



Can chiropractic help with my headaches?

In a word, YES. Having suffered with headaches for years myself, this is a very personal topic. Until I started getting chiropractic adjustments on a regular basis, I used to have headaches every other day, if not everyday. For those of you who suffer from headaches, you know how detrimental they can be to your daily life. Performing normal everyday activities suddenly becomes beyond difficult. Knowing what type of headache, you are having, what is triggering them and how best to treat them are three essential keys to ridding your life of these awful annoyances.

There are different types of headaches, such as, tension, hypertension, cluster, cervicogenic, sinus and migraine headaches. This is not an exhaustive list, just a few examples of the most common types of headaches that I encounter in my office.

- Hypertension headaches: typically felt across the forehead, most noted for their appearance first thing in the morning, and due to prolonged high blood pressure.
- Cluster headaches: usually felt in “clusters” on the sides of the head and normally appear when the seasons change.
- Sinus headaches: due to pressure in the sinuses, felt across the forehead and cheekbones, and often felt when the weather changes.
- Tension headaches: typically felt at the temples, caused mostly by stress, and usually make their appearances in the evenings.
- Cervicogenic headaches: characterized by the pain felt in the neck that seems to travel up to the head and are due to structural problems in the spine and/or poor posture.
- Migraines: usually all over head pain and often accompanied by nausea, aversion to bright light and sound, and disturbances in vision. There are different sub-types of migraines as well with a wide variety of symptoms.

Gaining the insight into what is triggering your headaches is the next step after determining what type(s) of headaches you are having. It is important to note that you may have more than one type of headache as well. For example, personally I have experienced tension, sinus, cervicogenic and migraine headaches. Each of these have their own set of triggers with some similarities amongst them. Sinus headaches will be triggered if I am out in the cold air for too long with my forehead exposed, especially when it is windy. These are also the types of headaches that accompany colds. Tension headaches are those that I have felt at the end of long days that are often filled with stress. Cervicogenic headaches were usually after a day of studying or sitting in front of the computer with less than perfect posture. Migraines triggers are different for everyone, and my triggers are usually strong smells, like perfume or household cleansers. You may or may not have the same triggers that I do but learning what causes your headaches is essential in not only treating them, but better yet, preventing them.

Treating headaches has been almost as baffling as treating the common cold for the medical field and usually involves medication to mask the pain. If you would rather



use natural methods like so many people have, dietary health, proper hydration, exercise, and chiropractic adjustments are essential to fighting headaches. Most of us cannot avoid stress, which is a contributing trigger to just about every type of headache there is on the list, so we need to find ways to protect ourselves against it. Proper spinal alignment and posture will help you fight off those triggers when they appear. Regular chiropractic care cannot only treat the headaches you are currently having but can also help prevent future headaches. I am living proof of that. I can tell you that chiropractic adjustments are responsible for eliminating my headaches and for many, many others as well.