



# Headaches

*There are many types and causes of headaches. Regardless of the cause, if you have a headache, you want it to end. Fast! For that reason, a huge market has developed for medications that mask headache symptoms. Powerful drugs can numb your nervous system so the pain doesn't register. While these approaches may be convenient, they can cause adverse effects, such as kidney or liver damage. Worse, they don't correct the underlying cause of the headache.*

## **What causes headaches?**

Spinal bones in the neck that aren't supporting your head properly can cause headaches. They're not moving right. This can affect nerves, muscles and even the blood supply to your head. The most common causes of headaches are physical trauma, emotional stress, nutritional deficiencies, or chemical toxins. Sometimes there may be a combination of these and other factors. Our examination process helps identify the most likely cause.

## **How can a chiropractor help?**

Chiropractic doctors locate areas of the spine that aren't moving properly. They notice if proper spinal curves are present. They look at your posture and your ability to turn and bend. Such examinations can help determine if you are likely to benefit from chiropractic care. These help normalize spinal function, help restore essential spinal curves, improve circulation and reduce nerve irritation. Many patients report fewer and less severe headaches. While we can't guarantee results, our office has a high success rate with chronic headache sufferers.

## **How long will it take before I experience relief?**

Some patients enjoy results quickly. Others notice a slow decline in their symptoms after several weeks or longer of chiropractic care. It's impossible to predict. If you've had chronic headaches for many years, improvement may take time.

## **What if I don't have a headache when I have an appointment?**

Chiropractic care isn't like taking an aspirin. Repeated visits, even when you're feeling better, can help retrain and strengthen the muscles that support your spine. Just as it takes more than one or two workouts at the gym to get in shape, it takes time for your spine to heal.

## **What if chiropractic doesn't work?**

Headaches may be common, but they're not normal. Every headache has a cause. If we're unable to find and correct the cause of your headaches, we can refer to other specialists who may be able to help. Your health is our only goal.



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