Improving your posture may cure headaches

United Press International

ATLANTA — When parents tell their children to stand up straight, they are giving good advice, says Dr. Samuel Razook.

Standing up straight and having a good posture is one way of preventing headaches, said Razook, director of the Emory University School of Dentistry facial pain clinic.

Razook treats patients who have headaches or facial pain that just won't go away. Practically all who contact him come on referral from doctors in other specialties who have been unable to help them, and his flow of patients is steady. "It's a real, hopping practice," he said.

According to Razook, nine out of 10 headaches are of muscle origin and many are caused in part by bad posture, such as holding the head forward of the body. His treatment focuses on prevention.

"People who come here don't know they have poor postures," said Razook. "Most muscle-related headache patients have life-long habits of letting the head hang forward, from slumping or spending hours at a desk or with a telephone tucked between ear and neck," he said.

Razook said that breaking up the muscle spasm is an important part of the treatment. "Massage will very gently and very gradually stretch the muscle out to its normal length."

He offers his patients some simple advice and prescribes home exercises to counteract headaches, chronic stiffness in the neck and tiredness in the jaw:

- When standing, keep your ears in an even line with your shoulders, hips and ankles. Don't let your head slump in front of that line.
- During sleep, lie on your back with a small pillow supporting the neck slightly so that the head is not thrown forward.
- When sitting, don't stay in one position very long, especially at a desk or workbench where you may automatically lean forward. Every 10 or 15 minutes, pull your shoulder blades tight together. Then bring your chin down as far as possible and move your head up and down several times.
- Most importantly, stand up straight.

photo by Curtis

Itzia Ferrar, a senior electrical engineering major from Puerto Rico, enjoys a soda from the new stand set up beside the fountain in front of the Chemistry Building. Bethlynn Williams is in charge of the stand serving up a variety of snacks for hungry students in a rush.

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Redpot

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outside the perimeters of the bonfire so it can be lit. The senior redpots light the bonfire and the junior redpots throw their pots into the fire.

Redpots consider themselves a family. The senior members are known as "dad" while the juniors are called "son," Eby said. All senior redpots are "brothers," he said.

A former redpot, someone who advises the current redpots, is known as a dead pot, Eby said. "They know more about bonfire than anybody. They had two years experience on it. They advise us, but they don't tell us what to do. This is our fire," he said.

There is a specific chain of command governing the bonfire coordinators, Tomaso said. Dr. J. Malon Southerland, assistant to the vice president of student affairs, is the bonfire advise this year. Next in line are the senior redpots, the junior redpots, the brownpots and the yellowpots, Tomaso said.

There are five brown two civilians and three members. Brownpots are dinators who assist the and help run the cutting Tomaso said. The two brownpots supervise the pots.

A yellowpot is a charge of a dorm cutting There is one yellowpot for male civilian dorm, Eby The yellowpot for next selected by the current pot, he said.

Greenpots also can be the bonfire site. Green actually are junior redpots said. They wear a green redpot painted in red back of their pot, he said.

"Bonfire is a time when lians and corps members working on the same project really just Aggies work together. I'm a redpot because care about tradition. I want teach the people under out bonfire and make appreciate it as much as Eby said.

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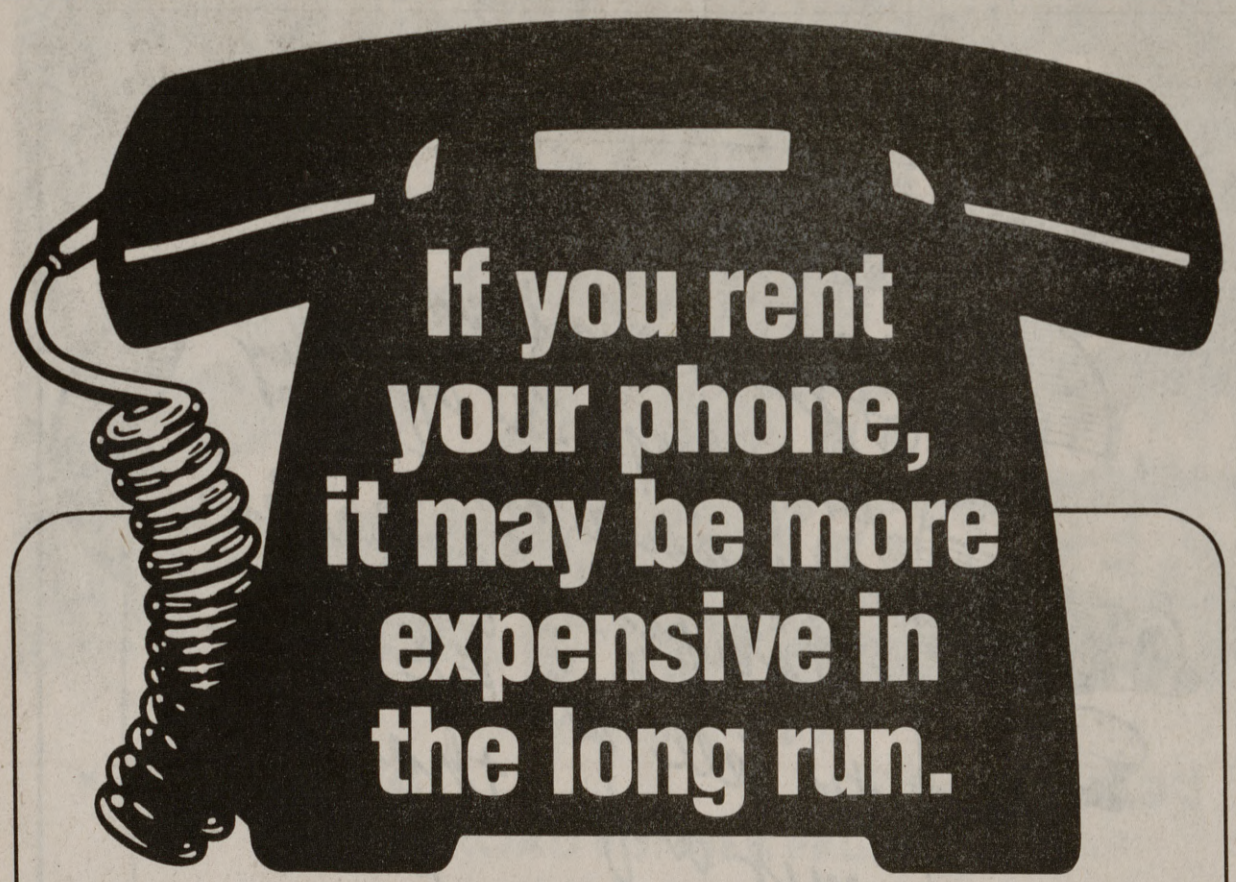

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