2 had a posterior rotation of 13 mm. C1 was displaced laterally to the right. Phase II degeneration was evident at the C5 to C6 and C6 to C7 levels. The atlas was tipped posterior/inferior and was up against the occiput.

Treatment

The technical description, *in italics*, of the treatment means I corrected the position of the skull and neck. *I used a special Cranial Adjusting Turner Style (C.A.T.S.) technique to release the occipital muscle tension and then got a good release on the jammed atlas/occiput. This enabled me to adjust the atlas laterally that had been stuck up under the occiput. I managed to realign the overlapping frontal bones. Lastly, I adjusted the laterality of the sphenoid.*

She got up from the table in tears of joy and hugged her husband saying; "I can't believe it, the headache is finally gone for the first time in 43 years."

Case Study

44 Years of Headache Misery Gone In 10 Miraculous Treatments

You Tube video - Headaches Gone in Days

Gary McFarland, a 56-year-old executive male came into our Chiropractic office with headaches and a TMJ issues that he has had constantly for 44 years. He was hit on the front of the head by a flying log at the age of 12 in a serious farm accident, which caused both cranial and spinal injuries.

He has been everywhere and tried everything: Medical doctors, Dentists, Physiotherapists, Acupuncturists, Naturopaths, Masseuses and Chiropractors. None were able to attain any permanent relief. His health was progressively getting worse and approaching total disability. The strongest medications would not help and only a triple Scotch provided temporarily relief.

Previous cervical adjustments produced a great deal of pain and caused the neck to go into spasm, this made him defensive and difficult to adjust. Low force/n force/instrument techniques did not make any difference either. He did not receive even the slightest degree of improvement from any of his attempts to get well. Extremely frustrated, he went from Chiropractor to Medical doctor and back to many another Chiropractors.

Solution:

A Chiropractor referred him to the C.A.T.S. (Cranial Adjusting) Headquarters in Toronto. 1-416-534-8971

Examination /Diagnosis:

*This revealed multiple cranial misalignments of the Frontal, Sphenoid and an Occipital that was impinging on a grossly subluxated Atlas/Axis. Meaning his neck and skull were grossly out of place. **Why had no one had ever examined his head???***

Treatment:

An intense treatment schedule of C.A.T.S. cranial adjustments corrected the visible indents in his forehead and a lift of the Occiput off the Atlas, enabled an easy Atlas/Axis adjustment. Meaning, his skull and neck were corrected.

Results:

First Day (5 adjustments): There was a 99% relief of the headaches and TMJ pain and a remarkable improvement in vision with the first adjustments. The tension in the neck subsided, range of motion in the cervicals increased, brain fog was lifted and an increased ability to concentrate was appreciated.

Second Day - 1 week later (5 more adjustments): He achieved a 100% relief of headache symptoms. His vision improved to such an extent that his eye exam revealed improved vision in both eyes. His ability to conduct his business activities improved tremendously.

Life Changing Results: He has not had any headache or any TMJ discomfort since treatments began. The quality of his life has improved dramatically. He is off all drugs and Scotch and he tells every one he meets about his new, greatly improved, quality of life. He recorded the report of findings, X-ray report and the adjustment so he could show everyone he meets exactly what has happened.

End Results:

He has a new lease on life, a revitalized zest for his business and a rekindled relationship at home. No more pain, which has made such a difference in his life. He is no longer dragging himself through the day, experiencing “stroke like symptoms and then collapsing into bed at night, exhausted from all the pains.

There have been multiple local and international referrals as a result of the showing of the video. The video is also available on YouTube - “[Headaches Gone in 2 Days](#)” <http://youtu.be/zKQKhMYqLmk>.

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International lecturer and professional speaker
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