

Headaches are a pain in the neck!

Did you know that there are many types and causes of headaches? Headaches may be common, but they're not normal. Regardless of the cause, if you have a headache, you want it to end. Fast!

Headaches have produced a huge market for medications that cover up the 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 and kidney or liver damage. Worse, they don't correct the underlying cause of the headache.

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. Just as the foundation affects a building, headaches and neck pain can be caused by problems in the pelvis or lower back. They can also be caused by spinal bones in the neck that aren't supporting your head properly or moving right. A loss of curve in the neck may also be a cause. This can affect nerves, muscles and even blood supply to your head.

Chiropractic doctors locate areas in your spine that aren't moving correctly. They look at your posture, notice spinal curves and your ability to bend and turn. Chiropractic helps normalize spinal function, restore spinal curves, improve circulation and reduce nerve irritation. Many patients report fewer and less severe headaches.

Chiropractic doesn't function like an aspirin. You don't need to be suffering from a headache when you visit a chiropractic doctor. 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. Getting rid of your headache shouldn't be a pain in the neck!