



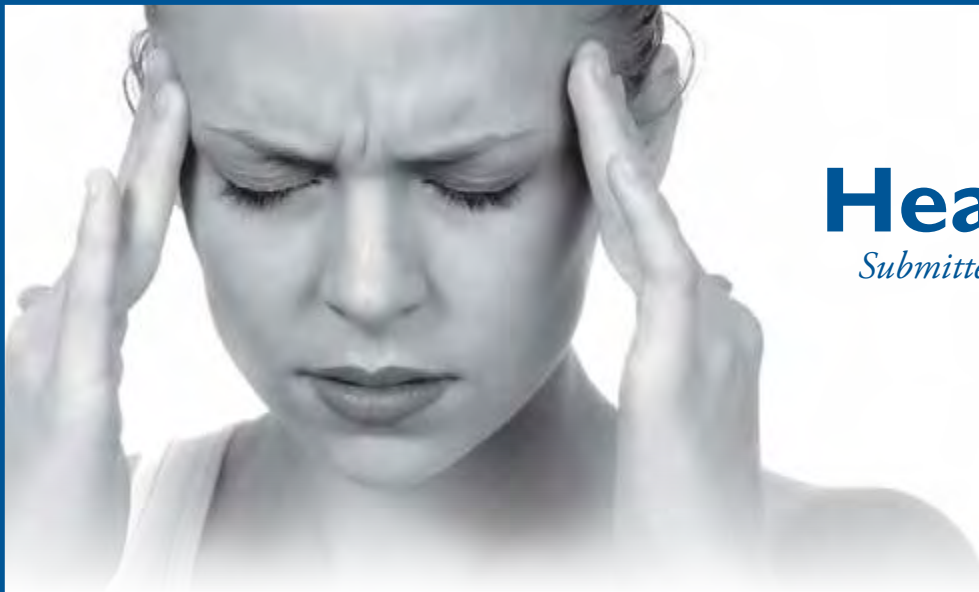
Brook Meadows Messenger

The Official Publication of the Brook Meadows Homeowner's Association

Volume 8, Number 2

www.brookmeadows.org

February 2013



Headaches

Submitted by Dr. Jeff Echols

I've been treating headaches for over 25 years and I believe they are very misunderstood by the general public.

It's only human nature to have a reason for why something is occurring, so when people get a headache they usually try to determine the reason for their headache. Some of the reasons I hear are quite amusing. "My husband gives me a headache, ...my boss, ...my kids." "I sit at a computer all day and THAT is the reason I have a headache." Sometimes people think that headaches are just normal and everyone gets them. I can assure you that headaches are not normal. Headaches are a sign that there is something wrong. Just like all symptoms are signs that something is wrong.

Headaches can be caused by a lot of different things. They can be caused by exotic and dangerous things like a brain tumor, but more often they are caused by common things. The most common reason is pressure on the nerves of the neck that radiate back into the head. When the bones of the spine are misaligned it will put pressure on the delicate nerves that exit the spine. This will in turn cause the muscles of the neck and shoulders to become

tight and develop knots in them. You can actually reach up and feel the knots in your muscles. These knots are not normal and are a sign of spinal misalignment and soft tissue damage. Once the spinal misalignments are corrected the muscles relax more and the headaches are gone. Just for fun, I sometimes ask a headache patient when was the last they had a headache, once they have had their spine corrected. They will usually say something like "Gosh I haven't had a headache in months". I will ask them if they got divorced and they will look at me funny and say "NO, why?" You said your husband was the cause of your headaches! "Oh I guess I was wrong!"

So headaches are not normal, but are very common. They're usually caused by nerve pressure built up in the neck which causes tight muscles in the neck and shoulders. They can usually be corrected with gentle chiropractic therapy. You should get this checked even if the headaches are mild because if the bones of the spine are misaligned it will cause arthritic changes to form in the bones of the spine which will limit your ability to move and bend as well as other difficulties. Be proactive about your health.

Brook Meadows

ASSOCIATION INFO

Brook Meadows
Homeowners Association, Inc.
PO Box 492 • Colleyville, TX 76034

Brook Meadows Directors: directors@brookmeadows.org
Please visit our website often: www.BrookMeadows.org

2012 Board of Directors

President - Mic Deakin 817-399-9885
Vice President - Walter Aue 817-300-3718
Treasurer - Roger Poirier 817-684-0419
Secretary - Sally Wheeler 817-PHONE
At Large Member - Rich Schreder 817-545-7753
Newsletter Editor
Shelley Haaker shelley.haaker@staples.com

NEWSLETTER INFO

PUBLISHER

Peel, Inc. www.PEELinc.com, 512-263-9181
Advertising advertising@PEELinc.com, 512-263-9181

ADVERTISING INFORMATION

Please support the businesses that advertise in the Brook Meadows Community Newsletter. Their advertising dollars make it possible for all Brook Meadows residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact our sales office at 1-888-687-66444 or advertising@PEELinc.com. The advertising deadline is the 20th of each month for the following month's newsletter.

At no time will any source be allowed to use the Brook Meadows Community Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from the Brook Meadows Association and Peel, Inc. The information in the newsletter is exclusively for the private use of Brook Meadows residents only.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

*The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

Spring Patio Party

Do you enjoy spending the evening outside with friends? Are you looking forward to the Spring Patio Party? We are too, now all we need is a Volunteer Host. You pick the day, the time and we will put the word out via newsletter, email blasts and a flyer. Contact Rich Schreder if you are interested, schrederrich@tx.rr.com or call 817-5457753.



The most entertainment. Now at the best price.

Ask about packages
starting at \$29⁹⁹.
CALL TODAY.



CALL NOW AND SAVE AN ADDITIONAL \$10/MO
1-888-799-0512

Authorized DIRECTV Dealer

Pricing subject to change at any time. Hardware and programming available separately. ©2012 DIRECTV Inc. DIRECTV and the Cyclone Design Logo are registered trademarks

IMPORTANT DATES

FEBRUARY 26

LAST TUESDAY - 6:30 PM - LA BISTRO Italian Restaurant,
722 Grapevine Highway, Hurst

MARCH 26

LAST TUESDAY - 6:30 PM - TRIBECA American Bistro &
Lounge - 62 Main Street, Suite 200, Colleyville, TX 76034

MARCH/APRIL

TBD SPRING PATIO PARTY - Volunteer Host needed -
contact Rich Schreder if interested - schrederrich@tx.rr.com
or call 817-545-7753

**Not receiving the BMHA e-mail blasts? Try these two steps.
TO VOLUNTEER, CONTACT**

DIRECTORS@BROOKMEADOWS.ORG

1. In your email account set up, make both directors@
brookmeadows.org and social@brookmeadows.org as approved
senders.

2. Go to www.brookmeadows.org home page and fill out the
"E-MAIL ADDRESS - CLICK HERE" link.

SUDOKU

View answers online at www.peelinc.com

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 2 | | 7 | | | | |
| | | 4 | 1 | | | | | 7 |
| 1 | | 5 | | | | | | |
| | | | 9 | 5 | | | 6 | |
| 4 | 1 | 7 | | | 6 | | | |
| | | | | 8 | | | | |
| 5 | | 8 | | | | | | 2 |
| | 2 | | | 9 | | | 3 | 8 |
| | 9 | | 6 | | | 5 | | |

© 2006, Feature Exchange

The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

Follow the Path to Healthy Living

Unique personalized treatment for
everything from chronic infection to
cancer delivered in a compassionate
family-centered environment

*Come and meet us February 27, 2013
from 12:00—1:00 p.m.
for a FREE LUNCH to learn more
about managing Diabetes*



Constantine A. Kotsanis, MD
2260 Pool Road * Grapevine, Texas
817-491-6342
www.kotsanisinstitute.com



PEEL, INC.

308 Meadowlark St.
Lakeway, TX 78734-4717

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

BM

TARGET YOUR
CUSTOMERS



PEEL, INC.
community newsletters

www.peelinc.com
512.263.9181