



# Chiropractic Care Helps Chronic Headaches and Migraines

...and Changes Lives!

**M**any health problems brought me to a man who's made a real difference in an important ministry," says Gary Hill, Pastor of Administration at Sugar Creek Baptist Church. "When I was five years old, I was bouncing on my bed. I tried to do a flip, landed on my head, and spent two weeks in traction. Every since then I've suffered from headaches. Until my early twenties, I treated them with over-the-counter medication. Eventually they got so bad that I began taking prescription pain medication. I had two or three migraine-strength headaches per week and the medication didn't fully control the pain. Each headache could last fourteen to twenty hours and was absolutely debilitating. I tried Botox, I saw a Nerve Specialist, but nothing helped."

"A couple of years ago I was at the National Day of Prayer in Sugar Land. Dr. Steve Harris stood up to pray on behalf of the business community. I saw in the printed program that he was a chiropractor...and a little voice told me to contact him. I really believe God put us together...not merely as a solution to my own pain, but for a higher purpose revealed later."

"At my first visit, Dr. Harris found places in my neck and spine that had deteriorated. I accepted Dr. Harris' full recommendations, and before I was even halfway through I felt a difference! Now I've gone from two to three debilitating headaches per week to one easily-controlled headache every five to six weeks. When I feel it coming on, I take a pain pill and knock it right out. The medications I took for all those years only masked the real issues and barely held the pain at bay. Dr. Harris and his chiropractic techniques got to the root of the problem. Now I see him periodically for a tune-up."

"I'm so thankful the Lord tapped me on the shoulder and told me to go see

Dr. Harris. Because of that impulse, phenomenal things have been happening through the prison ministry, the Heart of Texas Foundation. Through this foundation, a 4-year fully accredited Seminary has been established in the maximum security Darrington Prison in Rosharon, similar to a successful program in the Angola Prison in Louisiana. When Dr. Harris heard about the prison ministry, he dedicated his prayer, his time, and his resources to making a difference in the lives of others!"

Changing lives through physical pain relief is at the core of the chiropractic profession, but Dr. Harris is just as passionate about changing spiritual lives. He took a tour of Angola and saw firsthand the moral rehabilitation that has brought about a dramatic reduction in violence at that facility. He says, "I and my fellow Sugar Land business owners and members of the Sugar Land Rotary Club returned convinced of the genuine changes made with these inmates. Miracles do happen, when people work to help others."

[www.heartoftexasfoundation.org](http://www.heartoftexasfoundation.org)



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