

## **Chiropractic and Headaches**

**Scituate and Burrillville Chiropractic Centers, Inc.**



### **Headaches and Migraines**

If you suffer from headaches, a chiropractic spinal checkup is one of the best things you can do. Chiropractic's safe, gentle, drugless methods have helped millions of headache sufferers over the years. Yet chiropractic does not claim to be a headaches treatment and cure – it has a different approach to health care. Doctors of chiropractic free your body from the vertebral subluxation complex, which when freed of subluxation your body works more efficiently to use its natural energies to heal itself.

### **Muscle Tension Headaches**

Many things can cause a headache, rehydration, muscle tension in the neck and shoulders, strong smells; intense lights; sinus trouble; high blood pressure; dental problems; ear, eye or vision conditions; fevers; infections; tumors; seizures; lumbar punctures; alcoholic drinks; drugs; accidents and other causes. You can get a headache just worrying about all the things that cause them. And that leads us to the most common headache of all: the muscle tension, worry or "stress" headache that makes up 90% of all headaches.

### **What puts the "ache" in Headache?**

The ache in headache does not come from the brain. It's true! Your brain can feel no sensation. Even during brain surgery the patient is often wide awake feeling no pain, even talking to the doctors while his/her brain is being tampered with (a local anesthetic numbs the scalp). What puts the "ache" in your headache? Veins and arteries inside the brain and skull, membranes that wrap around the brain and certain nerves in the head called the cranial nerves. When these are pulled, stretched, compressed, irritated, inflamed or infected, headaches often result.

### **Treatment**

Headache treatment depends on what caused it. A headache arising from visual problems can often be cured by eyeglasses. An infection headache of the sinuses or ears is relieved when the infection subsides. But the most common headaches are usually treated with painkillers. The hundreds of millions of pounds spent each year on everything from aspirin to prescriptions drugs may provide blessed relief, but please remember – the pain may be gone but the cause of the headache is not corrected. That's why we may see millions of people swallowing pills for years, possibly suffering from the side effects of long-term medication – and not getting any better, only temporarily feeling better. Surely, that's not a healthy way to live.

## **The Chiropractic Approach**

Millions of headache sufferers are turning to the natural, drugless chiropractic approach to health. Chiropractors are trained to diagnose the cause of your headaches, provide chiropractic care or refer you elsewhere if ..... Chiropractors are the only healing professionals who are trained to analyze and correct the vertebral subluxation complex – a spinal distortion that can damage your nerves, inflame your tissues, cause muscles to tighten and know, weaken your body, cause fatigue and set the stage for sickness and disease.

Remember, the purpose of the chiropractic spinal adjustment is to remove the nerve and spinal stress caused by the vertebral subluxation complex. This permits your body to restore itself to a greater level of health and wholeness – in effect, to better heal itself.

## **The Spine and Headaches**

Researchers have often noted the relationship between the spine and many types of headaches.. For example, one study of 6,000 long-term (two to 25 years) headache sufferers revealed that neck injury (whiplash, falls) was the most important factor in the cause of headache and should be suspected in every nonspecific case of headache.

For over one hundred years, doctors of chiropractic have observed an intimate relationship between the spine and headaches. Many migraine patients (both adult and child) have claimed relief under chiropractic care.

In other words, if you suffer from headaches, make sure that your spine is healthy – see your chiropractor. The chiropractic spinal adjustment permits your body to restore itself to a greater level of health and wholeness.

## **Migraine**

Even more debilitating is migraine – severe headache which can last for several days, and may also be accompanied by dizziness, nausea, irritability, and vision disturbances. Some forms of migraine appear to stem from irritation of the nerves in the cervical spine, or may, again, be triggered by muscle tension.

## **PostScript**

No matter what disease or condition you have, you can benefit from a healthy spine. Spinal health can be as important for your overall healing as proper nutrition. Are you and your family carrying the vertebral subluxation complex in your spines? Only a chiropractic checkup can tell. Among the many things contributing to your health: the quality of air, food and water you take in; how you handle emotional stress; your inherited weaknesses and strengths; your use of drugs; exercise; and relaxation – a healthy spine is absolutely essential. In some people it is a major factor and can make all the difference between a life of health, strength and vitality or a life of disease, weakness and disability.

A healthy spine can improve your life – see your chiropractor for periodic spinal checkups. Chiropractic's safe, gentle, drugless methods have helped millions of headache sufferers.

