

FACT SHEET

HEADACHES AND MIGRAINES



Headaches are an increasingly common complaint. Some people struggle with them so much they assume it is just a normal part of life! A headache is never normal, it is a sign that something is wrong.

There are many causes of headaches : Dehydration, stress, certain foods, food additives, alcohol and toxic fumes are all common culprits.

Frequent and overlooked causes of headaches are misalignment of the bones and tight muscles in the upper back and neck.

When bones become out of alignment and have restricted movement, sensitive nerves and blood vessels to the head can be affected. When spinal nerves and related tissues are stretched or irritated they can produce throbbing headaches. Painkillers can mask these warning signs but they do not treat the underlying cause.

Many people find long-term relief with Chiropractic treatment.

If a thorough examination reveals a reduced range of motion or spinal restrictions then Chiropractic treatment should be considered.

Many patients report a rapid improvement in their headaches. Others find that the correction of their condition takes longer because their problem has existed for many years. Every patient responds differently.

In the management of your treatment your Chiropractor will also discuss lifestyle issues such as food and exercise choices, work ergonomics and any other issues that may be affecting your health.

For advice or a free consultation please call Dynamic Chiropractic on 0800 652 8854.

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