

# Do You Suffer From Frequent Headaches?

You may wonder what causes a headache and more importantly, what can be done about it other than masking the pain with drugs? Is there a natural way to relieve headache pain?

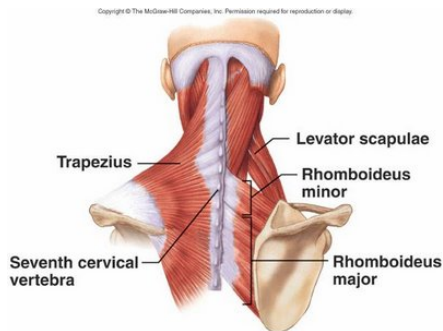
First, let us look at several common causes:

## #1 TENSION HEADACHE

Stress, stress, and more stress. We all have it, but each of us is affected in different ways. While some get an upset stomach or feel extra tired, many people get headaches.



When we are stressed the normal reaction is for our shoulders (the Trapezius muscles) to tighten. This tightening changes the biomechanics of our cervical spine, increasing its curve. This in turn tightens the upper neck muscles causing the back of the skull to shift backwards, which results in nerves being pinched. Pinched nerves result in headaches that start at the back of the head and work their way up and over the head, usually setting in at the temples.



## #2 ROTATIONAL HEADACHE

With this type of headache, the pain feels that is coming from behind the eye or in the forehead area.

Very commonly, stressful lifting or movements of the first and second cervical vertebrae will rotate them out of place. The vertebrae can and do rotate independently, but if there is a large rotation of the C1 vertebrae then there can be a pinch on the brain stem higher up.

## #3 SINUS HEADACHE

The nerves that travel from your spinal cord to your sinuses are located at the C3, third cervical vertebrae nerve root. This segment is not associated with the brain stem but is the first one on the outside of it. By adjusting this segment back in to a neutral place the sinuses are opened up and pressure is relieved.

All three of these headaches are helped out tremendously by cervical adjustments and therapy which relieve tension in the neck muscles and correct the misalignments of the spinal vertebrae in the neck which are putting pressure on spinal nerves.

Chiropractic offers natural, drug-free relief from not only headache and back pain, but allows the body to heal itself for optimal living. Call me today for an appointment at 888-DOCP (3627).

Yours in health,

Todd Pierson, D.C.