

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.

The Forum

NEWSLETTER INFO

NEWSLETTER

Editorforestcreek@peelinc.com

NEWSLETTER 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 Forum. Their advertising dollars make it possible for all Forest Creek residents to receive the monthly newsletter at no charge. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or advertising@PEELinc.com. The advertising deadline is the 8th of each month for the following month's newsletter.

Round Rock New Neighbors

Round Rock New Neighbors is a local organization of women for neighbors new or "old" (been here awhile) from Round Rock and surrounding areas.

We hold monthly luncheons with a program and a speaker, have many "interest groups" and activities, and also do community outreach.

Come join us and meet new friends and enjoy our activities.

Check out our website at www.rrnewneighbors.org or call Peggy Newman at 388-4698.



GO GREEN
GO PAPERLESS

Sign up to
get this
newsletter
in your
inbox! Visit
peelinc.com
for details.



- * Repaints -
Interior, exterior, and much more
- * Free on-site estimates
- * Established company for 17 years
- * BBB member
- * Painting, staining, and popcorn ceiling removal

**Please contact Robby Chapman at
512-632-5990 with D&W Painting, Inc.
or by email - robby@dwpainting.com**

**We look forward to helping you
create your perfect home!**



Forest Creek Animal Hospital

*Clifford H. Peck, D.V.M.
Amber Breclaw, D.V.M.
Lisa LaBry, D.V.M.
Amy Kunze, D.V.M.*

*2715 Red Bud Lane
Round Rock, TX 78664
512.238.PETS [7387]
www.forestcreekvet.com*

- Full Service Animal Hospital
- Boarding
- Grooming
- Vaccines
- Surgical facilities
- Dentals and other preventative care

*Monday-Friday 7-7
Saturday 8-12*

CHEERS FOR CHILDREN

Wine, Bourbon and Food Tasting

February 23, 2013 | 6:30pm – ?

At Roger Beasley Maserati of Austin | 12925 Pond Springs Road, 78729

Benefiting Dell Children's Medical Center

Northwest Austin Circle of Friends presents our 14th Annual CHEERS for Children event benefiting Dell Children's Medical Center of Central Texas. This exciting event, a premier wine, bourbon, and food tasting, will be held Saturday, February 23, 2013. You are invited to join us for an exciting evening filled with premier wines, select bourbons, delicious cuisine from local restaurants, great live music, and a variety of fun and games - all included in the ticket price - as well as live and silent auctions with uniquely tempting items. And, held at a new venue this year, the Roger Beasley Maserati showroom in Northwest Austin is sure to add an extra level of excitement!

All funds raised benefit Dell Children's Medical Center and The Texas Child Study Center Endowment. Additionally, proceeds are 100% matched by a generous donor!

Tickets are available online for a discount until Feb. 21 or can be purchased at the door. For more information go to DellChildrensCircleofFriends.org (listed under "upcoming events"). Or contact Karen Peoples, Chairman NWA COF, at klpeoples@austin.rr.com or (512) 563-2927.

The Texas Child Study Center, the mental health program at DCMC, is a collaboration between Dell Children's and The University of Texas which treats children and adolescents with emotional, developmental and behavioral challenges. With your support, this facility will develop disease-specific evaluative and interventional programs to address disorders such as eating and anxiety, as well as attention deficit hyperactivity disorder (ADHD), autism, depression, and other mental health issues.

Why choose Primrose? Just ask a mom.

"Primrose taught my son things that are just being taught in kindergarten, but he knew them already - letter sounds, counting, math, addition, subtraction."

— Joseph's Mom, Primrose Parent

Primrose School of Round Rock at Forest Creek

3313 Forest Creek Drive
Round Rock, TX 78664

512.828.5777

primroserratforestcreek.com

*Educational Child Care for Infants through
Private Kindergarten and After School*



Each Primrose School is a privately owned and operated franchise. Primrose, Primrose Schools, and The Leader in Educational Child Care are trademarks of Primrose School Franchising Company. ©2011 Primrose School Franchising Company. All rights reserved.

**Enroll today and receive
two weeks tuition credit!**



Primrose Schools®

The Leader in Educational Child Care®

Heart Healthy Lifestyles

By: Concentra Urgent Care

Approximately every 60 seconds, an American will die from a coronary event. According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. And most of these problems are self-created by poor lifestyle choices.

WHAT CAN YOU DO TO LIVE HEART HEALTHY? THE AHA RECOMMENDS:

- Eating a healthy diet
- Lean, skinless meats and poultry
- Fat-free, 1% fat, and low-fat dairy products
- Avoid foods containing partially hydrogenated vegetable oil or added sugars
- Avoid foods high in dietary cholesterol
- Prepare foods without added salt, saturated fat, and trans fat
- Exercising regularly
- 20-to-60 minutes per day, 3-to-5 times per week
- Avoiding tobacco products and tobacco smoke
- Limiting your alcohol intake
 - Women: 1 drink per day (maximum)
 - Men: 2 drinks per day (maximum)

In addition to poor lifestyle choices, heredity plays a factor in heart

disease, too. It is therefore important to know your family history to help identify familial risk factors and help prevent the development of certain familial illnesses.

WHAT SHOULD BE INCLUDED IN A FAMILY HISTORY?

- Any known congenital or hereditary disorders
- Major illnesses
- Chronic ailments or risk factors
- Smoking
- Obesity
- Alcohol problems
- The cause and age of death of any deceased relatives
- Childhood conditions
- Major illnesses
- Vaccinations
- Surgeries
- Treatments, especially those involving radiation

For more information on living a heart healthy lifestyle, you can contact your health care provider or visit the American Heart Association's Web site at www.AmericanHeart.org.



EDUCATIONAL EXCELLENCE AT EVERY AGE
We are very proud to provide the most innovative facility and effective educational programs for children 6 weeks through 12 years of age.

Registration fee ~~waived~~ upon new enrollment

SACS accredited curriculum	Low student to teacher ratio
Internet viewing	Math & Science Small Groups
All nutritional meals provided	Ninety-five percent of our meals are made from scratch by our Le Cordon Bleu chef!
Music N' Movement	Vegetarian menu option available.
Spanish	We are a park and nut free school!
Smartboard	
Health & Fitness	

Expires February 28th, 2013
Please call or come in for a tour!
(512) 248-2178

1455 Red Bud Lane www.kidsrkidsroundroundroch.com



EIGHT GLASSES PER DAY IS ONLY GOOD IF YOUR WATER IS TOO

FREE Installation
Receive FREE basic installation of a Culligan® Drinking Water System
Dealer participation may vary. Not valid with other offers. Expires 3/31/2013. ©2012 Culligan International Company.

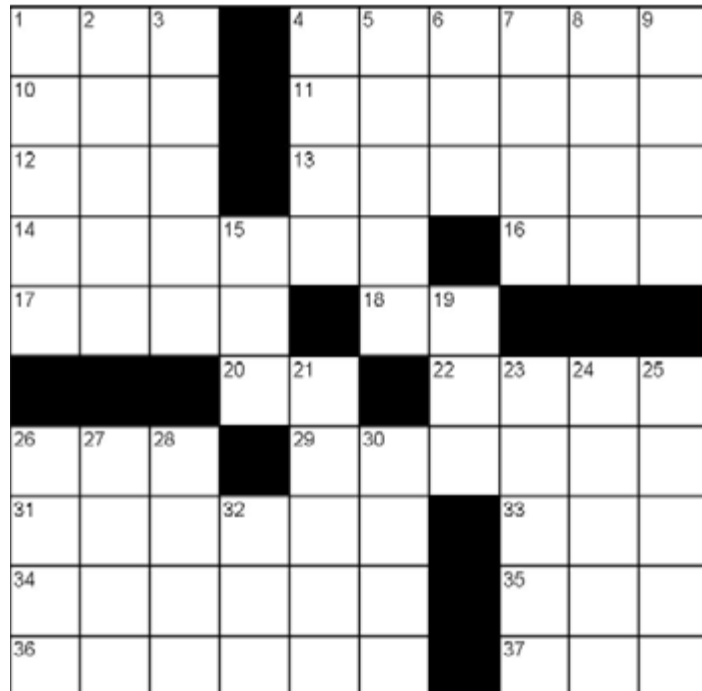
\$200 OFF
Receive \$200 OFF when you purchase a new Culligan® Water Softener.
Dealer participation may vary. Not valid with other offers. Expires 3/31/2013. ©2012 Culligan International Company.

A Culligan Drinking Water System filters your water for only pennies per day. Better water that fits any budget.

Culligan of Austin
512-826-2239
CulliganWaterTexas.com

Culligan
better water. pure and simple.®

CROSSWORD PUZZLE



ACROSS

1. Dad
4. Panther
10. Time period
11. A Nissan car
12. Admiral (abbr.)
13. Programmer
14. A deviated one makes you snore
16. Vane direction
17. Time periods
18. Letter afterward
20. Evening
22. Garden tools
26. Pod vegetable
29. Egg dish
31. List of errors
33. Wrath
34. Tie clip
35. Rival
36. Stoles
37. Moray

DOWN

1. "___ porridge hot..."
2. Special request
3. South American plain
4. Tropical island
5. Holding device
6. And so forth
7. Enjoy
8. Sign
9. Weed in a wheat field
15. Cooking measurement
19. Her
21. Pattern
23. ___ Oyl (Popeye's girlfriend)
24. Spooky
25. Strong metal
26. Domestic friends
27. Little Mermaid's love
28. Region
30. Pilots
32. April (abbr.)

View answers online at www.peelinc.com © 2006. Feature Exchange



We solve all the pieces to the puzzle.



PEEL, INC.
printing & publishing

Call Today to Get Started
On All Your Printing Needs.

512-263-9181

EXPERIENCE MATTERS doing business for 30+

LOCALLY OWNED & OPERATED
308 Meadowlark St. • Lakeway, TX 78734

**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

The Forum

The Forum is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use The Forum's 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 Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

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.

**NOT AVAILABLE
ONLINE**

BUSINESS CLASSIFIEDS

PETSAT HEART Conveniently located in Lake Forest offers professional In- Home Dog Boarding, Doggie Daycare and Pet Sitting Services. We are dedicated to providing the very best care for your pets. Insured & Bonded. Call Nora at 512-689-6502. Visit our website petsatheart4you.com



Learn or improve your **Spanish**

- Private lessons & tutoring for all ages.
- Individual & group lessons
- Affordable.
- Conveniently located in Forest Ridge!

512-222-9791
www.spanishcongusto.com



Sandra Esparza, MD Family Practice
Ramon Esparza, MD Pediatrics

Specializing in Pediatrics and Family Practice.
Pediatric Healthcare, Physicals, Women's Healthcare, Immunizations and Urgent Illness
Se habla espanol
Accepting most insurances, now taking new patients

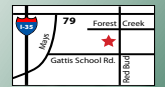


ABC Medical Center

Superior Medical Care for
Adults, Babies and Children

"Let our family treat your family."

Serving Forest Creek and surrounding areas for over 9 years.



(512) 310-9700
1750 Red Bud Lane
Round Rock, TX 78664



*Knowledge,
Integrity, &
Hard Work.*

Paul & Jan Gillia



Do Not Pay 6% To Sell Your Home!

Our full service listings are now **4.5%**. We Also Do Leasing.

Call or Email Before You List!

512-388-5454 • pgillia@austin.rr.com
www.homeselect360.com



The Right REALTOR Makes All the Difference!

\$20

"All you can
eat" St. Louis
Ribs

3rd Annual Tuesday February 26th

6:30 - 9:00 PM

Rib Eating Contest 7:30 - 7:45 PM

- ★ Round Rock I-35: Round Rock High School
- ★ 620 Four Points: Vandegrift High School
- ★ 360 South: *Defending Champions* Westlake High School
- ★ 183 North: Anderson High School
- ★ Former Longhorns & current NFL players will serve as honorary "Rib Eating Coaches"
- ★ Help local high school teams as they compete for the "Rudy's Golden Rib Trophy" for most ribs eaten!

20 "All you can eat for St. Louis Ribs only. All drinks, sides, desserts, and other meats are at regular price and are not part of charitable proceeds. Please no sharing of "All you can eat St. Louis Ribs" - it's for a good cause folks! Offer not included for take home orders.



THE CLASSIC TEXAS BURGER

ARBORWALK
BRAKER & MOPAC N.
SUNSET VALLEY VILLAGE
BRODIE & 290
UNIVERSITY OAKS
NEXT TO IKEA
1890 RANCH
1431 & TOLLWAY



WWW.MIGHTYFINEBURGERS.COM



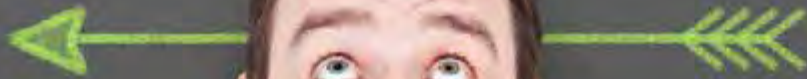
PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

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

FC

TARGET YOUR
CUSTOMERS



PEEL, INC.
community newsletters

www.peelinc.com
512.263.9181